



Scored LSB / Psychosocial Longitudinal Measures Baseline through Visit 17

CODEBOOK

ARCHIVED DATASET 2026

Dataset file nialsb2026

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DOCUMENTATION FOR THE SWAN LONGITUDINAL 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) and Interim Bone Visit Self-Administered Questionnaire (hereafter referred to as BVSA, for Visit 16) from Baseline through Visit 17 datasets.

Differences from the prior release of the Longitudinal LSB/Psychosocial Measures dataset (nialsb2026):

- Visits 17 was added to the dataset.
- A new variable ALC3CAT was created to harmonize Visit 17 alcohol use data (collected differently at this visit) with prior alcohol use data from Visits 00-16.
- The Pittsburgh Sleep Quality Index (PSQI) score and its component variables were moved from the cross-sectional LSB dataset (nialsbx2026) to this dataset, as its inclusion in the Visit 17 questionnaires have made the scores available for at least 3 Visits.

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 Longitudinal 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. The baseline interview date is denoted as day 0 and is used as the basis for all other dates. 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 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	Meaning and some description	Codes
ARCHID	Participant ID	
VISIT	Study visit	"00" = Baseline to "17" = Visit 17
RACE	Race/Ethnicity	1 = Black 2 = Chinese/Chinese American 3 = Japanese/Japanese American 4 = White Non-Hispanic 5 = Hispanic
ALCHCAT	Alcohol intake: frequency summary score	0 = <1/mon 1 = moderate: 1/mon-2+/wk 2 = high: 2+/wk
ALC4CAT	Alcohol intake: 4 category, non-drinker and frequency drinker	0 = abstainer 1 = infrequent: <2/wk 2 = light to moderate; 2-7/wk 3 = heavy: >7/wk
ALC3CAT	Alcohol intake: harmonized, 3 category frequency drinker	1 = abstainer or infrequent: <2/wk 2 = light to moderate; 2-7/wk 3 = heavy: >7/wk
EVNTNUM	Total number of life events since last visit	0 – 18 (V0 to V16) 0 – 12 (V17)
EVNTVRY	Total number of very upsetting or stressful life events	0 – 18 (V0 to V16) 0 – 12 (V17)
EVNTCAT	Categorical very upsetting or stressful life events	0 = no very upsetting/stressful life events 1 = 1 very upsetting/stressful life event 2 = ≥2 very upsetting/stressful life events
MISTRSU	Average score of subtle or less overt forms of mistreatment/discrimination experience	1.0 – 4.0
MISTRBL	Average score of blatant or severe forms of mistreatment/discrimination experience	1.0 – 4.0
MISTRRE	Gave reason for mistreatment/discrimination	0 = No 1 = Yes
PSMK	Person hours of passive smoking exposure per week in home, work, and other environments	Numeric
PSMKHOM	Person hours of passive smoking exposure per week in the home	Numeric
PSMKBIN	Binary passive smoking exposure	0 = None 1 = Any
PSMKCAT	Categorical passive smoking exposure	0 = 0 1 = 1-4 2 = 5+ person-hrs
SLEPSUM	Continuous score of sleep problem in the last two weeks	0 – 12
SLEPBIN	Binary score of sleep problems in the last two weeks	0 = problems sleeping '1-2 times per week' or less in the past 2 weeks 1 = problems sleeping '3-4 times per week' or more in the past 2 weeks
SYMPSEN	Symptom sensitivity summary score	0 – 20
VMSANY	Any evidence of VMS	0 = None 1 = Any
VMSFREQ	VMS frequency ≥ 6 days over that past 2 weeks	0 = No 1 = Yes
VMSCAT	Categorical VMS	0 = None 1 = 1-5days/2wks 2 = ≥6days/2wks
EMPLOYED	Longitudinal employment status	1 = unemployed 2 = employed
SMOKESTATUS	Longitudinal smoking status	1 = never smoked 2 = past only 3 = current
FLAGSMOKE	Missing smoking information	1 = yes

Variable	Meaning and some description	Codes
PSQI	Pittsburgh sleep quality index score	0 – 21
PSQIDUR PSQIDIS PSQILAT PSQIDAY PSQIHSE PSQIQUA PSQIMED	PSQI components: duration of sleep, sleep disturbance, sleep latency, days dysfunction due to sleepiness, sleep efficiency, overall sleep quality, needs meds to sleep	0 – 3
ALCHCAT	Alcohol intake: frequency summary score	0 = <1/mon 1 = moderate: 1/mon-2+/wk 2 = high: 2+/wk

Alcohol Use (ALCHCAT) were devised so that alcohol intake questions on the Food Frequency Questionnaire (FFQ) asked at Baseline, Visit 5, and Visit 9 could be examined longitudinally on a scale comparable to the alcohol intake questions on the SAA asked at Follow-Up Visits 01-04, 06-10, 12-13, and 15-17. The participant had to complete all alcohol intake items in order to have a summary score. Alcohol intake questions from Baseline through Visit 16 included the average number of glasses of beer, wine/wine coolers, and/or liquor/mixed drinks drank by the participant on a daily/weekly/monthly basis. At Visit 17, these questions were simplified to a single question inquiring the average number of alcoholic drinks as a whole on a daily/weekly/monthly basis. These questions and the response options for the FFQ and SAA were the same on both questionnaires (although the SAA ended at > 5 per day while the FFQ allowed for more specific answers above this level). However, since the Coordinating Center does not process the raw FFQ data the summary alcohol scores had to be used for creating this variable from the FFQ. For this variable, categories were defined as: 0=alcohol use less than once a month (for both questionnaires); 1=moderate alcohol use (defined as greater than once per month and less than 0.3 servings for the FFQ, or greater than once per month and less than 2 times per week for the SAA); and 2=high alcohol use (defined as ≥ 0.3 servings for the FFQ, or ≥ 2 times per week for the SAA). Thus, while the categories are essentially the same, in some longitudinal analysis the definitions may not be exact enough to use as a time-varying variable.

*Please note: At Visit 9, both the FFQ and Self-A version of the alcohol use questions were asked. The variable **ALCHFFQ9** represents alcohol intake reported by FFQ participants.*

Alcohol Use (4 Category) (ALC4CAT) was devised so that alcohol intake questions on the FFQ and SAA could distinguish non-drinkers from infrequent drinkers. For this variable categories were defined as: 0 = abstainer, 1 = infrequent alcohol use (< 2 servings per week), 2 = light to moderate (defined as 2 to 7 servings per week), and heavy (> 7 per week). For the FFQ, 1 gram of alcohol was defined as 6.93 calories, and a serving weight was defined as 14.02 grams/drink. For the SAA, the midpoint of the range defined in each drink question was used in calculations (e.g. 2-4 drinks per week would use the midpoint of 3). By looking at the answers to all three questions on the V0-V16 SAA and the single question on the V17 SAA, then tallying the cumulative amount of alcohol consumed, a more accurate assessment was calculated. In addition, the variable WKDRINK that calculated the number of drinks per week was preserved so that different categories could be created if needed.

*Please note: At Visit 9, both the FFQ and Self-A version of the alcohol use questions were asked. The variable **ALC4FFQ9** represents alcohol intake reported by FFQ participants. ALC4CAT values are also available for V9.*

Alcohol Use (3 Category) (ALC3CAT) was devised to harmonize the ALC4CAT data from Visits 00-16, with the data from Visit 17. At Visit 17, there was no question asking if a participant did or did not drink alcohol, and the lowest frequency for the average amount of alcoholic beverages was “None or less than one per month.” Due to this, it was not possible to gauge whether a participant abstained from alcohol use altogether, and the new variable ALC3CAT was created. For this variable, the categories are the same as ALC4CAT, save for the values of 0 and 1, which were combined such that ALC3CAT=1 represents abstainer or infrequent alcohol use (< 2 servings per week).

Life Events (EVNTVRY, EVNTCAT, EVNTNUM) were obtained on the SAA from Baseline 00 through Follow-Up Visit 17 (not including interim Visits 11, 14, and 16). This scale included 34 questions at Visit 00, 20 questions at Visits 01-03, 18 questions at Visits 04-15, and 12 questions at Visit 17; the questions prior to Visit 04 were truncated so that a maximum of 18 questions were used to score the total number of life events up through Visit 15 (EVNTNUM0 to EVNTNUM15). *It is*

important to note that at Visit 17, only 12 questions were available on the SAA form, but no truncation of previous visits was conducted. The summary scores for this scale counted the number of “very upsetting” or stressful life events (EVNTVRY), which also ranged from 0 to 18 (or 0-12 in the case of Visit 17). Additionally, this variable was reduced to a three-categorical “very upsetting” or stressful life events variable (EVNTCAT), which were classified as follows: 0 = no very upsetting/stressful life events; 1 = 1 very upsetting/stressful life event; and 2 = 2 or more very upsetting/stressful life events. For these scales, a score is calculated if at least 14 of the 18 items were completed from Baseline through Visit 15, or at least 8 out of 12 for Visit 17. While the response category of “Yes, very upsetting and still very upsetting” was added at Visit 01, it did not impact any of the Life Events summary scores, since it also counted as a “very upsetting” life event.

Mistreatment and Discrimination Scale Factors were obtained on the SAA from Baseline (Visit 00) Follow-Up Visits 01-03, 07, 10, and 17. These scores were calculated according to the reference, Gyll M, Matthews KA, Bromberger JT, *Healthy Psychology*, 2001, 20(5):315-25. All responses were reversed so that items are positively scored, then two factors (Subtle and Blatant) were created. The items were framed in general terms of poor interpersonal treatment and made no reference to race, prejudice or discrimination. Additionally, a Mistreatment Discrimination Reason variable was created for tracking purposes.

- **Mistreatment Subtle Factor** (MISTRSU) was calculated from six questions that are averaged and can range from 1.0 to 4.0. A higher score indicates more frequent experience of subtle or less overt forms of mistreatment/discrimination. For this scale, a score is calculated if at least 5 of the 6 items were completed.
- **Mistreatment Blatant Factor** (MISTRBL) was calculated from four questions that are averaged and can range from 1.0 to 4.0. A higher score indicates more frequent experience of blatant or severe forms of mistreatment/discrimination. For this scale, a score is calculated if at least 3 of the 4 items were completed.
- **Mistreatment/Discrimination Reason** (MISTRRE) was coded as “Yes(1)” if the participant had either a Subtle or Blatant factor and had answered “Often” or “Sometimes” to any of the ten Mistreatment Discrimination questions, and thus was expected to complete the remaining items indicating the reason(s) for interpersonal mistreatment and discrimination. Note: At the Baseline Visit, a participant was only able to choose one main reason, while at the Follow-Up Visits where these questions were asked, multiple reasons could be chosen.

Passive Smoking (PSMK, PSMKBIN, PSMKCAT, PSMKHOM) was obtained on the SAA at Baseline, Follow Up Visits 03, 07, 08, and 09. This scale includes 7 questions and was scored according to Coghlin J, Hammond SK, Gann PH, *Am J Epidemiol*, 1989, 130(4):696-704. Person-hours of passive smoke exposure during a typical week were calculated for home, work, and other environments (restaurants, bars, parties, etc.). The home, work, and other exposure scores were summed to provide total person-hours of passive smoke exposure per week (PSMK). This overall score was used to create a binary variable (PSMKBIN: 0 = none, 1 = any exposure) and a categorical variable (PSMKCAT: 0 = 0, 1 = 1-4, 2 = 5+ person-hrs).

- **Passive Smoking – Home** (PSMKHOM) was obtained as part of overall passive smoking as noted above (Baseline, V03, V07-V09), and as the only passive smoking score collected on the SAA at Follow up Visits 04, 06, 08, and 10-13 and 15. This measure includes the 3 home exposure questions from the Passive Smoking Scale. These 3 questions were scored to provide total person-hours of passive smoke exposure per week in the home.

Sleep Problems (SLEPSUM, SLEPBIN) was obtained on the SAA (or BVSA) from Baseline through Follow-Up Visit 17. This scale includes the 3 primary items regarding sleeping habits in the last two weeks; and was calculated according to work by Kravitz H, et al in a SWAN manuscript. The participant had to complete all 3 items in order to have the summary scores. The continuous score (SLEPSUM#) ranged from 0-12, where a higher score indicates greater sleep problems. From this a binary score (SLEPBIN#) was created such that 0 = problems sleeping '1-2 times per week' or less in the past 2 weeks; and 1 = problems sleeping '3-4 times per week' or more in the past 2 weeks.

Somatosensory Amplification Scale (SYMPSEN) was obtained on the SAA at Follow Up Visits 01, 02, 03, and 09. The scale includes 5 questions and was scored according to Barsky AJ et al, *Psychosomatic Medicine*, 1988, 50(5):510-519. The 5 items were rescaled and summed to create a total symptom sensitivity score, ranging from 0-20. Higher scores indicate more sensitivity.

Vasomotor Symptoms (VMSANY, VMSFREQ, VMSCAT) were calculated to consistently characterize VMS symptoms in 3 different ways. The VMSANY variables were set to 1 if any hot flashes/night sweats were evident. The VMSFREQ variables were set if the frequency was ≥ 6 days over that past 2 weeks. The VMSCAT variables were classified as follows: 0: None, 1: 1-5 days over the past 2 weeks, and 2: ≥ 6 days over the past 2 weeks.

Employment (EMPLOYED) A longitudinal “employment status” variable (EMPLOYED) was created based on a woman’s response to the employment question at baseline (JOB), and then updated at subsequent visits up through Visit 16 (if she had interview data for that visit) if she reported a change since her last visit. This variable is coded as “1” for unemployed, and “2” for employed. If a woman was missing a response to the question at baseline (n=10), her job status was updated from the source datasets at baseline (WORK). In addition, the Self-A variable EMPLYPA# (Are you currently employed for pay?) that is present in Visits 01-06, and Visit 08, and the variable WRKEXPD# (During the past 7 days, on how many days were you exposed to tobacco smoke while at work?) at Visits 00, 03, 07, and 09 were used to get a better picture of employment. At Visit 17, employment information was gathered with a single question: “How would you describe your current job situation?” Any response other than “1: Employed or self-employed” was coded as unemployed for this variable.

Notes of caution when using the EMPLOYED variable for Visits 00-16:

If a woman was not in the interview data set for a visit, then she did not get an employment status variable for that visit, even though she may have a value for subsequent visits when she did complete an interview. **This variable assumes that the question asking about change in job since last study visit is referring to the last visit for which we have interview data on that woman.**

At every visit after baseline, women were asked in the interview “Since your last study visit, has there been a change in any of your jobs, that is where you work, the usual hours you worked, or your usual job tasks?”

- If she responded “Yes” to that question, then she was asked if, during the past two weeks, she worked at a job or business, including work for pay performed at home, and also including unpaid work at a family farm or business (JOB). If a woman was on vacation during the past 2 weeks, or on scheduled leave or sick leave, she was to answer as though she was at her usual job.
- If she responded “No” to that question, the variable regarding working status during the past two weeks (JOB) would be skipped and assigned as not applicable (.B). The variable about total hours worked per week for pay (HOURSPPA) were only asked starting at visit 4, and we classify a woman as employed if she reports working hours larger than 10. If she responded working hours smaller or equal to 10, her working status (JOB) at this visit was recoded the same with her last visit.

Smoking (SMOKESTATUS and FLAGSMOKE) were created for all visits. SMOKESTATUS uses the SMOKING variable at each visit to categorize participants as current, past only, or never smokers. FLAGSMOKE tags observations with missing smoking data. Retention was also taken into account in these variables; if a participant was deactivated or deceased in a specific visit, then smoking information will be missing for the participant in that visit.

Pittsburgh Sleep Quality Index (PSQI) was previously included on the cross-sectional LSB dataset, but since its inclusion at Visit 17, it has been moved to the longitudinal LSB. The PSQI was obtained on the SAA at Visits 04, 12, and 17 using an 18 item questionnaire based on the article by Buysse, DJ., et al. The Pittsburgh Sleep Quality Index: A new instrument for psychiatric practice and research. *Psychiatry Research*. 1989;28:193-213. This questionnaire measures 7 dimensions of sleep quality: sleep duration, sleep disturbance, sleep latency, daytime dysfunction due to sleepiness, sleep efficiency, overall sleep quality, and need for medications to sleep. The total PSQI score ranges from 0 to 21, with a higher score indicating worse sleep quality. A total score of 5 or less is associated with good sleep quality, while a score over 5 is associated with poor sleep quality. Each of the component variables were also preserved so that different scores/analyses could be created if needed, each having a range of 0 to 3 (question numbers correspond to the accompanying form in Section III):

- Duration of Sleep (PSQIDUR) based on D4.
- Sleep Disturbance (PSQIDIS) based on D5b-j.
- Sleep Latency (PSQILAT) based on D2 and D5a.
- Day Dysfunction due to Sleepiness (PSQIDAY) based on D8 and D9.
- Sleep Efficiency (PSQIHSE) based on D1, D3, and D4.
- Overall Sleep Quality (PSQIQUA) based on D6.
- Needing Medications to Sleep (PSQIMED) based on D7.

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 LONGITUDINAL DATASET MEASURES BY VISIT

SCALE (LSB Longitudinal)	# Items	V00	V01	V02	V03	V04	V05	V06	V07	V08	V09	V10	V11	V12	V13	V14	V15	V16	V17
Life Events (18 primary Q.)	variable [#]	SAA	SAA	SAA	SAA	SAA	SAA	SAA	SAA	SAA	SAA	SAA		SAA	SAA		SAA		SAA
Mistreatment/ Discrimination	10+10	SAA	SAA	SAA	SAA				SAA			SAA							SAA
Somatosensory Amplification Scale	5 [*]		SAA	SAA	SAA						SAA								
Passive Smoking – all (home, work, other)	7	SAA			SAA				SAA	SAA	SAA								
Passive Smoking - home only	3 [‡]		SAA	SAA								SAA		SAA	SAA		SAA		
Sleep (base Q, i.e. asked at every visit)	3	SAA	SAA	SAA	SAA	SAA	SAA	SAA	SAA	SAA	SAA	SAA		SAA	SAA		SAA	BVSA	SAA
Alcohol use	4 [◇] (SAA)	FFQ	SAA	SAA	SAA	SAA	FFQ	SAA	SAA	SAA	SAA FFQ	SAA		SAA	SAA		SAA	BVSA	SAA
Alcohol use - 4 category	4 (SAA)	FFQ	SAA	SAA	SAA	SAA	FFQ	SAA	SAA	SAA	SAA FFQ	SAA		SAA	SAA		SAA	BVSA	
Alcohol use - 3 category	4 [◇] (SAA)	FFQ	SAA	SAA	SAA	SAA	FFQ	SAA	SAA	SAA	SAA FFQ	SAA		SAA	SAA		SAA	BVSA	SAA
Vasomotor Symptoms (VMS)	2	SAA	SAA	SAA	SAA	SAA	SAA	SAA	SAA	SAA	SAA	SAA	IRM	SAA	SAA	IRM	SAA	BVSA	SAA
Employment	4 [◇]	INT	INT	INT	INT	INT	INT	INT	INT	INT	INT	INT	INT	INT	INT		INT		SAA
Smoking Score		SAA	SAA	SAA	SAA	SAA	SAA	SAA	SAA	SAA	SAA	SAA	IRM	SAA	SAA		SAA	BVSA	SAA
Pittsburgh Sleep Quality Index	18					SAA								SAA					SAA

* Somatosensory scale is normally 10-items

◇ Reduced to only 1 question at visit 17

‡ Passive smoking done for home only for visits 01-02, 10, 12-13, & 15

Typically 18 questions but reduced to 12 at visit 17

LSB 2026 Datasets Summary:

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
Vasomotor Symptoms (VMS)
Employment
Smoking Score
Pittsburgh Sleep Quality Index

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

QUESTIONS FROM DATA COLLECTION FORMS

= Variable excluded from public use datafile

n attached to the variable name indicates a visit number

ALCOHOL USE (ALCHCAT, ALC4CAT, & WKDRINK)

Baseline through Visit 16:

The next questions are about your consumption of alcoholic beverages.

Since your last study visit, did you drink any beer, wine, liquor, or mixed drinks? **#DRNKBEE n**

No..... 1 (GO TO..., PAGE...)
Yes..... 2

How many glasses of beer (a medium glass or serving of beer is twelve ounces) did you drink on average per day, week or month? (PLEASE CIRCLE ONLY ONE RESPONSE.) **#GLASBEE n**

None or less than one per month..... 1
1-3 per month..... 2
1 per week..... 3
2-4 per week..... 4
5-6 per week..... 5
1 per day..... 6
2-3 per day..... 7
4 per day..... 8
5 or more per day..... 9

How many glasses of wine or wine coolers, (a medium glass or serving of wine is 4 to 6 ounces), did you drink on average per day, week or month? (CIRCLE ONE NUMBER) **#GLASWIN n**

None or less than one per month..... 1
1-3 per month..... 2
1 per week..... 3
2-4 per week..... 4
5-6 per week..... 5
1 per day..... 6
2-3 per day..... 7
4 per day..... 8
5 or more per day..... 9

How many glasses of liquor or mixed drinks, (a medium serving is one shot), did you drink on average, per day, week or month? (CIRCLE ONE NUMBER) **#GLASLIQ n**

None or less than once per month..... 1
1-3 per month..... 2
1 per week..... 3
2-4 per week..... 4
5-6 per week..... 5
1 per day..... 6
2-3 per day..... 7
4 per day..... 8
5 or more per day..... 9

Visit 17:

The next question is about your consumption of alcoholic beverages.

How many alcoholic drinks (beer, wine, wine coolers, liquor or mixed drinks) do you drink on average per day, week or month? (PLEASE CIRCLE ONLY ONE NUMBER.) [#DRNKALC17](#)

- | | |
|--------------------------------------|----|
| None or less than one per month..... | 1 |
| 1-3 per month..... | 2 |
| 1 per week..... | 3 |
| 2-4 per week | 4 |
| 5-6 per week | 5 |
| 1 per day | 6 |
| 2 per day | 7 |
| 3 per day | 8 |
| 4 per day | 9 |
| 5 or more per day | 10 |

LIFE EVENTS (EVNTCAT, EVNTNUM, & EVNTVRY)

Baseline through Visit 16:

These next questions ask about events that we sometimes experience in our lives. **Since your last study visit**, have you experienced any of the following: If you have not, circle 1 (NO). If you have, indicate how upsetting it was by circling 2, 3 4 or 5. (PLEASE CIRCLE ONE ANSWER FOR EACH QUESTION.)

	NO	YES Not at all upsetting	YES Somewhat upsetting	YES Very upsetting	YES Very upsetting and still upsetting
a. Started school, a training program, or new job? <u>#STARTNE n</u>	1	2	3	4	5
b. Had trouble with a boss or conditions at work got worse? <u>#WORKTRB n</u>	1	2	3	4	5
c. Quit, fired or laid off from a job? <u>#QUITJOB n</u>	1	2	3	4	5
d. Took on a greatly increased work load at job? <u>#WORKLOA n</u>	1	2	3	4	5
e. Husband/partner became unemployed? <u>#PRTUNEM n</u>	1	2	3	4	5
f. Major money problems? <u>#MONEYPR n</u>	1	2	3	4	5
g. Relations with husband/partner changed for the worse but without separation or divorce? <u>#WOSRELR n</u>	1	2	3	4	5
h. Were separated or divorced or a long-term relationship ended? <u>#RELATEN n</u>	1	2	3	4	5
i. Had a serious problem with child or family member (other than husband/partner) or with a close friend? <u>#SERIPRO n</u>	1	2	3	4	5
j. A child moved out of the house or left the area? <u>#CHILDMO n</u>	1	2	3	4	5
k. Took on responsibility for the care of another child, grandchild, parent, other family member or friend? <u>#RESPCAR n</u>	1	2	3	4	5
l. Family member had legal problems or a problem with police? <u>#LEGALPR n</u>	1	2	3	4	5
m. A close relative (husband/partner, child or parent) died? <u>#CRELDIE n</u>	1	2	3	4	5
n. A close friend or family member other than a husband/partner, child or parent died? <u>#CLOSDIE n</u>	1	2	3	4	5
o. Major accident, assault, disaster, robbery or other violent event happened to yourself? <u>#SELFVIO n</u>	1	2	3	4	5
p. Major accident, assault, disaster, robbery or other violent event happened to a family member? <u>#FAMLVIO n</u>	1	2	3	4	5
q. Serious physical illness, injury or drug/alcohol problem in family member, partner or close friend? <u>#PHYSILL n</u>	1	2	3	4	5
r. Other major event not included above? <u>#MAJEVEN n</u>	1	2	3	4	5
Specify: <u>#SPECEVN n</u>					

Visit 17

* Note: non-relevant questions/variables excluded.

These next questions ask about events that we sometimes experience in our lives.

F1. In the past year, have you experienced any of the following: If you have not, circle 1 (NO). If you have, indicate how upsetting it was by circling 2, 3, 4 or 5. Also indicate if the event was related to COVID-19 by circling Y(YES) or N (NO)

	NO	YES Not at all upsetting	YES Somewhat upsetting	YES Very upsetting	YES Very upsetting and still upsetting	Related to COVID-19?	
a. Quit, fired or laid off from a job? #QUITJOB17	1	2	3	4	5	N	Y
b. Husband/partner became unemployed? #PRTUNEM17	1	2	3	4	5	N	Y
c. Major money problems? #MONEYPR17	1	2	3	4	5	N	Y
d. Were separated or divorced or a long-term relationship ended or relations with husband /partner changed for the worse? #RELATEN17	1	2	3	4	5	N	Y
e. Had a serious problem with child or family member (other than husband/partner) or with a close friend? #SERIPRO17	1	2	3	4	5	N	Y
f. A child moved out of the house or left the area? #CHILDMO17	1	2	3	4	5	N	Y
g. Took on responsibility for the care of another child, grandchild, parent, other family member or friend? #RESPCAR17	1	2	3	4	5	N	Y
h. Family member had legal problems or a problem with police? #LEGALPR17	1	2	3	4	5	N	Y
i. A close relative (husband/partner, child or parent), family member or friend died? #CRELDIE17	1	2	3	4	5	N	Y
j. Major accident, assault, disaster, robbery or other violent event happened to yourself or family member? #SELFVIO17	1	2	3	4	5	N	Y
k. Serious physical illness or injury in family member, partner or close friend? #PHYSILL17	1	2	3	4	5	N	Y
l. Serious drug/alcohol problem in family member, partner or close friend. #DRUGALC17	1	2	3	4	5	N	Y

MISTREATMENT / DISCRIMINATION (MISTRBL, MISTRRE, & MISTRSU):

The following section will ask you about personal feelings. These questions are important, as our feelings may directly affect our health or influence how we respond to health issues.

In your day-to-day life have you had the following experiences: (CIRCLE ONE NUMBER FOR EACH.)

	Often	Sometimes	Rarely	Never
a. You are treated with less courtesy than other people. #COURTES n	1	2	3	4
b. You are treated with less respect than other people. #RESPECT n	1	2	3	4
c. You receive poorer service than other people at restaurants or stores. #POORSER n	1	2	3	4
d. People act as if they think you are not smart. #NOTSMAR n	1	2	3	4
e. People act as if they are afraid of you. #AFRAIDO n	1	2	3	4
f. People act as if they think you are dishonest. #DISHONS n	1	2	3	4
g. People act as if they're better than you are. #BETTER n	1	2	3	4
h. You or your family members are called names or insulted. #INSULTE n	1	2	3	4
i. You are threatened or harassed. #HARASSE n	1	2	3	4
j. People ignore you or act as if you are not there. #IGNORED n	1	2	3	4

IF YOU ANSWERED "OFTEN" OR "SOMETIMES", TO ANY STATEMENTS ABOVE,
PLEASE ANSWER QUESTIONS BELOW.

Were any of the following reasons why you "sometimes" or "often" had these experiences?
(CIRCLE ONE NUMBER FOR EACH.)

	NO	YES
a. Race #BCRACE n	1	2
b. Ethnicity #BCETHN n	1	2
c. Gender #BCGENDR n	1	2
d. Age #BCAGE n	1	2
e. Income Level #BCINCML n	1	2
f. Language #BCLANG n	1	2
g. Body Weight #BCWGHT n	1	2
h. Physical Appearance (other than body weight) #BCPHAPP n	1	2
i. Sexual Orientation #BCORIEN n	1	2
j. Other, Specify: #OTHEREX n , #OTHRSP n	1	2

PASSIVE SMOKING (PSMK, PSMKBIN, PSMKCAT, & PSMKHOM):

The next 7 questions are about your exposure to smoke. If you are a smoker, please do not include yourself when answering questions.

How many members of your household smoke tobacco in the house (at least 1 cigarette, cigar or pipe bowl per day)?

___ # PERSONS

[#HMEMSM_n](#)

During the **past 7 days**, on how many days were you exposed to tobacco smoke inside your home?

___ # DAYS => IF 0 DAYS, GO TO QUESTION.....

[#HOMEXPD_n](#)

Over the **past 7 days**, when you were exposed to tobacco smoke in your home, how many hours were you exposed during a typical day?

___ # HOURS

[#HOMEXPH_n](#)

During the **past 7 days**, on how many days were you exposed to tobacco smoke while at work?

___ # DAYS => IF 0 DAYS, GO TO QUESTION.....

[#WRKEXPD_n](#)

Over the **past 7 days**, when you were exposed to tobacco smoke while at work, how many hours were you exposed during a typical day?

___ # HOURS

[#WRKEXPH_n](#)

During the **past 7 days**, when you were exposed to tobacco smoke while at work, how many people on average were smoking in the room you were in?

___ # PEOPLE

[#WRKEXPE_n](#) ([#PEWRKSM_n](#) at V03)

During the **past 7 days**, how many total hours were you exposed to tobacco smoke while at places other than home or work (including meetings, restaurants, bars, parties, etc.)?

___ # HOURS

[#TOTEXPH_n](#) ([#OTHEXPH_n](#) at V03)

SLEEP PROBLEMS (SLEPBIN & SLEPSUM):

These questions (a - c) are about your sleep habits over the past two weeks. Please circle one answer for each of the following questions. Pick the answer that best describes how often you experienced the situation in the past 2 weeks.

In the past two weeks...		No, not in the past 2 weeks	Yes, less than once a week	Yes, 1 or 2 times a week	Yes, 3 or 4 times per week	Yes, 5 or more times a week
		#TRBLSLE n				
a.	Did you have trouble falling asleep?	1	2	3	4	5
b.	Did you wake up several times a night? #WAKEUP n	1	2	3	4	5
c.	Did you wake up earlier than you had planned to, and were unable to fall asleep again? #WAKEARL n	1	2	3	4	5

SOMATOSENSORY AMPLIFICATION SCALE (SYMSEN):

The next question deals with how you respond to your physical senses. For each item, please indicate the degree to which each statement is TRUE OF YOU in general.

Please circle the number that corresponds to your answer for each statement below:

(CIRCLE ONLY ONE ANSWER FOR EACH QUESTION)

		Not at all True	A little bit true	Moderately true	Quite a bit true	Extremely true
a.	I am often aware of various things happening within my body. #AWAREBO n	1	2	3	4	5
b.	Sudden loud noises really bother me. #NOISES n	1	2	3	4	5
c.	I hate to be too hot or too cold. #HOTCOLD n	1	2	3	4	5
d.	I am quick to sense the hunger contractions in my stomach. #HUNGER n	1	2	3	4	5
e.	I can't stand pain. #STNDPAI n	1	2	3	4	5

VASOMOTOR SYMPTOM VARIABLES (VMSANY, VMSCAT, & VMSFREQ):

Baseline through Visit 6

* Note: non-relevant questions/variables excluded.

The following questions are about specific health problems you may have had over the past two weeks.

- D1. Below is a list of common problems which affect us from time to time in our daily lives. Thinking back over the past two weeks, please circle the number corresponding to how often you experienced any of the following.

How often have you had...		Not at all	1-5 days	6-8 days	9-13 days	Every day
d. Night sweats?	#NITESWE_n	1	2	3	4	5
o. Hot flashes or flushes?	#HOTFLAS_n	1	2	3	4	5

Visit 7 through Visit 17

* Note: non-relevant questions/variables excluded.

The following questions are about specific health problems you may have had over the past two weeks. Thinking back over the past two weeks, how often have you had...

Hot flashes or flushes? (CHECK ONE BOX AND ANSWER THE NEXT QUESTIONS AS INSTRUCTED.)

[#HOTFLAS17](#)

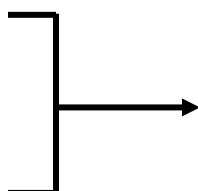
☐ Not at all (1) (GO TO C2)

☐ 1-5 days (2)

☐ 6-8 days (3)

☐ 9-13 days (4)

☐ Every day (5)



On the days that you have hot flashes or flushes, how many times each day do you usually have them?

NUMBER OF TIMES PER DAY: ____ (GO TO C1b)

How much are you usually bothered by hot flashes or flushes? (CIRCLE ONE NUMBER.)

Not at all1
Very little2
Moderately3
A lot4

Night sweats? (CHECK ONE BOX AND ANSWER THE NEXT QUESTIONS AS INSTRUCTED.)

[#NITESWE17](#)

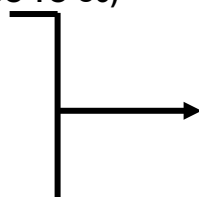
☐ Not at all (1) (GO TO C3)

☐ 1-5 days (2)

☐ 6-8 days (3)

☐ 9-13 days (4)

☐ Every day (5)



On the days that you have night sweats, how many times each night do you usually have them?

NUMBER OF TIMES PER NIGHT: ____ (GO TO C2b)

How much are you usually bothered by night sweats? (CIRCLE ONE NUMBER.)

Not at all1
Very little2
Moderately3
A lot4

EMPLOYMENT STATUS (EMPLOYED):

Baseline through Visit 15

* Note: non-relevant questions/variables excluded.

OCCUPATIONAL QUESTIONS

These next few questions concern employment. I'm going to ask you to tell me about any changes in your employment since your last study visit.

D1. Since your last study visit, has there been a change in any of your jobs, that is: your place of employment, your job title, or your usual job tasks? **#CHNGJOB n**

NO 1 (D3)

YES 2

N/A -1 (D6)

D2. During the past 2 weeks, did you work at any time at a job or business, including work for pay performed at home? (Include unpaid work in the family farm or business. If you were on vacation, or scheduled leave or sick leave, please answer as though you were at your usual job.) **#JOB n**

NO 1 (D6)

YES 2

D3. Since your last study visit, has there been a change in your usual hours of work of any of your jobs? **#CHANGHR n**

NO 1 (D#)

YES 2

D#. On average, how many total hours a week do you work, for pay? **#HOURSPA n**

≤ 10 1

11-19 2

20-34 3

35-40 4

41-60 #

>60 6

AND ADDITIONALLY, FROM THE SELF-A QUESTIONNAIRE:

B10. During the past 7 days, on how many days were you exposed to tobacco smoke while at work?

___ # DAYS (IF ZERO DAYS, GO TO QUESTION B11.) **#WRKEXPDA n**

H1. Are you currently employed for pay?

#EMPLYP n

No 1 (GO TO H2)

Yes 2

Visit 17:

K2. How would you describe your current job situation? (CIRCLE ONE NUMBER.) **#JOBSIT17**

Employed or self-employed (including work for family business).....1 (GO TO K2a)

Retired.....2 (GO TO K3)

Unemployed.....3 (GO TO K3)

Permanently sick or disabled.....4 (GO TO K3)

Homemaker.....5 (GO TO K3)

SMOKING STATUS (SMOKESTATUS)

Baseline

B.11. Have you ever smoked a total of at least 20 packs of cigarettes over your lifetime or at least 1 cigarette per day for at least 1 year? [#SMOKERE_n](#)

1. NO (GO TO THE SENTENCE BEFORE QUESTION B.12 ON THE NEXT PAGE)
2. YES
- 8. DON'T KNOW (GO TO THE SENTENCE BEFORE QUESTION B.12 ON THE NEXT PAGE)

B.11.3. Do you smoke cigarettes now? [#SMOKENO_n](#)

1. NO
2. YES (GO TO QUESTION B.11.5)
- 8. DON'T KNOW (GO TO THE SENTENCE BEFORE QUESTION B.12)

Visit 1 through Visit 6

B9. Since your last study visit, have you smoked cigarettes regularly (at least one cigarette a day)? [#SMOKERE_n](#)

No..... 1 (GO TO B10)
Yes 2 (GO TO B9a)

B9a. IF YES: How many cigarettes, on average, do you smoke per day now?
(If NONE, please indicate with a (0) zero and answer B9b.)

_____ CIGARETTES PER DAY [#AVCIGDA_n](#)

B9b. IF NONE, (You stopped smoking), What was the last month you smoked?

_____ MONTH [#LASTSMO_n](#)

Visit 7 through Visit 17

B7. **Since your last study visit**, have you smoked cigarettes regularly (at least one cigarette a day)? [#SMOKERE_n](#)

No..... 1 (GO TO B8)
Yes 2

B7a. IF YES: How many cigarettes, on average, do you smoke per day now?
(If NONE, please indicate with a (0) zero and answer B7b.)

_____ CIGARETTES PER DAY [#AVCIGDA_n](#)

B7b. If you stopped smoking **since your last study visit**, what was the last month and year you smoked?

M	M
---	---

 /

Y	Y	Y	Y
---	---	---	---

[#SMOKEMO_n](#) [#SMOKEYR_n](#)

Don't Know (-8) ☐

PITTSBURGH SLEEP QUALITY INDEX (PSQI, PSQIQUA, PSQILAT, PSQIDUR, PSQIHSE, PSQIDIS, PSQIMED, PSQIDAY):

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.

D1. **During the past month**, when have you usually gone to bed at night? (PLEASE CIRCLE A.M. OR P.M.)

#BEDTIMH n #BEDTIMM n
USUAL BED TIME ____:____ A.M. 1.
P.M. 2. #BEDTIMA n
#BEDTIME n

D2. **During the past month**, how long (in minutes) has it usually taken you to fall asleep each night?

NUMBER OF MINUTES _____ #NUMMINU n

D3. **During the past month**, when have you usually gotten up in the morning? (PLEASE CIRCLE A.M. OR P.M.)

#GETUPTH n #GETUPTM n
USUAL GETTING UP TIME ____:____ A.M. 1.
P.M. 2. #GETPAMP n
#GETUPTI n

D4. **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

D5. **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 #NO30SLE n	1	2	3	4
b. Wake up in the middle of the night or early in the morning #WAKEMID n	1	2	3	4
c. Have to get up to use the bathroom #USEBATH n	1	2	3	4
d. Cannot breathe comfortably #CANTBRT n	1	2	3	4
e. Cough or snore loudly #SNORE n	1	2	3	4
f. Feel too cold #TOOCOLD n	1	2	3	4
g. Feel too hot #TOOHOT n	1	2	3	4
h. Had bad dreams #BADREAM n	1	2	3	4
i. Have pain #HAVPAIN n	1	2	3	4
j. Other reason(s) #TRBSLEP n	1	2	3	4
Please describe: #OTHTRB n				

D6. During the past month, how would you rate your sleep quality overall? [#SLEEPQL_n](#)

Very good	1
Fairly good	2
Fairly bad	3
Very bad	4

D7. During the past month, how often have you taken medicine (prescribed or "over the counter") to help you sleep? [#MEDICIN_n](#)

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

D8. During the past month, how often have you had trouble staying awake while driving, eating meals, or engaging in social activity? [#TRBAWAK_n](#)

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

D9. During the past month, how much of a problem has it been for you to keep up enough enthusiasm to get things done? [#ENTHUS_n](#)

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