

					Household-ID								Person-ID	
1	2	0	4	2							0	0		

Interview Date: / /

Interviewer ID: _____

Respondent's Initials: _____

"50+ in Europe"

The Survey of Health, Ageing and Retirement in Europe

Self-Administered Questionnaire

A

How to FILL IN this questionnaire

Most of the questions on the following pages can be answered by simply checking the box below or alongside the answer that applies to you.

Please check ONE (1) box:

Correct or

Incorrect

Please proceed question by question.

How to RETURN this Questionnaire

If the interviewer is still in your home when you have completed the questionnaire, please hand it back to him or her. If not, please return the completed questionnaire in the pre-paid envelope as soon as you possibly can. *If you need a replacement envelope, please call [national survey agency] at [toll-free telephone number].*

PLEASE START THE QUESTIONNAIRE AT QUESTION 1 ON THE NEXT PAGE

ALL YOUR ANSWERS WILL REMAIN CONFIDENTIAL. THANK YOU AGAIN FOR YOUR HELP

**We would now like to ask you questions about your own health.
(Please choose one of the five answers for every question.)**

1. Overall in the last 30 days, how much of bodily aches or pains did you have?

None	Mild	Moderate	Severe	Extreme
<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

2. In the last 30 days, how much difficulty did you have with sleeping such as falling asleep, waking up frequently during the night or waking up too early in the morning?

None	Mild	Moderate	Severe	Extreme
<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

3. Overall in the last 30 days, how much of a problem did you have with moving around?

None	Mild	Moderate	Severe	Extreme
<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

4. Overall in the last 30 days how much difficulty did you have with concentrating or remembering things?

None	Mild	Moderate	Severe	Extreme
<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

5. In the last 30 days, how much of a problem did you have because of shortness of breath?

None	Mild	Moderate	Severe	Extreme
<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

6. Overall in the last 30 days, how much of a problem did you have with feeling sad, low, or depressed?

None	Mild	Moderate	Severe	Extreme
<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

7. Do you have any impairment or health problem that limits the kind or amount of work you can do?

None	Mild	Moderate	Severe	Extreme
<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

We will now give you some examples of persons with serious and less serious health problems. We would like to know how you evaluate the health of these persons. Please assume that the persons have the same age and background that you have.

(Please choose one of the five answers for every question.)

8. Paul has a headache once a month that is relieved after taking a pill. During the headache he can carry on with his day-to-day affairs.

Overall in the last 30 days, how much of bodily aches or pains did Paul have?

None	Mild	Moderate	Severe	Extreme
<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

9. Maria takes about two hours every night to fall asleep. She wakes up once or twice a night feeling panicked and takes more than one hour to fall asleep again.

In the last 30 days, how much difficulty did Maria have with sleeping, such as falling asleep, waking up frequently during the night or waking up too early in the morning?

None	Mild	Moderate	Severe	Extreme
<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

10. Henri has pain that radiates down his right arm and wrist during his day at work. This is slightly relieved in the evenings when he is no longer working on his computer.

Overall in the last 30 days, how much of bodily aches or pains did Henri have?

None	Mild	Moderate	Severe	Extreme
<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

11. Karen wakes up almost once every hour during the night. When she wakes up in the night, it takes around 15 minutes for her to go back to sleep. In the morning she does not feel well-rested.

In the last 30 days, how much difficulty did Karen have with sleeping such as falling asleep, waking up frequently during the night or waking up too early in the morning?

None	Mild	Moderate	Severe	Extreme
<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

12. Charles has pain in his knees, elbows, wrists and fingers, and the pain is present almost all the time. Although medication helps, he feels uncomfortable when moving around, holding and lifting things.

Overall in the last 30 days, how much of bodily aches or pains did Charles have?

None	Mild	Moderate	Severe	Extreme
<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

13. Alice falls asleep easily at night, but two nights a week she wakes up in the middle of the night and cannot go back to sleep for the rest of the night.

In the last 30 days, how much difficulty did Alice have with sleeping, such as falling asleep, waking up frequently during the night or waking up too early in the morning?

None	Mild	Moderate	Severe	Extreme
<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

14. Tom has a lot of swelling in his legs due to his health condition. He has to make an effort to walk around his home as his legs feel heavy.

Overall in the last 30 days, how much of a problem did Tom have with moving around?

None	Mild	Moderate	Severe	Extreme
<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

15. Lisa can concentrate while watching TV, reading a magazine or playing a game of cards or chess. Once a week she forgets where her keys or glasses are, but finds them within five minutes.

Overall in the last 30 days, how much difficulty did Lisa have with concentrating or remembering things?

None	Mild	Moderate	Severe	Extreme
<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

16. Kevin does not exercise. He cannot climb stairs or do other physical activities because he is obese. He is able to carry the groceries and do some light household work.

Overall in the last 30 days, how much of a problem did Kevin have with moving around?

None	Mild	Moderate	Severe	Extreme
<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

17. Sue is keen to learn new recipes but finds that she often makes mistakes and has to reread several times before she is able to do them properly.

Overall in the last 30 days, how much difficulty did Sue have with concentrating and remembering things?

None	Mild	Moderate	Severe	Extreme
<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

18. Rob is able to walk distances of up to 200 metres without any problems but feels tired after walking one kilometre or climbing more than one flight of stairs. He has no problems with day-to-day activities, such as carrying food from the market.

Overall in the last 30 days, how much of a problem did Rob have with moving around?

None	Mild	Moderate	Severe	Extreme
<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

19. Eve cannot concentrate for more than 15 minutes and has difficulty paying attention to what is being said to her. Whenever she starts a task, she never manages to finish it and often forgets what she was doing. She is able to learn the names of people she meets.

Overall in the last 30 days, how much difficulty did Eve have with concentrating or remembering things?

None	Mild	Moderate	Severe	Extreme
<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

20. Mark has no problems with walking slowly. He gets out of breath easily when climbing uphill for 20 meters or a flight of stairs.

In the last 30 days, how much of a problem did Mark have because of shortness of breath?

None	Mild	Moderate	Severe	Extreme
<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

21. Anna feels depressed most of the time. She weeps frequently and feels hopeless about the future. She feels that she has become a burden on others and that she would be better dead.

Overall in the last 30 days, how much of a problem did Anna have with feeling sad, low, or depressed?

None	Mild	Moderate	Severe	Extreme
<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

22. Paul suffers from respiratory infections about once every year. He is short of breath 3 or 4 times a week and had to be admitted in hospital twice in the past month with a bad cough that required treatment with antibiotics.

In the last 30 days, how much of a problem did Paul have because of shortness of breath?

None	Mild	Moderate	Severe	Extreme
<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

23. Maria feels nervous and anxious. She worries and thinks negatively about the future, but feels better in the company of people or when doing something that really interests her. When she is alone she tends to feel useless and empty.

Overall in the last 30 days, how much of a problem did Maria have with feeling sad, low, or depressed?

None	Mild	Moderate	Severe	Extreme
<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

24. Henri has been a heavy smoker for 30 years and wakes up with a cough every morning. He gets short of breath even while resting and does not leave the house anymore. He often needs to be put on oxygen.

In the last 30 days, how much of a problem did Henri have because of shortness of breath?

None	Mild	Moderate	Severe	Extreme
<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

25. Karen enjoys her work and social activities and is generally satisfied with her life. She gets depressed every 3 weeks for a day or two and loses interest in what she usually enjoys but is able to carry on with her day-to-day activities.

Overall in the last 30 days, how much of a problem did Karen have with feeling sad, low, or depressed?

None	Mild	Moderate	Severe	Extreme
<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

We would now like to give you some more examples of persons with health problems. We ask you to indicate the extent to which you think these people would be limited in the kind or amount of work they can do. In terms of their age, their education, and their work histories, you should imagine that these men or women are similar to yourself. Other than the conditions explicitly mentioned, you should imagine the individual is in reasonably good health.

(Please choose one of the five answers for every question.)

26. Alice has almost constant pain in her back and this sometimes prevents her from doing her work.

How much is Alice limited in the kind or amount of work she could do?

None	Mild	Moderate	Severe	Extreme
<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

27. Kevin suffers from back pain that causes stiffness in his back especially at work but is relieved with low doses of medication. He does not have any pains other than this generalized discomfort.

How much is Kevin limited in the kind or amount of work he could do?

None	Mild	Moderate	Severe	Extreme
<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

28. Lisa has pain in her back and legs, and the pain is present almost all the time. It gets worse while she is working. Although medication helps, she feels uncomfortable when moving around, holding and lifting things at work.

How much is Lisa limited in the kind or amount of work she could do?

None	Mild	Moderate	Severe	Extreme
<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

29. Tom feels worried all the time. He gets depressed once a week at work for a couple of days in a row, thinking about what could go wrong and that his boss will disapprove of his condition. But he is able to come out of this mood if he concentrates on something else.

How much is Tom limited in the kind or amount of work he could do?

None	Mild	Moderate	Severe	Extreme
<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

30. Tamara has mood swings on the job. When she gets depressed, everything she does at work is an effort for her and she no longer enjoys her usual activities at work. These mood swings are not predictable and occur two or three times during a month.

How much is Tamara limited in the kind or amount of work she could do?

None	Mild	Moderate	Severe	Extreme
<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

31. Anthony generally enjoys his work. He gets depressed every 3 weeks for a day or two and loses interest in what he usually enjoys but is able to carry on with his day-to-day activities on the job.

How much is Anthony limited in the kind or amount of work he could do?

None	Mild	Moderate	Severe	Extreme
<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

32. Eve has had heart problems in the past and she has been told to watch her cholesterol level. Sometimes if she feels stressed at work she feels pain in her chest and occasionally in her arms.

How much is Eve limited in the kind or amount of work she could do?

None	Mild	Moderate	Severe	Extreme
<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

33. Mark has been diagnosed with high blood pressure. His blood pressure goes up quickly if he feels under stress. Mark does not exercise much and is overweight.

How much is Mark limited in the kind or amount of work he could do?

None	Mild	Moderate	Severe	Extreme
<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

34. Anna has undergone triple bypass heart surgery. She is a heavy smoker and still experiences severe chest pain sometimes.

How much is Anna limited in the kind or amount of work she could do?

None	Mild	Moderate	Severe	Extreme
<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

35. Finally, please state your gender and birth year:

a) I am...

Male ₁

Female ₂

b) I was born in (year)

Thank you very much for taking the time to answer our questions. Please give the questionnaire to the interviewer or post it back in the envelope provided.