



STUDY ON GLOBAL AGEING AND ADULT HEALTH 2007

INDEPTH Short Summary Module – Set C



IFAKARA

Table of Contents

Section 1000: Health State Descriptions	2
Section 2000: Subjective Wellbeing and Quality of Life	9

Household or Respondent Identification Code: _____

Rotation code: _____ **A B C D**
(Circle one only)

Interviewer ID: _____

Section 1000: Health State Descriptions

Time Begin :

NOTE TO INTERVIEWERS: Where a 'DON'T KNOW' response category is listed as an option - do not read this category out to the respondent.

I would like to ask you questions about your health and well-being. I know some of these questions may be sensitive or difficult to answer, but please try to provide an answer. I will ask about your overall health, including both your physical and your mental health. Some of the questions may sound similar or repetitive, but I need to ask all of the questions for the sake of completeness. This information is confidential and you will not be identified individually or without your consent.

Q1000	In general, how would you <u>rate your health today</u> ?	1 Very good 2 Good 3 Moderate 4 Bad 5 Very bad
Q1001	Overall in the last 30 days, how much difficulty did you have with <u>work or household activities</u> ?	1 None 2 Mild 3 Moderate 4 Severe 5 Extreme/cannot do

Now I would like to review the different functions of your body. When answering these questions, I would like you to think about the last 30 days, taking both good and bad days into account. When I ask about difficulty, I would like you to consider how much difficulty you have had, on average, in the last 30 days, while doing the activity in the way that you usually do it. By difficulty I mean requiring increased effort, discomfort or pain, slowness or changes in the way you do the activity. Please answer this question taking into account any assistance you have available.

NOTE TO INTERVIEWER: Read and show scale to respondent

MOBILITY

	Overall in the last 30 days...	NONE	MILD	MODERATE	SEVERE	EXTREME / CANNOT DO
Q1002	...how much difficulty did you have with <u>moving around</u> ?	1	2	3	4	5
Q1003	...how much difficulty did you have in <u>vigorous activities</u> (such as cycling or working in the fields)? 'Vigorous activities' require hard physical effort and cause large increases in breathing or heart rate.	1	2	3	4	5

**Study on Global Ageing and Adult Health (SAGE)
WHO and INDEPTH Summary Version Q– Set C**

SELF-CARE

	Overall in the last 30 days, how much difficulty ...	NONE	MILD	MODERATE	SEVERE	EXTREME / CANNOT DO
Q1004	... did you have with <u>self-care</u> , such as washing/bathing or dressing yourself?	1	2	3	4	5
Q1005	... did you have in <u>taking care of and maintaining your general appearance</u> (for example, grooming, looking neat and tidy).	1	2	3	4	5
Q1006	... did you have in <u>staying by yourself</u> for a few days (for example, 3 to 7 days)?	1	2	3	4	5

PAIN AND DISCOMFORT

	Overall in the last 30 days...	NONE	MILD	MODERATE	SEVERE	EXTREME / CANNOT DO
Q1007	...how much of <u>bodily aches or pains</u> did you have?	1	2	3	4	5
Q1008	...how much <u>bodily discomfort</u> did you have?	1	2	3	4	5
If Q1007 and Q1008 are both = 1, "None" →						Q1010
Q1009	... how much difficulty did you have in your <u>daily life</u> because of your <u>pain</u> ?	1	2	3	4	5

COGNITION

	Overall in the last 30 days, how much difficulty ...	NONE	MILD	MODERATE	SEVERE	EXTREME / CANNOT DO
Q1010	... did you have with <u>concentrating or remembering things</u> ?	1	2	3	4	5
Q1011	... did you have in <u>learning a new task</u> (for example, learning how to get to a new place, learning a new game, learning a new recipe)?	1	2	3	4	5

INTERPERSONAL ACTIVITIES

	Overall in the last 30 days, how much difficulty...	NONE	MILD	MODERATE	SEVERE	EXTREME / CANNOT DO
Q1012	... did you have with <u>personal relationships or participation in the community</u> ?	1	2	3	4	5
Q1013	...did you have in <u>dealing with conflicts and tensions</u> with others?	1	2	3	4	5
Q1014	... did you have with <u>making new friendships or maintaining current friendships</u> ?	1	2	3	4	5
Q1015	...did you have with <u>dealing with strangers</u> ?	1	2	3	4	5

**Study on Global Ageing and Adult Health (SAGE)
WHO and INDEPTH Summary Version Q– Set C**

SLEEP AND ENERGY

	Overall in the last 30 days, how much of a problem ...	NONE	MILD	MODERATE	SEVERE	EXTREME / CANNOT DO
Q1016	... did you have with sleeping, such as <u>falling asleep</u> , waking up <u>frequently during the night</u> or waking up too early in the morning?	1	2	3	4	5
Q1017	... did you have due to not <u>feeling rested and refreshed</u> during the day (for example, feeling tired or not having energy)?	1	2	3	4	5

AFFECT

	Overall in the last 30 days, how much of a problem ...	NONE	MILD	MODERATE	SEVERE	EXTREME / CANNOT DO
Q1018	... did you have with <u>feeling sad, low or depressed</u> ?	1	2	3	4	5
Q1019	... did you have with <u>worry or anxiety</u> ?	1	2	3	4	5

VISION *(if respondent normally wears, should answer as when wearing glasses/contact lenses)*

Q1020	When was the last time you had your <u>eyes</u> examined by a medical professional? INTERVIEWER: ENTER YEARS OR MONTHS AGO. ENTER "00" IF LESS THAN 1 YEAR OR 1 MONTH AGO.	<input type="text"/> <input type="text"/> YEARS AGO <input type="text"/> <input type="text"/> MONTHS AGO 0000 NEVER 8888 DON'T KNOW				
Q1021	Do you use eyeglasses or contact lenses to <u>see far away</u> (for example across the street)?	1 YES 2 NO				
Q1022	Do you use eyeglasses or contact lenses to <u>see up close</u> (for example at arms length, like when you are reading)?	1 YES 2 NO				

	Overall in the last 30 days...	NONE	MILD	MODERATE	SEVERE	EXTREME / CANNOT DO
Q1023	... how much difficulty did you have in <u>seeing and recognising a person or object you know across the road</u> (from a distance of about 20 meters)?	1	2	3	4	5
Q1024	... how much difficulty did you have in seeing and recognising <u>an object at arm's length</u> (for example reading)?	1	2	3	4	5

**Study on Global Ageing and Adult Health (SAGE)
WHO and INDEPTH Summary Version Q– Set C**

FUNCTIONING ASSESSMENT

These next questions ask about difficulties due to health conditions. Health conditions include diseases or illnesses, other health problems that may be short or long lasting, injuries, mental or emotional problems, and problems with alcohol or drugs. Think back over the last 30 days and answer these questions thinking about how much difficulty you had doing the following activities.

INTERVIEWER: For each question, please circle only one response.

	In the last 30 days, how much difficulty did you have ...	None	Mild	Moderate	Severe	Extreme/ cannot do	N/A
Q1025	... in standing for long periods (such as 30 minutes)?	1	2	3	4	5	98
Q1026	... in taking care of your household responsibilities?	1	2	3	4	5	98
Q1027	... in joining in community activities [<i>for example, festivities, religious or other activities</i>] in the same way as anyone else can?	1	2	3	4	5	98
Q1028	... concentrating on doing something for 10 minutes?	1	2	3	4	5	98
Q1029	... in walking a long distance such as a kilometer?	1	2	3	4	5	98
Q1030	... in washing (bathing) your whole body?	1	2	3	4	5	98
Q1031	... in getting dressed?	1	2	3	4	5	98
Q1032	... in your day to day work?	1	2	3	4	5	98
Q1033	In the last 30 days, how much have you been emotionally affected by your health condition(s)?	1	2	3	4	5	98
Q1034	Overall, how much did these difficulties interfere with your life?	1	2	3	4	5	98

Q1035	Besides any vision (eyeglasses, contact lenses) or hearing aids, do you use any other assistive devices (such as a cane, walker, or other) for any difficulties you experience?	1 YES 2 NO
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**Study on Global Ageing and Adult Health (SAGE)
WHO and INDEPTH Summary Version Q– Set C**

VIGNETTES FOR HEALTH STATE DESCRIPTIONS

This next section will require additional concentration. I will read to you some stories about people with varying levels of difficulties in different areas of health. I want you to think about these people's experiences as if they were your own. Once I have finished reading each story, I will ask you to rate what happened in the story.

I would like to know how you view each story and rate how much of a problem or difficulty the person described has in that area of health in the same way that you described your own health to me earlier. While giving the rating, think of the person in the story as someone who is of your age and background.

Interviewer: 'vigorous activities' require hard physical effort and cause large increases in breathing or heart rate?

Set C Vision, Sleep and Energy

[Damien] wakes up almost once every hour during the night. When he wakes up in the night, it takes around 15 minutes for him to go back to sleep. In the morning he does not feel well-rested and feels slow and tired all day.

	Overall in the last 30 days, how much ...	None	Mild	Moderate	Severe	Extreme/ Cannot do
Q2101	... difficulty do you think [Damien] had with sleeping, such as falling asleep, waking up frequently during the night or waking up too early in the morning?	1	2	3	4	5
Q2102	... of a problem did [Damien] have due to not feeling rested and refreshed during the day (for example feeling tired or not having energy)?	1	2	3	4	5

[Antonio] can read words in newspaper articles (and can recognize faces on a postcard size photograph). He can recognize shapes and colours from across 20 metres but misses out the fine details.

	Overall in the last 30 days, how much difficulty...	None	Mild	Moderate	Severe	Extreme/ Cannot do
Q2103	... do you think [Antonio] had in seeing and recognizing a person he knows across the road (from a distance of about 20 meters)?	1	2	3	4	5
Q2104	... do you think [Antonio] had in seeing and recognizing an object at arm's length or in reading?	1	2	3	4	5

[Paolo] has no trouble falling asleep at night and does not wake up during the night, but every morning he finds it difficult to wake up. He uses an alarm clock but falls back asleep after the alarm goes off. He is late to work on four out of five days and feels tired in the mornings.

	Overall in the last 30 days, how much ...	None	Mild	Moderate	Severe	Extreme/ Cannot do
Q2105	... difficulty do you think [Paolo] had with sleeping, such as falling asleep, waking up frequently during the night or waking up too early in the morning?	1	2	3	4	5
Q2106	... of a problem do you think [Paolo] had due to not feeling rested and refreshed during the day (for example, feeling tired or not having energy)?	1	2	3	4	5

**Study on Global Ageing and Adult Health (SAGE)
WHO and INDEPTH Summary Version Q– Set C**

[Jennifer] only reads if the text is in very large print, such as 10 lines per page. Otherwise she does not read anything. Even when people are close to her, she sees them blurred.

	Overall in the last 30 days, how much difficulty ...	None	Mild	Moderate	Severe	Extreme/ Cannot do
Q2107	...do you think [Jennifer] has in seeing and recognizing a person she knows across the road (from a distance of about 20 meters)?	1	2	3	4	5
Q2108	...do you think [Jennifer] has in seeing and recognizing an object at arm's length or in reading?	1	2	3	4	5

[Norman] needs a magnifying glass to read small print and look at details on pictures. He also takes a while to recognize objects if they are too far from him.

	Overall in the last 30 days, how much difficulty ...	None	Mild	Moderate	Severe	Extreme/ Cannot do
Q2109	...do you think [Norman] had in seeing and recognizing a person she knows across the road (from a distance of about 20 meters)?	1	2	3	4	5
Q2110	...do you think [Norman] had in seeing and recognizing an object at arm's length or in reading?	1	2	3	4	5

[Noemi] 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. On these days she is exhausted at work and cannot concentrate on her job.

	Overall in the last 30 days, how much ...	None	Mild	Moderate	Severe	Extreme/ Cannot do
Q2111	... difficulty do you think [Noemi] had with sleeping, such as falling asleep, waking up frequently during the night or waking up too early in the morning?	1	2	3	4	5
Q2112	...how much of a problem did [Noemi] have due to not feeling rested and refreshed during the day (for example, feeling tired or not having energy)?	1	2	3	4	5

[Hector] can read words in newspaper articles (and can recognize faces on a postcard size photograph). He can recognize familiar people's faces all the time and picks out most details in pictures from across 20 metres.

	Overall in the last 30 days, how much difficulty...	None	Mild	Moderate	Severe	Extreme/ Cannot do
Q2113	...do you think [Hector] had in seeing and recognizing a person she knows across the road (from a distance of about 20 meters)?	1	2	3	4	5
Q2114	...do you think [Hector] had in seeing and recognizing an object at arm's length or in reading?	1	2	3	4	5

**Study on Global Ageing and Adult Health (SAGE)
WHO and INDEPTH Summary Version Q– Set C**

[Daniel] takes about two hours every night to fall asleep. He wakes up once or twice a night feeling panicked and takes more than one hour to fall asleep again. Three to four nights a week he wakes up in the middle of the night and cannot go back to sleep for the rest of the night. He is fatigued all day, every day and misses work several times a week. He cannot take part in sports or social activities.

	Overall in the last 30 days, how much...	None	Mild	Moderate	Severe	Extreme/ Cannot do
Q2115	...difficulty do you think [Daniel] had with sleeping, such as falling asleep, waking up frequently during the night or waking up too early in the morning?	1	2	3	4	5
Q2116	...of a problem did [Daniel] have due to not feeling rested and refreshed during the day (for example, feeling tired or not having energy)?	1	2	3	4	5

[Annette] cannot detect any movement close to the eyes or even the presence of a light.

	Overall in the last 30 days, how much difficulty...	None	Mild	Moderate	Severe	Extreme/ Cannot do
Q2117	...do you think [Annette] had in seeing and recognizing a person she knows across the road (i.e. from a distance of about 20 meters)?	1	2	3	4	5
Q2118	...do you think [Annette] had in seeing and recognizing an object at arm's length or in reading?	1	2	3	4	5

[Hamad] falls asleep every night within five minutes of going to bed. He sleeps soundly during the whole night and wakes up in the morning feeling well-rested and feels full of energy all day.

	Overall in the last 30 days, how much ...	None	Mild	Moderate	Severe	Extreme/ Cannot do
Q2119	... difficulty do you think [Hamad] had with sleeping, such as falling asleep, waking up frequently during the night or waking up too early in the morning?	1	2	3	4	5
Q2120	... of a problem do you think [Hamad] had due to not feeling rested and refreshed during the day (for example, feeling tired or not having energy)?	1	2	3	4	5

Time End :

Section 2000: Subjective Wellbeing and Quality of Life

Time Begin :

Now, we'd like to ask for your thoughts about your life and life situation.

Q2001	Do you have enough energy for everyday life?	1 Completely 2 Mostly 3 Moderately 4 A little 5 None at all
Q2002	Do you have enough money to meet your needs?	1 Completely 2 Mostly 3 Moderately 4 A little 5 None at all

Please tell us how satisfied you are with the following issues.

		VERY SATISFIED	SATISFIED	NEITHER SATISFIED NOR DISSATISFIED	DISSATISFIED	VERY DISSATISFIED
Q2003	How satisfied are you with your health?	1	2	3	4	5
Q2004	How satisfied are you with yourself?	1	2	3	4	5
Q2005	How satisfied are you with your ability to perform your daily living activities?	1	2	3	4	5
Q2006	How satisfied are you with your personal relationships?	1	2	3	4	5
Q2007	How satisfied are you with the conditions of your living place?	1	2	3	4	5
Q2008	Taking all things together, how satisfied are you with your life as a whole these days?	1	2	3	4	5
Q2009	How would you rate your overall quality of life? <i>Read responses</i>	1 Very Good 2 Good 3 Moderate 4 Bad 5 Very Bad 8 DON'T KNOW				
Q2010	Taking all things together, how would you say you are these days? <i>Read responses</i>	1 Very happy 2 Happy 3 Neither happy nor unhappy 4 Unhappy 5 Very unhappy 8 DON'T KNOW				

Time End :