

1. Overall, how would you rate your quality of life? (Mark one oval in the box below.)

0	1	2	3	4	5	6	7	8	9	10
Worst			Halfway				Best			

As bad or worse
than being dead

Best quality
of life

2. How satisfied are you with your current quality of life? (Mark one oval in the box below.)

0	1	2	3	4	5	6	7	8	9	10
Dissatisfied			Halfway				Satisfied			

Not at all happy with
quality of life now

Very happy with
quality of life now

3. In general, would you say your
health is (Mark one oval):

Excellent	Very good	Good	Fair	Poor
..... 1 2 3 4 5

4. Compared to one year ago, how would you rate your health in general now? (Mark one oval.)

- 1 Much better now than 1 year ago
- 2 Somewhat better now than 1 year ago
- 3 About the same
- 4 Somewhat worse now than 1 year ago
- 5 Much worse than 1 year ago

The following are questions about a typical (or usual) day's activities. Does your health now limit you in these activities and, if so, how much? (Mark one oval for each question.)

- | | No,
not limited
at all | Yes,
limited
a little | Yes,
limited
a lot | | |
|--|------------------------------|-----------------------------|--------------------------|------------------------|------------------------|
| 5. Vigorous activities, such as running, lifting heavy objects,
or strenuous sports | 3 | 2 | 1 | | |
| 6. Moderate activities, such as moving a table, vacuuming,
bowling, or golfing | 3 | 2 | 1 | | |
| 7. Lifting or carrying groceries | 3 | 2 | 1 | | |
| 8. Climbing several flights of stairs | 3 | 2 | 1 | | |
| 9. Climbing one flight of stairs | 3 | 2 | 1 | | |
| 10. Bending, kneeling, stooping | 3 | 2 | 1 | | |
| 11. Walking more than a mile | 3 | 2 | 1 | | |
| 12. Walking several blocks | 3 | 2 | 1 | | |
| 13. Walking one block | 3 | 2 | 1 | | |
| 14. Bathing or dressing yourself | 3 | 2 | 1 | | |
| 15. During the <u>past 4 weeks</u> , to what extent
has your physical health or emotional
problems interfered with your normal
social activities with family, neighbors,
friends, or groups? (Mark one oval.) | Not at
all 1 | Slightly 2 | Moderately
(Medium) 3 | Quite
a bit 4 | Extremely
(A lot) 5 |
| 16. During the <u>past 4 weeks</u> , how much
bodily pain have you had? (Mark one oval.) ... | None 0 | Very
mild 2 | Mild 3 | Moderate
(Medium) 4 | Severe 5 |
| 17. During the <u>past 4 weeks</u> , how much did
pain interfere with your normal work (both
outside your home and at home)? (Mark
one oval.) | None
at all 1 | A little
bit 2 | Moderately
(Medium) 3 | Quite
a bit 4 | Extremely
(A lot) 5 |



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The next questions are about your regular daily activities like work, child care, or community activities. As a result of your physical health, have any of the following problems occurred during the past 4 weeks?

	No	Yes
18. You cut down on the amount of time you spent on work or other activities	0	1
19. You accomplished less than you would have liked	0	1
20. You were limited in the kind of work or other activities you did	0	1
21. You had difficulty performing work or other activities (it took extra effort)	0	1

In the past 4 weeks, as a result of any emotional problem (feeling depressed or anxious), have any of the following occurred?

	No	Yes
22. You cut down on the amount of time you spent on work or other activities	0	1
23. You accomplished less than you would have liked	0	1
24. You did work or other things less carefully than usual	0	1

Of these statements, how true or false is each for you?

	Definitely true	Mostly true	Not sure	Mostly false	Definitely false
25. I seem to get sick a little easier than other people	1	2	3	4	5
26. I am as healthy as anybody I know	1	2	3	4	5
27. I expect my health to get worse	1	2	3	4	5
28. My health is excellent	1	2	3	4	5


29. During the past 4 weeks, how much of the time has your physical health or emotional problems interfered with your social activities (like visiting with friends and relatives)?

All of the time	Most of the time	Some of the time	A little of the time	None of the time
1	2	3	4	5

These questions are about how you feel and how things have been during the past 4 weeks.
Give the one answer that comes closest to the way you have been feeling.

How much of the time during the past 4 weeks . . .

- | | All
of the
time | Most
of the
time | A good
bit of
the time | Some
of the
time | A little
of the
time | None
of the
time |
|--|---|------------------------|------------------------------|------------------------|----------------------------|------------------------|
| 30. Did you feel full of pep? | 1 | 2 | 3 | 4 | 5 | 6 |
| 31. Have you been a very nervous
person? | 1 | 2 | 3 | 4 | 5 | 6 |
| 32. Have you felt so down in the dumps
that nothing could cheer you up? | 1 | 2 | 3 | 4 | 5 | 6 |
| 33. Have you felt calm and peaceful? | 1 | 2 | 3 | 4 | 5 | 6 |
| 34. Did you have a lot of energy? | 1 | 2 | 3 | 4 | 5 | 6 |
| 35. Have you felt downhearted and blue? | 1 | 2 | 3 | 4 | 5 | 6 |
| 36. Did you feel worn out? | 1 | 2 | 3 | 4 | 5 | 6 |
| 37. Have you been happy? | 1 | 2 | 3 | 4 | 5 | 6 |
| 38. Did you feel tired? | 1 | 2 | 3 | 4 | 5 | 6 |
| 39. Can you eat: | | | | | | |
| 1 | Without help (able to feed yourself completely) | | | | | |
| 2 | With some help (need help with cutting, etc.) | | | | | |
| 3 | Or are you completely unable to feed yourself? | | | | | |
| 40. Can you dress and undress yourself: | | | | | | |
| 1 | Without help (able to pick out clothes, dress and undress yourself) | | | | | |
| 2 | With some help | | | | | |
| 3 | Or are you completely unable to dress and undress yourself? | | | | | |
| 41. Can you get in and out of bed: | | | | | | |
| 1 | Without any help or aids | | | | | |
| 2 | With some help (either from a person or with the aid of some device) | | | | | |
| 3 | Or are you totally dependent on someone else to lift you? | | | | | |
| 42. Can you take a bath or shower: | | | | | | |
| 1 | Without help | | | | | |
| 2 | With some help (need help getting in and out of the tub, or need special attachments
on the tub) | | | | | |
| 3 | Or are you completely unable to bathe yourself? | | | | | |

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PLEASE MAKE NO MARKS IN THIS AREA		

Below is a list of symptoms people sometimes have. For each item, mark the one oval that best describes how bothersome the symptom was during the past 4 weeks for you. Be sure to mark one oval on each line.

If you did not have the problem, please mark the oval under "symptom did not occur." If you had the symptom, use the following key to indicate how bothersome it was:

- Mild** = symptom did not interfere with usual activities.
- Moderate** = symptom interfered somewhat with usual activities.
- Severe** = symptom was so bothersome that usual activities could not be performed.

	Symptom	Symptom did not occur	Symptom occurred and was:		
			Mild	Moderate	Severe
43.1.	Bloating or gas	0	1	2	3
43.2.	Constipation (difficulty having bowel movements)	0	1	2	3
43.3.	Night sweats	0	1	2	3
43.4.	General aches or pains	0	1	2	3
43.5.	Breast tenderness	0	1	2	3
43.6.	Hot flashes	0	1	2	3
43.7.	Diarrhea	0	1	2	3
43.8.	Mood swings	0	1	2	3
43.9.	Nausea	0	1	2	3
43.10.	Dizziness	0	1	2	3
43.11.	Feeling tired	0	1	2	3
43.12.	Forgetfulness	0	1	2	3
43.13.	Increased appetite	0	1	2	3
43.14.	Heart racing or skipping beats	0	1	2	3
43.15.	Tremors (shakes)	0	1	2	3
43.16.	Heartburn	0	1	2	3
43.17.	Restless or fidgety	0	1	2	3
43.18.	Low back pain	0	1	2	3
43.19.	Neck pain	0	1	2	3
43.20.	Skin dryness or scaling	0	1	2	3

	Symptom did not occur	Symptom occurred and was:		
		Mild	Moderate	Severe
43.21. Headaches or migraines	0	1	2	3
43.22. Clumsiness	0	1	2	3
43.23. Any trouble seeing that is uncorrected by lenses	0	1	2	3
43.24. Vaginal or genital irritation or itching	0	1	2	3
43.25. Difficulty concentrating	0	1	2	3
43.26. Joint pain or stiffness	0	1	2	3
43.27. Decreased appetite	0	1	2	3
43.28. Hearing loss	0	1	2	3
43.29. Swelling of hands or feet	0	1	2	3
43.30. Vaginal or genital dryness	0	1	2	3
43.31. Upset stomach or belly pain or discomfort	0	1	2	3
43.32. Pain or burning while urinating	0	1	2	3
43.33. Cough or wheezing	0	1	2	3
43.34. Vaginal or genital discharge	0	1	2	3

Below are some hard things that sometimes happen to people. Please try to think back over the past year to remember if any of these things happened. Mark the answer that seems best.

Over the past year:	No	Yes, and it upset me:		
		Not too much	Moderately (Medium)	Very much
44.1. Did your spouse or partner die?	0	1	2	3
44.2. Did your spouse or partner have a serious illness?	0	1	2	3
45. Did a close friend or family member die or have a serious illness (other than your spouse or partner)?	0	1	2	3
46. Did you have any major problems with money?	0	1	2	3
47. Did you have a divorce or break-up with a spouse or partner?	0	1	2	3
48. Did a family member or close friend have a divorce or break-up?	0	1	2	3
49. Did you have a major conflict with children or grandchildren?	0	1	2	3
50. Did you have any major accidents, disasters, muggings, unwanted sexual experiences, robberies, or similar events?	0	1	2	3

Over the past year:

		Yes, and it upset me:			
		Not too much	Moderately (Medium)	Very much	
51.	Did you or a family member or close friend lose their job or retire?	No 0	1	2	3
52.	Were you physically abused by being hit, slapped, pushed, shoved, punched or threatened with a weapon by a family member or close friend?	0	1	2	3
53.	Were you verbally abused by being made fun of, severely criticized, told you were a stupid or worthless person, or threatened with harm to yourself, your possessions, or your pets, by a family member or close friend?	0	1	2	3
54.	Did a pet die?	0	1	2	3

These questions are about your feeling during the past week. For each of the statements, please indicate the choice that tells how often you felt that way.

		Rarely or none of the time (less than 1 day)	Some or a little of the time (1-2 days)	Occasionally or a moderate amount of time (3-4 days)	Most or all of the time (5-7 days)
55.1.	You felt depressed (blue or down)	0	1	2	3
55.2.	Your sleep was restless	0	1	2	3
55.3.	You enjoyed life	0	1	2	3
55.4.	You had crying spells	0	1	2	3
55.5.	You felt sad	0	1	2	3
55.6.	You felt that people disliked you	0	1	2	3

56. In the past year, have you had two weeks or more during which you felt sad, blue, or depressed, or lost pleasure in things that you usually cared about or enjoyed?

0 No 1 Yes


57. Have you had two years or more in your life when you felt depressed or sad most days, even if you felt okay sometimes?

0 No 1 Yes

57.1. Have you felt depressed or sad much of the time in the past year?

0 No 1 Yes

Go to the next page.



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These next questions are about your sleep habits. Please mark one of the answers for each of the following questions. Pick the answer that best describes how often you experienced the situation in the past 4 weeks.

- | | | | | | | |
|-----|--|----------------------------------|-------------------------------------|-----------------------------------|-----------------------------------|--------------------------------------|
| | | No,
not in
past 4
weeks | Yes,
less than
once a
week | Yes,
1 or 2
times a
week | Yes,
3 or 4
times a
week | Yes,
5 or more
times a
week |
| 58. | Did you take any kind of medication or alcohol at bedtime to help you sleep? | 1 | 2 | 3 | 4 | 5 |
| 59. | Did you fall asleep during quiet activities like reading, watching TV, or riding in a car? | 1 | 2 | 3 | 4 | 5 |
| 60. | Did you nap during the day? | 1 | 2 | 3 | 4 | 5 |
| 61. | Did you have trouble falling asleep? | 1 | 2 | 3 | 4 | 5 |
| 62. | Did you wake up several times at night? | 1 | 2 | 3 | 4 | 5 |
| 63. | Did you wake up earlier than you planned to? | 1 | 2 | 3 | 4 | 5 |
| 64. | Did you have trouble getting back to sleep after you woke up too early? | 1 | 2 | 3 | 4 | 5 |
| 65. | Did you snore? | 1 | 2 | 3 | 4 | 5 |

Don't know

66. Overall, was your typical night's sleep during the past 4 weeks:

- | | | | | |
|--------------------------|---------------------|--------------------|----------|------------------|
| Very sound
or restful | Sound or
restful | Average
quality | Restless | Very
restless |
| 5 | 4 | 3 | 2 | 1 |

67. About how many hours of sleep did you get on a typical night during the past 4 weeks?

- | | | | | | |
|--------------------|------------|------------|------------|------------|---------------------|
| 5 or less
hours | 6
hours | 7
hours | 8
hours | 9
hours | 10 or more
hours |
| 1 | 2 | 3 | 4 | 5 | 6 |

Many women report that they leak urine (or pee). The next questions are about problems you may have had with leaking urine.

68. Have you ever leaked even a very small amount of urine involuntarily and you couldn't control it?

- 0 No 1 Yes

(If you answered "No," go to question 75.)

69. How often does this leaking urine occur? (Mark one oval.)

- Not once during the past year Less than once a month More than once a month but less than once a week One or more times a week but less than every day Daily
- 1 2 3 4 5

70. When do you usually leak urine? (Mark all that apply.)

- No longer leak urine When I cough, laugh, sneeze, lift, stand up, or exercise When I feel the need to urinate and can't get to a toilet fast enough When I am sleeping Other _____
- 0 1 2 3 8

(Please describe)

(If you "no longer leak urine," go to question 75.)

71. How much urine do you usually lose when it leaks? (Mark one oval.)

- None Barely noticeable on underpants Soaked underpants Soaked through to outer clothing
- 1 2 3 4

72. What protection do you wear in case you leak urine? (Mark all that apply.)


- None Mini-pad, tissue or paper towel Mentrual pad or shield Diaper, towel, Attends, Depends Other
- 1 2 3 4 8

73. How often does the leakage of urine limit your daily activities? (Mark one oval.)

- Never Almost never Sometimes Fairly often Very often
- 1 2 3 4 5

74. How much does the leakage of urine bother or disturb you? (Mark one oval.)

- Not at all disturbing A little disturbing Somewhat disturbing Very disturbing Extremely disturbing
- 1 2 3 4 5



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The last questions in this booklet ask about some personal topics. Although the following questions are sensitive and personal, they are important. Your answers will help us understand the health of women and may help us find better treatments for their health problems. Please be assured that your responses to these questions will remain confidential.

75. Are you currently married or in an intimate relationship with at least one person? 0 No 1 Yes
76. Did you have any sexual activity with a partner in the last year? 0 No 1 Yes 9 Don't want to answer
77. How satisfied are you with your current sexual activities, either with a partner or alone? 1 Very unsatisfied 2 A little unsatisfied 3 Somewhat satisfied 4 Very satisfied 9 Don't want to answer
(Mark one oval.)
78. Are you satisfied with the frequency of your sexual activity, or would you like to have sex more or less often? **(Mark one oval.)** 1 Less often 2 Satisfied with current frequency 3 More often 9 Don't want to answer
79. Are you worried that sexual activities will affect your health? **(Mark one oval.)** 1 Not at all worried 2 A little worried 3 Somewhat worried 4 Very worried 9 Don't want to answer



