

Results of Cognitive Testing of Questions on Stress, Sleep, and other topics for the National Health Interview Survey (NHIS)

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1. Introduction

This report summarizes the findings of the qualitative evaluation on twelve questions related to general health, stress, sleep, healthcare, and one question related to community involvement. These questions are to be included on the National Health Interview Survey (NHIS), a survey that has been conducted by the National Center for Health Statistics since 1957, that provides the public with data and trends of the nations' health. NHIS is currently testing a redesigned survey, which will be implemented in January of 2019. The twelve questions evaluated in this report are a part of a larger set of questions about cognitive functioning. Two additional questions on cognitive functioning were analyzed separately (Massey, 2016).

The purpose of this study is to assess the performance of each question, specifically to determine patterns of difficulty that arose with the questions and to determine how respondents interpreted each question. The Center for Questionnaire Design and Evaluation Research (CCQDER) at the National Center for Health Statistics (NCHS) conducted forty cognitive interviews to evaluate the questions' performance. The cognitive interviews were conducted in April and May of 2016. Cognitive interviewing is a qualitative question evaluation method that provides contextual data, which allows researchers to assess the construct validity of survey questions (Willis, 2015; Miller, Willson, Chepp, & Padilla, 2014). Analysis of the data gathered from cognitive interviewing was conducted to reach such conclusions. This report provides an explanation of the methodology of cognitive interviewing and analysis, overall findings, and a detailed question-by-question analysis. The complete instrument, as tested, is provided in Appendix A.

2. Methods

Sampling and Respondent Characteristics: The sampling method for the qualitative evaluation method of cognitive interviewing is purposive. Rather than selecting respondents randomly, respondents were selected to produce a diverse sample as well as have characteristics that are relevant to the study. The goal of the study is to understand how the questions are performing and how they are interpreted. Therefore, it is important to gather participants who will produce sufficient coverage. As stated, the questions that are evaluated in this report were a part of a larger set of questions. The respondents were chosen purposively according to two cognitive functioning questions; the respondents were individuals who indicated that either they had a cognitive difficulty or that a member of their household did. The questions evaluated in this survey are related to general health, which applied to most individuals. One question, GEN_Q025, asked about the respondents' main job. The question did not apply to about one third of the respondents. Those respondents were unable to provide a response to the question, because they had not had jobs within the previous twelve months at the time of the interviews.

There were forty respondents included in this study. They were recruited through newspaper advertisements, flyers, and word-of-mouth. Table 1 illustrates the demographic breakdown of the respondents.

Table 1. Respondent Demographics	
Age	n
18 - 29	2
30 - 49	10
50 - 64	24
65 and Over	4
Gender	
Male	24
Female	16
Race	
Black	31
White	6
Multiple	2
Refused	1
Education	
Less than High School	7
HS diploma /GED	14
Some college	12
College Degree	4
Graduate Degree	3

Data Collection: Cognitive interviews were conducted on the forty respondents with the purpose of qualitatively evaluating the questionnaire’s performance. Cognitive interviewing allows for the collection of contextual data in relation to how the respondents’ interpret the questions (Miller et al 2014). Through data analysis, researchers are able to discover patterns of difficulty and patterns of interpretation for each question. Further, researchers determine whether these captured constructs, or patterns of interpretation, align with the constructs intended by the survey writers. This provides the question writers with insight on improving the design of their survey in order to fit their intended goal. These findings also give a more comprehensive understanding of the context that the quantitative trends that emerge from.

As background, cognitive interviewing methods are based on the question response process theory; this is a four step process that explains the steps individuals take when they interpret a survey question. The four steps include: comprehension of what the survey question is asking, recalling information relevant to the question, judging an appropriate response, and then choosing a response option from the answer choices that aligns with the judgement made (Tourangeau, Rips and Rasinski 2000). Through cognitive interviewing, the interviewer strives to understand how the question performs by gaining information on the respondents’ process through these four steps. In order to understand the respondents’ interpretation

process comprehensively, interviews are conducted in a semi-structured manner. This typically includes the interviewer probing after the response to the question is given. Probing is a method of guiding the interview by asking relevant questions in order to gain additional information on the interpretation process. Possible problems and patterns of interpretation emerge through this technique. Patterns of problems may include difficulties with aspects such as vocabulary or recall.

The interviews conducted for this study were face-to-face in the Questionnaire Design Research Laboratory within the CCQDER. The respondents were asked a total of twenty-six questions, twelve of which are described in this report. Two versions of PREV2 were asked – one that had an open-ended response and one with set answer categories. One fourth of the respondents were asked the open-ended version while three fourths were asked the closed ended.

PREV2 Open Ended Version: Where did you go for your last general physical check-up?

PREV2 Close Ended Version: Where did you go for your last general physical check-up?

- a. Doctor's office
- b. Clinic or health center
- c. Hospital outpatient
- d. VA
- e. Retail clinic in a pharmacy or other store
- f. Urgent care center
- g. ER
- h. Some other place

The interviews lasted approximately one hour and respondents were given forty dollars as a token of appreciation. Respondents were required to fill out a consent form, which assents for video recording, and other necessary forms before starting the interview. They were also briefed on the purpose of the interview, its relevance to NCHS, and the process they will go through. The interviewers for this study used retrospective probing. Retrospective probing involves the timeline of first asking all of the questions on the survey instrument for a response in terms of the given answer choices. Once the interviewer asks all of the questions, he or she then goes back through each question and probes for additional information. General probing questions include questions such as: “Why did you answer that way?” “Can you tell me a little more about that?” “What do you mean by ____?” Other probes may depend on the specific situation that the interviewer and respondent are in.

Data Analysis: The ultimate goal of cognitive interviewing is to assess the performance of the questionnaire and to gain a comprehensive understanding of the context surrounding respondents’ interpretations. The analysis of the qualitative data gathered permits this in-depth understanding. The analysis used follows the general process of synthesis and reduction. A large amount of data is collected throughout all interviews, and the analysis involves determining meaningful patterns for each question as well as overall patterns throughout the questionnaire. (Miller, Willson, Chepp, & Padilla, 2014). There are multiple steps to reach conclusions and these steps are done in an iterative process. Rather than moving on to the next step once all the data has gone through the previous step, it is an ongoing process that promotes patterns to emerge throughout the analysis timeline. The steps include: conducting the cognitive interviews to produce data, producing detailed summaries of each respondents’ interpretations and difficulties with each question, establishing themes of interpretation across respondents per question, comparing those themes across subgroups of respondents, and lastly reaching conclusions. Data is entered and analyzed through Q-Notes¹, an analysis software application developed

by the CCQDER. Q-Notes allows for organization of the data as well as ensures the systematic analysis across all interviews and all analyst. As analysts work through the steps in an iterative fashion, data are reduced into patterns and detailed summaries are written to explain the questionnaire's performance.

3. Overall Findings

Accuracy of Sleep Responses

Respondents' answers were deemed accurate if their responses to question on number of hours of sleep corresponded with their reported sleep and wake times. On the questions related to sleep, respondents' answers tended to have less accuracy due to uncertainty. Respondents had difficulty determining the number of hours of sleep they got within a twenty-four hour time period, as well as calculating the relevant sleep behaviors within the past seven days. Respondents typically gave estimates or ranges for the average number of hours of sleep they got between going to bed and waking up [ACISLEEP]. For example, one respondent who gave the answer "six to seven" explained, "About six to seven...sometimes maybe five, six, or seven, not same amount every day." This was due to problems such as not knowing what time they went to bed, inconsistent sleep schedules, and patterns of waking up in the middle of the night.

Some respondents' answers for hours of sleep within a twenty-four hour time period were not consistent with their narratives. Of those, some respondents indicated that they took naps, yet did not include that time in their calculation. For instance, one respondent answered "six," counting the hours of sleep he gets at night, but not counting the hour long naps he often takes at lunch. Other respondents did not take naps and calculated the time between going to sleep and waking up incorrectly. For example, one respondent who gave the answer "seven," later explained during probing that she goes to bed "about nine o'clock" and wakes up "a little after" six thirty in the morning. Waking up at exactly six thirty equates to eight and half hours.

Three of the questions related to sleep asked, "In the past week, how many times did you ____?" Respondents were expected to give a number between zero and seven, indicating the number of days the described behavior occurred. Question ACISLPMD asked, "How many times did you take medication to help you fall asleep or stay asleep" and produced less uncertainty than the other two questions. Most respondents either had taken medication zero of the seven days or seven of the seven days, leading most to have no difficulty calculating their answer. ACISLPFL and ACIREST asked how many times they had trouble falling asleep and how many times they woke up feeling well rested, respectively. Respondents tended to answer these questions with estimates rather than definitive numbers. Specifically, in terms of ACISLPF, respondents gave estimates for a typical week, rather than the past seven days. For example, one respondent who answered "two," stated, "I was thinking sort of an average kind of thing." Another respondent who answered "two," expressed more uncertainty and ended up changing his answer. During probing he said, "I'd say about once a week...once a month...I don't know why I said two times a week...not too often." In terms of ACIREST, uncertainty and estimates appeared to be caused by the subjective nature of "feeling well rested." For example, one respondent who initially answered "four," changed his answer during probing to "six." He explained, "You asked me how many days I was well rested and that's not a question that you normally ask. So I don't normally keep track of it...so you have to sort of estimate."

Response Options for Health Care Questions

In general, the answer choices for the health care questions were difficult for some respondents. Particularly, the answer choices for AMDLONG and PREV1 (see question descriptions on pages 13 and 14) are “never,” “six months or less,” “more than six months, but not more than one year ago,” “more than one year, but not more than two years ago,” “more than two years, but not more than five years ago,” “more than five years.” Through probing, it appeared that the respondents thought in terms of specific estimates rather than in time ranges. To illustrate, one respondent who answered "six months or less," said, "I just saw my doctor about a month ago." Some respondents had trouble aligning their own mental estimates with the given answer choices. To illustrate, one respondent who answered “six months or less,” asked, “About three months ago, so which does that fit in?” One respondent answered “don't know” and commented, “The last time for a physical was back in 2014,” indicating he had confusion with the answer choices, rather than recall difficulties. The frequency of difficulty was less in PREV1, which was asked right after AMDLONG.

“General Physical Check-up”

AMDLONG asks about the last time respondents saw or talked to a doctor. This question is followed by PREV1, PREV2A, and PREV3 which ask about respondents’ last “general physical check-up” (see question descriptions on pages 14-16). While some respondents differentiated between the last time they had seen or talked to any doctor and their last general physical check-up, most respondents did not notice this difference. For instance, one respondent answered PREV1 “clinic or health care center” and described the last time she had seen her doctor for a medication refill. She explained, “It's just a clinic; it's an easy walk in. So I just went there to get a refill.” Another respondent who answered “a doctor who specializes in a particular disease or problem” to PREV1 said, “I went to a urologist.” During probing, she confirmed that this was a visit with a specialist and not a general check-up. Respondents whose last visit with a doctor was for a general physical check-up understood AMDLONG and PREV1 as the same question. For example, one respondent who answered “more than one year ago, but not more than two years ago” to PREV1 said, “This is the same as the last question.”

4. Question by Question Review

GEN_Q015	In general, would you say your mental health is...?	1: Excellent 2: Very good 3: Good 4: Fair 5: Poor
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This question was asked of all respondents, and all were able to give a response.

The respondents interpreted this question to be asking how they would rate their mental health in one of two ways; in terms of their cognitive functioning abilities or their emotional state.

Cognitive Functioning: About half of the respondents interpreted the question to be asking about their cognitive functioning. They often either referred to their decision-making skills or their memory and concentration abilities. For example, one respondent who answered “good,” stated, “Making decisions, sometimes I have trouble.” In terms of concentrating and memory, one respondent who answered “fair,” stated, “I be forgetting. Sometimes it’s hard to concentrate.” A few of these individuals also used reading as a behavioral example of their cognitive functioning.

For example, one respondent who answered “very good,” said, "Mentally I read good. I remember and don't forget. My mind is sharp." Another respondent who answered “good,” stated, “My minds alright....I can read something, right. Then I can't remember.”

Emotional State: Those respondents who interpreted the question to be asking about their emotional state either thought about diagnosed mental disabilities or general emotional difficulties. Respondents generally mentioned whether they had or did not have a serious disability, such as schizophrenia, bipolar disease, or depression. For example, one respondent who answered “poor,” stated, “I stay depressed most of the day and night.” Some described symptoms of such disabilities. For example one respondent who answered “good,” said, “I don't hear voices or see things that aren't there!” The respondents who talked about their emotional difficulties mentioned difficulties such as overthinking, getting over something, and stress. For example one respondent who answered “excellent,” said “I don't have any breakdowns.”

Some individuals who rated their overall mental health below “excellent” judged their response choices as higher than they would have if they had not been using techniques to improve their disability or difficulty, such as going to therapy or taking medication. For example, one individual who answered “very good,” stated, “I take my medicine properly, everyday” and explained “I'd be manic” and would rate it “fair” without taking it. Another respondent who answered “good,” stated, “I have to see a psychiatrist doctor...and if I don't I think I'm going to go crazy,” and then explains her mental health “would be fair” without talking to a professional.

Some respondents considered both cognitive functioning abilities and emotional difficulties. For example one respondent who answered “excellent” stated that mental health problems are for people who are "unfocused," which she stated leads to needing medication for mood swings and bipolar disorder. Another respondent who answered “fair,” stated, “I'm anxious. I be forgetting. Sometimes it's hard to concentrate. And sometimes I have racing thoughts.”

Difficulty with Answer Choices: Some of the respondents judged their mental health in different terms than the answer choices given, yet all picked a response choice when probed. Some of the inconsistency resulted from respondents answering on a different scale than given. For example, one respondent who described his mental health in his own terms as "I'm doing okay," ultimately answered “good” when asked to choose among the answer choices. Another respondent who answered “good,” stated that she saw the answer choices as binary with "excellent," "very good," and "good" as all meaning good and "fair" and "poor" as meaning bad. Sometimes the respondents would choose an answer and then state that they could have answered something else. For example, when one respondent who answered “very good” was asked why they rated it that way, she said, "I don't know. It could be excellent, but I say very good.”

Timeframe: Because the question asked about their mental health “in general,” the respondents typically considered their mental health in a recent time frame. For example one respondent who answered “good,” was asked how he would have rated his mental health in the past. He said he would rate it “very good,” considering the effects of aging.

GEN_Q020	Thinking about the amount of stress in your life, would you say that most of your days are...?	1: Not at all stressful 2: Not very stressful
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		3: A bit stressful 4: Quite a bit stressful 5: Extremely stressful
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This question was asked of all respondents. Four respondents asked for either the question, the answer choices, or both to be repeated, but all were able to provide a response after the question was repeated.

All of the respondents understood the question to be asking about the level of stress they experience. Respondents formulated their responses based on either typical levels of stress in their current life or the frequency of experiencing stress.

Typical Level: Respondents referred to specific events that were occurring in their daily or almost daily lives that caused them stress. Respondents used the severity of these events to help determine a typical level of stress for “most days.” For example, one respondent who answered “a bit stressful,” explained, “You do have to cope with the daily routine with any working profession in a large urban area... you have stressful activities like commuting to work.” Another respondent who answered “not very stressful,” similarly explained his stress as “Just very minor, what I consider normal... getting stuck in traffic. That’s just the unavoidable day to day thing.” Sometimes respondents referred to events that were temporary and currently occurring most days, such as moving houses. For instance, one respondent who answered “a bit stressful,” said, “I’m trying to get out where I live at...so I’m trying to move and I don’t like to move.”

Frequency of Stress: Some of the respondents who answered “not at all stressful” or “not very stressful” explained that they don’t experience stress every day or frequently. They appeared to think about the frequency of their stress as a gage for how much stress they have. For example one respondent answered “not very stressful” and said, “I try not to get stressed out. Sometimes I get stressed, but very seldom.” Another respondent who answered “not very stressful,” stated, “Sometimes I get depressed, not too often.” While one respondent who answered “not at all stressful,” explained, “I don’t have stress.”

While all respondents were able to answer according to the response options given, a couple of respondents also phrased their stress level in their own terms. For example one respondent who answered “quite a bit stressful,” stated that that answer choice meant “a little stressful” to her, but was indeed more stressful than “a bit stressful.” When answering, a few respondents compared their current stress level to a previous stress levels. For example, one respondent who answered “not very stressful,” explained, “Well my kids are gone, so my kids don’t really stress me out,” meaning they no longer cause her as much stress as they did.

Also, some of those respondents who had mental health disorders noted that these had an influence on their stress level. For example, one respondent who answered “extremely stressful,” stated “I have to get on with my depression, and sometimes I can’t even get out of bed, but I have to pay bills.”

GEN_Q025	The next question is about your main job or business in the past 12 months. Would you say that most days at work were...?	1: Not at all stressful 2: Not very stressful 3: A bit stressful 4: Quite a bit stressful 5: Extremely stressful
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This question was asked of all respondents. About a third of the respondents had been unemployed for more than twelve months and were unable to answer the question.

Of the respondents who were able to answer the question, the majority of the respondents understood the question to be asking about their average level of stress on most days at the job they are currently working at. Respondents either had been unemployed during the past twelve months, become unemployed within the past twelve months, or most commonly, currently had a job. This led to variation in how the respondents determined what their “main job” was, and thus, influenced their responses

Current Job: Most respondents had a job at the time of the interview and considered that job when answering the question. This was true whether they had been working the same jobs for over twelve months or if they had just recently started new jobs. For those respondents who answered that there was at least some stress present, they often gave concrete reasons or examples. For instance, one respondent who answered “a bit stressful,” stated, “I have to deal with different people to get their products to them, and they have deadlines that are sometimes unreasonable.” Another respondent, who answered “not very stressful,” stated, “It can be at times a little bit of a challenge to get speakers.” Respondents typically answered giving average ratings of their stress levels within the time period. They did not average the stress level of each day, but rather the general trend of stress over the broader time period. To illustrate, one respondent who answered “a bit stressful,” explained, “I like it overall,” but there can be a “tense atmosphere.” This averaging included averaging the more stressful time periods and less stressful time periods. For example, one respondent who worked as a school custodian, explained that “summer work” is a period of more stress for him “because you gotta clean the whole school up.” However, this respondent answered “not very stressful” as an average of the stress across the whole year.

One respondent who answered “a bit stressful” had had multiple jobs within the past twelve months and averaged all of them to reach an answer, rather than answering for one main job. She said, “I study, then I also work smaller book keeping.” She also briefly mentioned other jobs. When the interviewer asked how she rated her answer with multiple jobs, she replied, “A combination of all of them, since it said twelve months.”

Unemployed any time within Twelve Months: Some respondents were unemployed at the time of the interview, but had had previous jobs within the prior twelve months. Most respondents reported stress levels according to what it had been at their prior jobs. One respondent who stated “a bit stressful,” stated that she had not worked for several months, yet explained that her previous job was a bit stressful, “Because I do hair...some of my clients are still not satisfied.”

Another respondent who answered “not very stressful,” stated “I was working in a school system...only thing that stressed me out, was she committed suicide,” but had not been working for almost a year.

A couple of respondents had had jobs within the past twelve months and were currently in search for new jobs. A few answered according to the level of stress from that search, rather than their previous job. For example, one respondent who answered “a bit stressful,” said, “I do brick laying work, I have to go out there and find work...sometimes business is good, sometimes it aint too good.”

Unemployed Past Entire Past Twelve Months: About one third of the respondents had not been employed within the past twelve months, and those respondents were unable to answer the question because no answer choice was given for their circumstance. Typically, respondents quickly told the interviewer that they did not have a job after the question was read. For instance one respondent stated “I don’t have no job” and another said “I didn’t work in the last period...I’m retired.”

However, one respondent who had not worked for the past six years answered "not at all stressful," because “I haven’t worked in a while.”

ACISLEEP	<p>On average, how many hours of sleep do you get in a 24-hour period?</p> <p>*Enter hours of sleep in whole numbers, rounding 30 minutes (1/2 hour) or more UP to the next whole hour and dropping 29 or fewer minutes.</p>	Hours: _____
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This question was asked of all respondents. While some respondents had difficulty formulating an exact response, all were able to ultimately answer the question.

The majority of the respondents understood this question to be asking how many hours of sleep they got on an average night. To illustrate, one respondent who answered “five,” explained, “On average, five...some nights I don’t get maybe two hours.” Respondents typically considered the amount of hours between going to bed and waking up.

Interrupted Sleep at Night: Many respondents stated that they typically wake up in the middle of the night, but not all respondents accounted for the decrease in sleep time. Sometimes this included waking up for a relatively short period of time, such as to go to the bathroom, but other times this included thirty minutes to a couple hours of being awake before going back to sleep. For example, one respondent who answered “six” appeared to account for waking up in the middle of the night; she said, “My knee, it wakes me up in my sleep” and stated that she normally goes to bed at 11:00pm and wakes up at 6:00am. In contrast, another respondent who answered “six” did not account for waking up in the middle of the night; he said, “I might sleep from ten to about one or two. Then I wake up... for about half an hour. Then I get up for work...at four.” Some respondents had a harder time calculating their average number of hours of sleep when they considered the breaks in their sleep. This is seen as one respondent, who answered “five,” attempted to calculate his answer. As he was counting on his fingers, he

explained, “I’m in bed at eight...I’m up and about at three and four in the morning, sometimes twelve. Even when I got past eleven...I get six.”

Naps: A few respondents indicated that they took naps, but this was mostly after probing. Even those who did take naps, only estimated their average based off of how many hours of sleep they got at night. For instance, one respondent answered “six” counting the hours of sleep he gets at night, but not counting the hour long naps he often takes at lunch.

Estimates, Averages, and Ranges: Many of the respondents gave estimates and/or averages. For example, one respondent who answered “seven,” stated “Maybe seven.” Another respondent who answered “five,” stated, “I would say... on average five.” About half of the respondents gave a range of hours that they get on average. Consider one respondent who gave the answer “six to seven” and explained “About six to seven...sometimes maybe five, six, or seven, not same amount every day.” Another respondent who answered “five to six,” explained, “Five to six a night, I don’t sleep very well.”

Specific Number: A small number of respondents were able to confidently answer a specific average backed up by a consistent narrative. One respondent answered “six and a half” and explained, “I typically wake up about the same time without an alarm clock...Even on the weekends I’m still getting six and a half hours of sleep.” Overall, it appeared that those with regular sleep patterns were able to more confidently give an average than those who had irregular bed and wake up times. Another respondent who answered “four,” explained, “Maybe finally I fall off to sleep around eleven-thirty and I wake up at five,” and confirmed this is a normal pattern. Even those respondents who had consistent sleep schedules, used words such as “typical” and “maybe,” indicating that variation may occur even with regular patterns.

Uncertainty: Respondents often had difficulty determining how many hours of sleep they actually got. Retrieval difficulties were shown by expression of difficulty, such as counting on fingers, changes in answers, and inconsistency in their answers and narratives. For example, one respondent who originally answered “six,” changed her answer to “eight.” She said, “Well, mainly eight, but the other night I got six.” Also, many respondents were unsure of what time they went to bed, for instance a few stated that they fell asleep while watching TV, leading to less accurate answers. One respondent who answered “six” as well as gave the range “it’s about four to six,” explained, “I stay up really late watching the Christian channel.” Almost all respondents expressed some difficulty in one or more parts of coming up to a response for the question.

Accuracy: There were a few miscalculations that were made apparent when respondents gave the times they woke up and went to bed. As an example, one respondent who gave the answer “seven,” later explained during probing that she goes to bed “about nine o’clock” and wakes up “a little after” six thirty in the morning. Waking up at exactly six thirty equates to eight and half hours. Another respondent who answered “six,” explained “I go to bed very late usually...about twelve, twelve thirty, one o’clock,” and wakes up “around nine-ish ten-ish.” This would equate to at least eight hours of sleep.

ACISLPFL	In the past week, how many times did you have trouble falling asleep?	0-7: - _____
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This question was asked of all respondents. A few respondents had difficulty calculating a number, and although they were all able to provide an answer, there was apparent uncertainty in their response.

This question was understood by the majority of respondents as asking how many days, on a scale of zero to seven days, they had trouble falling asleep within the past week. Most respondents answered according to the last seven days. However, several respondents gave an answer for their typical week.

Specific Week: The majority of the respondents thought back to the past seven days and gave explicit instances of when they had trouble falling asleep. For example, one respondent who answered “two,” explained, “I didn’t want to take any medication...but I eventually have to take some to put me to sleep...those particular two nights.” Another respondent who answered “one,” referred to a specific night her mother had kept her up. She said, “she wanted to get up and turn the TV on at one o’clock in the morning...it can just be annoying.”

Typical Week: Some respondents answered based on how many times they have trouble falling asleep during a typical week. For example, one respondent who answered “five,” explained the normal days she does not have difficulty falling asleep. She said, “Generally the only times that I don’t have [trouble] is maybe on Saturday and Sunday.” Another respondent who answered “two,” stated, “I was thinking sort of an average kind of thing.”

Uncertainty: Some respondents had difficulty recalling how many nights they had trouble falling asleep, which lead to uncertainty or estimates in their answers. For instance, once respondent who answered “one” explained, “I can’t remember, but it’s not that much.” While another respondent who answered “three” explained her answer by saying, “I don’t know, I can’t remember anyways. I just threw that out. Three times a week, that was just off the top of my head.” One respondent initially answered “two,” but during probing said, “I’d say about once a week...once a month...I don’t know why I said two times a week...not too often.”

ACISLPMD	In the past week, how many times did you take medication to help you fall asleep or stay asleep?	0-7: - _____
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This question was asked of all respondents, all of whom were able to provide a response.

Nearly all respondent understood this question to be asking how many days in the past seven days they took some form of medication that aided them with their sleep. About half of the respondents referred to prescribed medication and the other half referred to over the counter medication.

Prescribed Medication: Typically, respondents who referred to prescribed medication mentioned that they were prescribed medication specifically to aid their sleep. For example, one respondent who answered “one,” said he got his medicine from his doctor. He said, “It relaxes me, I fall asleep.” Another respondent who answered “seven,” explained, “I take my medicine that my doctor gave me...it knocks me out.” However, a couple of respondents said that their prescribed medication had multiple purposes. One respondent who answered “seven,” stated that she takes

medication “Every day for anxiety,” and then confirmed that it is prescribed specifically to help her sleep.

Over the Counter Medication: Those respondents who referred to over the counter medicine often took pain reliever for some form of pain that indirectly aided their sleep. For example, one respondent answered “two” and explained, “Sometimes my bones ache, so I’ll take an Advil PM and it causes me to go to sleep.” Another respondent who answered “six,” similarly explained, “I gotta take me some pills to try to go back to sleep that will get rid of that pain,” referring to over the counter pain medication. One respondent though, who answered “three,” stated he took over the counter sleep medication for the direct purpose of aiding his sleep; “Over the counter...it helps me get my five hours.”

A few respondents referred to both over the counter medication and prescription medication. For example, one respondent who answered “zero,” shared experience on both over the counter and prescription sleep aid medicine; “I tried the sleep aids...I didn’t find that kind of medication pleasant...All that medication, even over the counter, you hear so many side effects.” One respondent answered “zero” and when asked what she thought the question meant by medication, said, “Any type of medicine that will help you fall asleep. Illegal or legal. I don’t do drugs.”

The majority of the respondents either had not taken any form of medication to aid their sleep in the past week or had taken something every night, leading most respondents to have no trouble calculating answers. For example, one respondent who answered “seven,” quickly said “every night” when he was asked the question. Even those who took medication less frequently than every night still appeared to have little difficulty recalling how many specific times they took medication. For instance, one respondent who answered “two,” had to think about his answer for a short period of time, but was then able to determine the specific number. He stated after a short pause, “In the past week, I was taking Advil PM for pain and to sleep. In the past week, twice.”

Additionally, many respondents who answered “zero,” mentioned that they had taken some form of medication to aid their sleep in the past. For example, one respondent who answered “zero” explained, “I tried taking benedryl once, but I woke up so groggy, I will never do that another.” Another respondent who answered “zero” said, “It put me to sleep, but I couldn’t wake up. So I don’t want to take that.”

Timeframe: One respondent who answered “three,” judged her answer according to how many times she took medication since the start of the calendar week on Sunday. She said, “What’s today? Today’s Wednesday, um Sunday, Monday, Tuesday...uh three nights.” Another respondent answered “three” according to his average week. He stated, “On average, I’m thinking about three.”

ACIREST	In the past week, on how many days did you wake up feeling well rested?	0-7: - _____
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This question was asked of all respondents, and all were able to provide an answer.

Nearly all respondents understood this question to be asking how many days in the past seven days they woke up feeling well rested. The respondents interpreted the words “well rested” in the same general manner. Respondents explained being well rested in positive terms, such as feeling good, and in

opposite, negative terms, such as not feeling tired. For example, one respondent who answered “three,” explained feeling well rested as, “I had a good night’s sleep, my body feels good. I’m not tired or groggy.” Another respondent who answered “four,” described feeling well rested as, “I feel good, I’m ready for the day.” In contrast, one respondent who answered “two,” described the days she wakes up not feeling well rested as, “I feel very tired.”

Estimates: While those respondents who either answered “zero” or “seven” easily answered the question, several of the respondents with frequencies between “zero” and “seven” gave estimates. For instance, one respondent who answered “one,” stated, “I feel rested maybe once a week.” Another respondent who answered “three,” said, “In the past week? I’d say about three.” It appeared that these respondents had not thought about how frequently they feel well rested before and had difficulty quantifying a subjective feeling that they sometimes feel. For example, one respondent who initially answered “four,” changed his answer during probing to “six.” He explained, “You asked me how many days I was well rested and that’s not a question that you normally ask. So I don’t normally keep track of it...so you have to sort of estimate.” Another respondent who answered “three” said while shrugging, “Yeah...about...sometimes I just feel better.”

Response Error: One respondent answered according to how many days she had woken up not feeling well rested. She answered “one” and replied directly to the question with, “Mostly every day, except for that one night where my aunt worried me to death. So about one day.” While she explained that she feels rested “mostly every day,” she gave a number according to the one day she did not.

AMDLONG	About how long has it been since you last saw or talked to a doctor or other health care professional about your own health? Include doctors seen while a patient in a hospital.	0 Never 1 6 months or less 2 More than 6 mos, but not more than 1 yr ago 3 More than 1 yr, but not more than 2 yrs ago 4 More than 2 yrs, but not more than 5 yrs ago 5 More than 5 years ago 7 Refused 9 Don't know
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This question was asked of all respondents. Several respondents asked for either the question, response options, or both to be repeated. Ultimately, all respondents were able to answer. Almost all respondents were able to recall the last time they went to a doctor or health care professional. However, no respondent answered that they had gone to the doctor over two years ago and all but six respondents answered in the category of “six months or less.”

All of the respondents understood this question to be asking when the last time they saw a doctor was. However, there was variation and confusion on what kinds of doctors should be included when answering the question. Most of the respondents considered general doctors and primary care physicians

in their answers, but other health care professionals were also included. The most common were eye doctors, mental health professionals, and gynecologist

“Doctor or Other Health Care Professional”: Some respondents questioned whether they should include other types of doctors. For instance, one respondent who answered “six months or less,” asked, “Are you talking about any doctor, or just my primary care doctor?” He explained, “I was thinking primary doctor, but I see others all the time.” Another respondent who answered “six months or less,” mentioned his primary care physician and then asked, “Does an optometrist count?” He decided that both doctors would count and said, “When you say doctor, that’s a broad term...an optometrist would be included.” Other respondents mentioned other health professionals without questioning if they counted as a doctor in terms of this question. For example, one respondent who answered “six months or less,” stated, “Last week I went to the OBGYN.” Another respondent who answered “six months or less,” initially answered, “I just saw my doctor about a month ago...my general practitioner.” Then, during probing she started to list other doctors that she had previously not remembered; “Oh and I had another specialist I went to... I haven’t seen him in a month. I’m just remembering these things, I’ve got so many doctors I have to see. I’m supposed to see my psychologist in June.”

One respondent who answered “six months or less,” included talking to her mother about a specific health problem. She explained, “It said other health care professional, so I included my mom, because she’s a nurse. So yeah, if I include her its six months or less. If I exclude her, it would be two to five years.”

Difficulty with Answer Choices: Several of the respondents had difficulty answering according to the given answer choices. Through probing, it appeared that the respondents thought in terms of specific estimates rather than time ranges. For example, one respondent who answered “six months or less,” stated, “I just saw my doctor about a month ago.” Another respondent who answered “more than one year, but not more than two years ago,” said, “Well the last time I saw a doctor was in 2014.” Many respondents though, had trouble aligning their own mental estimates with the answer choices. To illustrate, one respondent who answered “six months or less,” asked, “About three months ago, so which does that fit in?” Some, due to confusion, answered in the incorrect category. For example, one respondent answered "never" and then stated “I guess I put never, because I just saw her.” Another respondent who answered "six months or less," explained that she answered that way, because, “I’ve seen him three months ago, so I’m going to see him in the next six months.” Through probing, it was made clear that she answered “six months or less,” because of the fact that she will be seeing her doctor within the next six months, not because he had seen him within the previous six months.

PREV1	About how long has it been since you last had a general physical check-up?	0 Never 1 6 months or less 2 More than 6 mos, but not more than 1 yr ago 3 More than 1 yr, but not more than 2 yrs ago 4 More than 2 yrs, but not more than 5 yrs ago 5 More than 5 years ago 7 Refused 9 Don't know
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This question was asked of all respondents. A few of the respondents had difficulty answering, and all but one were able to ultimately provide an answer. A single respondent answered “don’t know,” because he had difficulty with the answer categories.

Almost all respondents understood this question to be asking about how long it had been since they last had a general physical or check-up. However, a couple respondents answered this question according to the last time they had seen or visited a doctor, for any reason.

General Physical Check-up: The respondents who answered according to their last general physical check-up generally verbally indicated this during probing. To illustrate, one respondent who answered “less than six months ago,” said, “Last month I went for a physical” Another respondent who answered “more than one year ago, but not more than two years ago,” explained, “I calculated that one as an annual exam type, full check-up, which was between one and two years ago.”

Other Doctor Visit: A couple of the respondents answered according to the last time they had seen a doctor, rather than seen specifically for a physical check-up. For example, one respondent who answered “less than six months ago,” answered according to her feminine doctor visit that did not include a general physical. Then during probing, she stated, “You mean for my whole body? I haven’t had one ...,” but kept her answer according to her feminine doctor visit. Another respondent who answered “less than six months ago,” replied, “About a month ago, that was the ophthalmologist.” However, she did confirm later during probing that through her physical check-up, also six months or less ago, she was referred to the ophthalmologist that she referred to when answering the question.

Reference to Previous Question: A few of the respondents answered this question as if it was the same as the previous question. For example, one respondent answered “less than six months ago” to both this and the previous question. For the previous question her response was, “About two months ago, I did my regular mammogram,” and for this question it was, “About two months ago, like I said I went for the mammogram.” A couple respondents verbally expressed this, more clearly illustrating the pattern. For example, one respondent answered “more than one year ago, but not more than two years ago” and said, “This is the same as the last question.” Similarly, another respondent who answered “less than six months ago,” said, “Same as last question. I thought it was the same question. It was the last time I got a physical.”

Difficulty with Answer Choices: A couple respondents had difficulty with the answer choices. Although, in comparison to the previous question, there were fewer respondents who expressed difficulty. The one respondent who answered “don’t know” commented, “The last time for a physical was back in 2014,” indicating he had confusion with the answer choices, rather than recall difficulties. One of the respondent’s time estimates did not align with the answer choice she chose. The respondent answered “more than six months ago, but not more than two years ago,” yet during probing explained that this visit was “three weeks ago.” When the answer choice “more than six months ago, but not more than two years ago” was read to her, she immediately said, “That one. I just seen my doctor.”

PREV2A	Where did you go for your last general physical check-up?	1 doctor’s office 2 clinic or health center 3 hospital outpatient
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		4 VA 5 retail clinic in a pharmacy or other store 6 urgent care center 7 ER 8 some other place
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Two versions of PREV2 were asked, one that was open ended and one with set answer categories. About one fourth of the respondents were asked the open ended version, while three fourths were asked the closed ended version.

PREV2 Open Ended Version: Where did you go for your last general physical check-up?

All of the respondents who were given this version were able to provide an answer. One respondent asked for clarification, “You want the name or something,” and then provided the specific name of her primary care physician.

The respondents answered in very specific terms. They either gave the actual name of their doctor, the name of their health center, or gave the type of doctor they see. For example, one respondent answered, “at my primary doctor.” These responses did not align with the desired answer categories.

In order to guide respondents towards the desired answer categories, a close ended version of the question was asked to the remaining respondents.

PREV2 Close Ended Version: Where did you go for your last general physical check-up?

- a. Doctor's office
- b. Clinic or health center
- c. Hospital outpatient
- d. VA
- e. Retail clinic in a pharmacy or other store
- f. Urgent care center
- g. ER
- h. Some other place

All of the respondents who were given this version were able to provide an answer.

Nearly all respondents understood this question to be asking where they went for their last check-up or physical. However, a couple of respondents answered according to the last place they had seen a doctor, not seen specifically for a physical.

Other Doctor Visit: A couple of respondents referred to visits other than for a physical. For example, one respondent who answered “hospital outpatient,” explained that she went for “backaches.” Then, during probing she talked about another visit to a doctor, specifically for a physical, and confirmed that these are two different appointments. Another respondent who answered “clinic or health center,” explained, “It’s just a clinic; it’s an easy walk in. So I just went there to get a refill.”

As seen in the open ended question, most respondents thought in terms of the specific place or person they had seen for a physical. When given the answer choices though, they were able to easily align their answers to the given categories.

PREV3	What kind of health provider did you go to for your last general physical check-up?	1 a general doctor (family practice) 2 a doctor who specializes in a particular disease or problem 3 nurse 4 nurse practitioner 5 physician's assistant 6 midwife 7 a doctor who specializes in women's health (OBGYN)
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This question was asked of all respondents. Some of the respondents expressed difficulty picking an answer category, but ultimately all were able to provide a response.

Most respondents understood this question to be asking what type of doctor they saw for their most recent check-up or physical. However, a few respondents answered according to the type of doctor they saw most recently, not specifically for a physical.

Other Doctor Visit: Those respondents who referred to visits for other than a physical, only included those who answered a type of doctor other than “a general doctor (family practice).” For example, one respondent who answered “a doctor who specializes in a particular disease or problem,” said, “I went to a urologist,” which was a different visit than the one he explained going to for a physical. Another respondent who answered, “nurse,” explained, “Yeah a nurse...my pressure was up...then they put that thing on me with the pressure...” She also confirmed that this appointment was different than the one for her physical.

Difficulty with Answer Choices: While the majority of the respondents were able to answer confidently according to the answer choices, about a fourth of the respondents were confused by the answer choices and were unsure how to answer. For example, one respondent who answered “physician’s assistant,” explained, “Because a couple times the doctor wasn’t there, so I guess it was the assistant.” A few respondents received their last physical from a doctor who was their primary/general doctor as well as a doctor who specializes in a particular problem. For example, one respondent who answered, “a doctor who specializes in a particular disease or problem,” said, “I see my thyroid doctor, he’s my primary care.” Another respondent who answered “a general doctor (family practice),” during probing explained that her primary doctor and doctor for diabetes is the same doctor. Other confused respondents visited a primary/general doctor or physician and did not want to categorize them as fitting in the answer category “a general doctor (family practice),” because of the fact that that option included “family practice.” For example, one respondent eventually answered “general doctor,” but debated how to categorize him. He said, “He is not a family doctor, he's my primary care doctor now...So I don't know what I can put him under. But I see him also deal with children, teenagers...that's why I said family doctor.” Another respondent who answered “a general doctor (family practice)” explained his confusion, “That’s what threw me, the family practice. I mean it was just the general doctor.”

SOC1	How would you describe your sense of belonging to your local community? Would you say it is...?	1: Very strong 2: Somewhat strong 3: Somewhat weak 4: Very weak 8: RF 9: DK
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This question was asked of all respondents and everyone, except for one respondent, was able to answer. The one respondent who was unable to answer asked, “What do you mean belonging? Does this mean you are involved in different things in the community? Then no, I’m not. But if it’s living in the community for over five years, yes.” She eventually concluded that she could not provide an answer. A few respondents asked for repetition or clarification of vocabulary.

The majority of the respondents interpreted the question to be asking about their level of interaction with their community. While the majority of the respondents interpreted the term “local community” to mean their neighborhood or complex, there were a few other interpretations. All respondents interpreted the term “belonging” to mean interaction with the members of the community.

All respondents gauged their level of interaction with their community to answer this question. Generally, this included talking or helping their neighbors and involvement in group events. To illustrate, one respondent who answered “very strong,” described how he helps his neighbors; “I do things for them. I take them to the store, sometimes cleanup for them.” Whereas, another respondent who answered “very weak,” explained, “I don’t mingle.” Another respondent who answered “somewhat strong,” stated, “Something I can help do, I’m not looking for any money, just something where I can help out.” Related to community events, one respondent who answered “very strong,” said, “I give back at the church. I’m a choir at church. We go to the shelter every month and feed the homeless.”

Local Community: Respondents understood “local community” in different ways. Most respondents referred to their neighborhood or apartment/rental complex as their local community. For example, a respondent who answered “very strong,” explained “I take care of my neighbors.” Another respondent who answered “very weak,” said that she thought the question was asking, “How I get along with people in the neighborhood.” Other common interpretations included their geographic or general area lived, their church, and their family. For instance, one respondent answered “somewhat strong” and said she thinks of her local community as, “Just the general area.” Another respondent who answered “somewhat strong,” explained, “I’m kind of active in my church.” Related to family, a respondent who answered “somewhat strong,” said, “I guess for me it has a lot to do with your family.” A few individuals had a less frequent interpretation. One respondent who answered “very strong,” defined local community as, “not my physical neighborhood, but my human community, my Black community, my Indian community.” Only one other respondent mentioned ethnicity in their response.

A few individuals mentioned multiple interpretations of “local community.” For example, one respondent who answered “somewhat strong,” said “I feel like there's many ways you could take it. Like you could say local community in terms of ethnicity, nationality, or race. You could say

local community in terms of like religion. Local community like school association or some type of network association you have...then of course family or friends, that's local community as well."

Vocabulary: A few respondents were confused by what the terms "belonging" and/or "local community." For example, one respondent who answered "somewhat strong," asked, "What is the definition of local community?" Another respondent who answered "very weak," asked, "What do you mean by belong?" Similarly, a respondent who answered "somewhat weak," asked, "My relationship? What?"

Previous Communities: While no one had recall issues, two respondents referred to communities they previously lived in instead of their current community. One respondent answered "very weak" and asked, "In my community where I used to live?" She answered according to her old community, rather than the one she had at the time been living in for a few months. The other respondent answered "very strong" and did not categorize her current living quarters a community. While she described her local community, she said, "They have a neighborhood watch. Well now I'm in a shelter, but where I lived before."

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Appendix A

Version A (SELF): Cognitive Functioning and Other Questions		
Instr: If proxy	First, I am going to ask you some questions about your household member.	
VIS_1	Do you have difficulty seeing, even when wearing your glasses? Would you say... [<i>Read response categories</i>]	<ol style="list-style-type: none"> 1. No difficulty 2. Some difficulty 3. A lot of difficulty 4. Cannot do at all / Unable to do
HEAR_1	Do you have difficulty hearing, even when using a hearing aid(s)? Would you say... [<i>Read response categories</i>]	<ol style="list-style-type: none"> 1. No difficulty 2. Some difficulty 3. A lot of difficulty 4. Cannot do at all / Unable to do
MOB_1	Do you have difficulty walking or climbing steps? Would you say... [<i>Read response categories</i>]	<ol style="list-style-type: none"> 1. No difficulty 2. Some difficulty 3. A lot of difficulty 4. Cannot do at all / Unable to do
COM_1	Using your usual language, do you have difficulty communicating, for example understanding or being understood? Would you say... [<i>Read response categories</i>]	<ol style="list-style-type: none"> 1. No difficulty 2. Some difficulty 3. A lot of difficulty 4. Cannot do at all / Unable to do
COG_1	Do you have difficulty remembering or concentrating? Would you say... [<i>Read response categories</i>]	<ol style="list-style-type: none"> 1. No difficulty [<i>Go to SC_1</i>] 2. Some difficulty 3. A lot of difficulty 4. Cannot do at all / Unable to do
COG_2	What is the main reason for your difficulty remembering or concentrating?	<ol style="list-style-type: none"> 1. Intellectual or learning disability 2. Dementia or Alzheimer's disease 3. Mental illness 4. Traumatic brain injury 5. Stroke 6. Other (_____, please specify)

		7. I'm not sure
SC_1	Do you have difficulty with self-care, such as washing all over or dressing? Would you say...	1. No difficulty 2. Some difficulty 3. A lot of difficulty 4. Cannot do at all / Unable to do
ANX_1	How often do you feel worried, nervous or anxious? Would you say... [<i>Read response categories</i>]	1. Daily 2. Weekly 3. Monthly 4. A few times a year 5. Never [skip to DEP_1]
ANX_2	Do you take medication for these feelings?	1. Yes 2. No
ANX_3	Thinking about the last time you felt worried, nervous or anxious, how would you describe the level of these feelings? Would you say... [<i>Read response categories</i>]	1. A little 2. A lot 3. Somewhere between a little and a lot
DEP_1	How often do you feel depressed? Would you say... [<i>Read response categories</i>]	1. Daily 2. Weekly 3. Monthly 4. A few times a year 5. Never [skip to Gen_Q005]
DEP_2	Do you take medication for depression?	1. Yes 2. No
DEP_3	Thinking about the last time you felt depressed, how depressed did you feel? Would you say... [<i>Read response categories</i>]	1. A little 2. A lot 3. Somewhere between a little and a lot
Instr:	The next questions are about you.	4.
GEN_Q005	In general, would you say your health is... ?	1: Excellent

		2: Very good 3: Good 4: Fair 5: Poor
GEN_Q015	In general, would you say your mental health is...?	1: Excellent 2: Very good 3: Good 4: Fair 5: Poor
GEN_Q020	Thinking about the amount of stress in your life, would you say that most of your days are...?	1: Not at all stressful 2: Not very stressful 3: A bit stressful 4: Quite a bit stressful 5: Extremely stressful
GEN_Q025	The next question is about your main job or business in the past 12 months. Would you say that most days at work were...?	1: Not at all stressful 2: Not very stressful 3: A bit stressful 4: Quite a bit stressful 5: Extremely stressful
ACISLEEP	On average, how many hours of sleep do you get in a 24-hour period? *Enter hours of sleep in whole numbers, rounding 30 minutes (1/2 hour) or more UP to the next whole hour and dropping 29 or fewer minutes.	Hours: _____

ACISLPFL	In the past week, how many times did you have trouble falling asleep?	0-7: _____
ACISLPMD	In the past week, how many times did you take medication to help you fall asleep or stay asleep?	0-7: _____
ACIREST	In the past week, on how many days did you wake up feeling well rested?	0-7: _____
AMDLONG	About how long has it been since you last saw or talked to a doctor or other health care professional about your own health? Include doctors seen while a patient in a hospital.	0 Never 1 6 months or less 2 More than 6 mos, but not more than 1 yr ago 3 More than 1 yr, but not more than 2 yrs ago 4 More than 2 yrs, but not more than 5 yrs ago 5 More than 5 years ago
PREV1	About how long has it been since you last had a general physical check-up?	0 Never 1 6 months or less 2 More than 6 mos, but not more than 1 yr ago 3 More than 1 yr, but not more than 2 yrs ago

		<p>4 More than 2 yrs, but not more than 5 yrs ago</p> <p>5 More than 5 years ago</p>
PREV2A	Where did you go for your last general physical check-up?	<p>1 doctor's office</p> <p>2 clinic or health center</p> <p>3 hospital outpatient</p> <p>4 VA</p> <p>5 retail clinic in a pharmacy or other store</p> <p>6 urgent care center</p> <p>7 ER</p> <p>8 some other place</p>
PREV3	What kind of health provider did you go to for your last general physical check-up?	<p>1 a general doctor (family practice)</p> <p>2 a doctor who specializes in a particular disease or problem</p> <p>3 nurse</p> <p>4 nurse practitioner</p> <p>5 physician's assistant</p> <p>6 midwife</p> <p>7 a doctor who specializes in women's health (OBGYB)</p>
SOC1	How would you describe your sense of belonging to your local community? Would you say it is...?	<p>1: Very strong</p> <p>2: Somewhat strong</p>

		3: Somewhat weak 4: Very weak
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Version B (PROXY): Cognitive Functioning and Other Questions		
Instr: If proxy	First, I am going to ask you some questions about your household member.	
VIS_1	Does [he/she] have difficulty seeing, even when wearing [his/her] glasses? Would you say... [<i>Read response categories</i>]	1. No difficulty 2. Some difficulty 3. A lot of difficulty 4. Cannot do at all / Unable to do
HEAR_1	Does [he/she] have difficulty hearing, even when using a hearing aid(s)? Would you say... [<i>Read response categories</i>]	1. No difficulty 2. Some difficulty 3. A lot of difficulty 4. Cannot do at all / Unable to do
MOB_1	Does [he/she] have difficulty walking or climbing steps? Would you say... [<i>Read response categories</i>]	1. No difficulty 2. Some difficulty 3. A lot of difficulty 4. Cannot do at all / Unable to do
COM_1	Using [his/her] usual language, does [he/she] have difficulty communicating, for example understanding or being understood? Would you say... [<i>Read response categories</i>]	1. No difficulty 2. Some difficulty 3. A lot of difficulty 4. Cannot do at all / Unable to do
COG_1	Does [he/she] have difficulty remembering or concentrating? Would you say... [<i>Read response categories</i>]	1. No difficulty [<i>Go to SC_1</i>] 2. Some difficulty 3. A lot of difficulty 4. Cannot do at all / Unable to do
COG_2	What is the main reason for [his/her] difficulty remembering or concentrating?	8. Intellectual or learning disability 9. Dementia or Alzheimer's disease

		10. Mental illness 11. Traumatic brain injury 12. Stroke 13. Other (_____, please specify) 14. I'm not sure
SC_1	Does [he/she] have difficulty with self-care, such as washing all over or dressing? Would you say...	1. No difficulty 2. Some difficulty 3. A lot of difficulty 4. Cannot do at all / Unable to do
ANX_1	How often does [he/she] feel worried, nervous or anxious? Would you say... <i>[Read response categories]</i>	6. Daily 7. Weekly 8. Monthly 9. A few times a year 10. Never <i>[skip to DEP_1]</i>
ANX_2	Does [he/she] take medication for these feelings?	3. Yes 4. No
ANX_3	Thinking about the last time [he/she] felt worried, nervous or anxious, how would [he/she] describe the level of these feelings? Would [he/she] say... <i>[Read response categories]</i>	4. A little 5. A lot 6. Somewhere between a little and a lot
DEP_1	How often does [he/she] feel depressed? Would [he/she] say... <i>[Read response categories]</i>	6. Daily 7. Weekly 8. Monthly 9. A few times a year 10. Never <i>[skip to Gen_Q005]</i>
DEP_2	Does [he/she] take medication for depression?	3. Yes 4. No
DEP_3	Thinking about the last time [he/she] felt depressed, how depressed did [he/she] feel? Would you say... <i>[Read response categories]</i>	5. A little 6. A lot 7. Somewhere between a little and a lot
Instr:	The next questions are about you.	8.

GEN_Q005	In general, would you say your health is... ?	1: Excellent 2: Very good 3: Good 4: Fair 5: Poor
GEN_Q015	In general, would you say your mental health is...?	1: Excellent 2: Very good 3: Good 4: Fair 5: Poor
GEN_Q020	Thinking about the amount of stress in your life, would you say that most of your days are...?	1: Not at all stressful 2: Not very stressful 3: A bit stressful 4: Quite a bit stressful 5: Extremely stressful
GEN_Q025	The next question is about your main job or business in the past 12 months. Would you say that most days at work were...?	1: Not at all stressful 2: Not very stressful 3: A bit stressful 4: Quite a bit stressful 5: Extremely stressful
ACISLEEP	On average, how many hours of sleep do you get in a 24-hour period?	Hours: _____

	*Enter hours of sleep in whole numbers, rounding 30 minutes (1/2 hour) or more UP to the next whole hour and dropping 29 or fewer minutes.	
ACISLPFL	In the past week, how many times did you have trouble falling asleep?	0-7: _____
ACISLPMD	In the past week, how many times did you take medication to help you fall asleep or stay asleep?	0-7: _____
ACIREST	In the past week, on how many days did you wake up feeling well rested?	0-7: _____
AMDLONG	About how long has it been since you last saw or talked to a doctor or other health care professional about your own health? Include doctors seen while a patient in a hospital.	0 Never 1 6 months or less 2 More than 6 mos, but not more than 1 yr ago 3 More than 1 yr, but not more than 2 yrs ago 4 More than 2 yrs, but not more than 5 yrs ago 5 More than 5 years ago
PREV1	About how long has it been since you last had a general physical check-up?	0 Never 1 6 months or less 2 More than 6 mos, but not more than 1 yr ago 3 More than 1 yr, but not more than 2 yrs ago

		<p>4 More than 2 yrs, but not more than 5 yrs ago</p> <p>5 More than 5 years ago</p>
PREV2A	Where did you go for your last general physical check-up?	<p>1 doctor's office</p> <p>2 clinic or health center</p> <p>3 hospital outpatient</p> <p>4 VA</p> <p>5 retail clinic in a pharmacy or other store</p> <p>6 urgent care center</p> <p>7 ER</p> <p>8 some other place</p>
PREV3	What kind of health provider did you go to for your last general physical check-up?	<p>1 a general doctor (family practice)</p> <p>2 a doctor who specializes in a particular disease or problem</p> <p>3 nurse</p> <p>4 nurse practitioner</p> <p>5 physician's assistant</p> <p>6 midwife</p> <p>7 a doctor who specializes in women's health (OBGYB)</p>
SOC1	How would you describe your sense of belonging to your local community? Would you say it is...?	<p>1: Very strong</p> <p>2: Somewhat strong</p>

		3: Somewhat weak 4: Very weak
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