



**Scored LSB / Psychosocial Cross-Sectional
Measures
Baseline, Visit 1, 4, 7, & 9**

CODEBOOK

ARCHIVED DATASET 2026

Dataset file nialsbx2026

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DOCUMENTATION FOR THE SWAN CROSS-SECTIONAL LSB/PSYCHOSOCIAL MEASURES DATASET

This codebook documents the LSB/Psychosocial Questionnaires obtained from the Cross-sectional Interview, Annual Interviews, Self-Administered Questionnaire Part A (hereafter referred to as SAA) from the Baseline, Visit 1, Visit 4, Visit 7, and Visit 9 datasets.

Differences from the prior release of the Cross-Sectional LSB/Psychosocial Measures dataset (nialsbx2026):

- The Pittsburgh Sleep Quality Index (PSQI) data and related variables were removed from this dataset. Since the PSQI questions and scoring were included in Visit 17, there is now PSQI data for three SWAN visits, and thus these data were moved to the longitudinal LSB dataset.

Who is included in the public use dataset:

The dataset contains information for the 3,302 women from the seven clinical sites participating in the SWAN longitudinal study. The sites include 11, 12, 13, 14, 15, 16, and 17.

How this codebook is constructed:

This documentation section contains in depth explanation of the Cross-Sectional LSB/Psychosocial Measures dataset. A list describing the variables used to create this dataset is also provided, along with the questionnaires on which many of the variables are based. Note that none of those variables are available in this dataset (they can be retrieved from each visit's dataset).

The assigned participant ID has been replaced with a randomly generated ARCHID in order to protect participant privacy. A variable describing the race/ethnicity of participants (RACE) was added from the Screener dataset.

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).

NOTE: Please be aware that there was for the site 16 women a gap of 2-3 visits between Visits 06 and 09. This might affect the accuracy of the created variables.

Variables included in the dataset:

Variable	Description	Codes
ARCHID	Participant ID	
RACE	Race/Ethnicity	1 = Black 2 = Chinese/Chinese American 3 = Japanese/Japanese American 4 = White Non-Hispanic 5 = Hispanic
ATTAGMN0	Attitude toward aging & menopause at baseline (visit 0).	Continuous (0.00 – 3.00)
ATTACAT0	Categorical attitude toward aging & menopause at baseline (visit 0).	1 = neutral/negative attitude (0.0-1.99) 2 = slightly/somewhat positive attitude (2.00-2.49) 3 = highly positive attitude (2.50-3.00)
ACCCAT0	Categorical language acculturation at baseline (visit 0).	0 = low acculturation 1 = mid acculturation 2 = high acculturation
ACCBIN0	Binary language acculturation at baseline (visit 0).	0 = low/no acculturation 1 = high acculturation
OPTISUM1	Optimism summary score at visit 1.	Numeric (0 – 18)
NEGORNT1	Negative orientation score at visit 1.	Numeric (0 – 9)
POSORNT1	Positive orientation score at visit 1.	Numeric (0 – 9)
STANXIT4	Spielberger trait anxiety inventory at visit 4.	Numeric (10 – 40)
STATANR4	Spielberger trait angry reaction subscale at visit 4.	Numeric (4 – 16)
STAXIN4	Spielberger anger expression: anger in, visit 4.	Numeric (8 – 32)
STAXOUT4	Spielberger anger expression: anger out, visit 4.	Numeric (8 – 32)
STANXIT7	Spielberger trait anxiety inventory at visit 7.	Numeric (10 – 40)
STATANG7	Spielberger trait anger scale at visit 7.	Numeric (10 – 40)
STATANT7	Spielberger trait angry temperament subscale at visit 7.	Numeric (4 – 16)
STATANR7	Spielberger trait angry reaction subscale at visit 7.	Numeric (4 – 16)
ATTAGMN9	Attitude toward aging & menopause at visit 9.	Continuous (0.00 – 3.00)
ATTACAT9	Categorical attitude aging & menopause at visit 9.	1 = neutral/negative attitude (0.0-1.99) 2 = slightly/somewhat positive attitude (2.00-2.49) 3 = highly positive attitude (2.50-3.00)

Acculturation-Language (ACCBIN0, ACCCAT0) 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: 1=neutral/negative attitude (0.0-1.99); 2=slightly/somewhat positive attitude (2.00-2.49); and 3=highly positive attitude (2.50-3.00). *Note: 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.

Additional Notes:

- 1) 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, site 16 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.

- 2) 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.

LSB CROSS-SECTIONAL DATASET MEASURES BY VISIT

SCALE (LSB Longitudinal)	# Items	V00	V01	V02	V03	V04	V05	V06	V07	V08	V09
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					

* Optimism scale is normally a 12-items

[‡] Spielberger Trait Anxiety is normally a 20-items, but the 2009 article (see page 6) validates the use of the 10-item sale

[◇] At V01 the wrong response options were used for Spielberger Trait Anxiety

NIA LSB 2026 Datasets Summary:

Cross Sectional (nialsbx2026)

Language Acculturation
Attitude Toward Aging & Menopause
Optimism-Life Orientation Test
Spielberger Trait Anxiety
Spielberger Trait Anger
 Sp. Angry Reaction
 Sp. Angry Temperament
Spielberger Anger In
Spielberger Anger Out

Longitudinal (nialsb2026)

Life Events
Mistreatment/Discrimination
Somatosensory Amplification Scale
Passive Smoking – all (home, work, other)
Passive Smoking - home only
Sleep (base questions, i.e. asked at every visit)
Alcohol use and 4 category score
Vasomotor Symptoms (VMS)
Employment
Smoking Score
Pittsburgh Sleep Quality Index

QUESTIONS FROM DATA COLLECTION FORMS

= Variable excluded from public use datafile

ACCULTURATION (LANGUAGE)

The following questions were used to construct the ACCBIN0 and ACCCAT0 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	Somewha t like me	A little like me	Not at all like me
a. In uncertain times, I usually expect the best. <u>#EXPBEST n</u>	3	2	1	0
b. If something can go wrong for me, it will. <u>#GOWRONG n</u>	3	2	1	0
c. I'm always optimistic about my future. <u>#OPTIMIS n</u>	3	2	1	0
d. I hardly ever expect things to go my way. <u>#HRDLEXP n</u>	3	2	1	0
e. I rarely count on good things happening to me. <u>#GOODTHI n</u>	3	2	1	0
f. Overall, I expect more good things to happen to me than bad. <u>#MOREGOO n</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:

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.	#QUICKTP_n	1	2	3	4
B. I have a fiery temper.	#FIERYTP_n	1	2	3	4
C. I am a hot-headed person.	#HOTHEAD_n	1	2	3	4
D. I get angry when I'm slowed down by others' mistakes.	#GETANGR_n	1	2	3	4
E. I feel annoyed when I am not given recognition for doing good work.	#ANNOYED_n	1	2	3	4
F. I fly off the handle.	#FLYOFF_n	1	2	3	4
g. When I get mad, I say nasty things.	#SAYNAST_n	1	2	3	4
H. It makes me furious when I'm criticized in front of others.	#FURIOUS_n	1	2	3	4
i. When I get frustrated, I feel like hitting someone.	#FEELHIT_n	1	2	3	4
J. I feel infuriated when I do a good job & get a poor evaluation.	#INFURIA_n	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. #EXPRESS n	1	2	3	4
b. I keep things in. #KEEPIN n	1	2	3	4
c. I pout or sulk. #POUTSUL n	1	2	3	4
d. I withdraw from people. #WITHDRA n	1	2	3	4
E. I make sarcastic remarks to others. #SARCAST n	1	2	3	4
F. I do things like slam doors. #SLAMDOO n	1	2	3	4
g. I boil inside, but I don't show it. #BOILINS n	1	2	3	4
H. I argue with others. #ARGUE n	1	2	3	4
i. I tend to harbor grudges that I don't tell anyone about. #GRUDGES n	1	2	3	4
J. I strike out at whatever infuriates me. #STRIKOU n	1	2	3	4
k. I am secretly quite critical of others. #CRITICA n	1	2	3	4
l. I am angrier than I am willing to admit. #ANGRIER n	1	2	3	4
M. I say nasty things. #NASTY n	1	2	3	4
n. I'm irritated a great deal more than people are aware of. #IRRITAT n	1	2	3	4
O. I lose my temper. #TEMPER n	1	2	3	4
P. If someone annoys me, I'm apt to tell him or her how I feel. #ANNOYSM n	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.	#STEADPE_n	1	2	3	4
b. I feel satisfied with myself.	#SATISEL_n	1	2	3	4
c. I feel nervous and restless.	#RESTLES_n	1	2	3	4
d. I wish I could be as happy as others seem to be.	#WISHAPP_n	1	2	3	4
e. I feel like a failure.	#LIKEFAI_n	1	2	3	4
f. I get in a state of turmoil or tension as I think over my recent concerns and interests.	#TENSION_n	1	2	3	4
g. I feel secure.	#FEELSEC_n	1	2	3	4
h. I lack self-confidence.	#LACKSEL_n	1	2	3	4
i. I feel inadequate.	#INADEQA_n	1	2	3	4
j. I worry too much over something that does not matter.	#WORRYTO_n	1	2	3	4