



Exam 6

Personal History Self-Administered

Participant ID #:

Acrostic:

Technician ID:

Date: / /
Month Day Year

Self-administered

Interviewer-administered

Interviewer ID:

This form is intended to collect information about your background and lifestyle which may impact your risk of cardiovascular disease. Please complete all items except those which you are specifically instructed to skip. If you are unsure about the answer to a specific question, please estimate the answer to the best of your ability. If you have a question about a particular item, ask a staff member for clarification.

1. a. At your last MESA exam, you described your current occupation as [current occupation]. Has your employment status changed?

No → **Skip to Question 2**

Yes



b. Choose one of the following which best describes your current occupation:

- Homemaker, not working outside the home
- Employed (or self-employed) full time
- Employed (or self-employed) part time
- Employed, but on leave for health reasons
- Employed but temporarily away from my job (other than health reasons)
- Unemployed or laid off 6 months or less
- Unemployed or laid off more than 6 months
- Retired from my usual occupation and not working
- Retired from my usual occupation but working for pay



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2. Where do you usually go for medical care?

- Doctor's office or clinic
- Hospital emergency room
- Urgent care center
- Other:

3. To help pay for your medical care, do you have: (check all that apply)

- Private insurance such as Blue Cross, Aetna, etc.
- HMO such as Kaiser, UCare, Medica, etc.
- Medicare
- Medicaid
- Military or Veteran's Administration sponsored
- None
- Other:

The following questions are about your use of alcohol and tobacco. They will help us better understand the role of smoking and alcohol use in the risk of cardiovascular disease.

4. Do you presently drink alcoholic beverages?

- Yes
- No → **Skip to Question 9**



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5. How many glasses of red wine do you usually have per week?

If less than 1 per week enter "00". (1 serving
= 3.5 oz glass, 1 bottle = 750 ml = 8 glasses)

6. How many glasses of white wine do you usually have per week?

If less than 1 per week enter "00". (1 serving
= 3.5 oz glass, 1 bottle = 750 ml = 8 glasses)

7. How many cans, bottles, or glasses of beer do you usually have per week?

If less than 1 per week enter "00". (1 serving
= 12 oz glass, 1 bottle = 355 ml = 1 glass)

8. How many drinks of liquor or mixed drinks do you usually have per week?

If less than 1 per week enter "00". (1 serving
= 1.5 oz or 1 shot)

9. Which of the following best describes your current smoking status?

- Never smoked → **Skip to Question 13**
- Former smoker, quit more than 1 year ago
- Former smoker, quit less than 1 year ago
- Current smoker
- Don't know



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10. On the average of the entire time you smoked...

a. How many cigarettes did you smoke per day?

cigarettes

b. Did you inhale the cigarette smoke?

Not at all Slightly Moderately Deeply

c. In the morning, how much time usually went by before you smoked your first cigarette?

minutes

11. Have you smoked cigarettes during the last 30 days?

- Yes
 No → **Skip to Question 13**

12. On average, about how many cigarettes a day do you smoke?

13. *Current non-smokers only:* During the past year, about how many hours per week were you in close contact with people when they were smoking? (e.g. in your home, in a car, at work or other close quarters)



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14. Did anyone smoke in your residence in the past 12 months? (This includes you.)

- Yes
- No **(Skip to Question 15)**
- Don't know **(Skip to Question 15)**

14a. On average, how often did someone smoke in your residence in the past 12 months?

- Less than once a month
- A few days each month
- More than half of the days of the month, but less than daily
- Every day or almost every day

14b. On average, how many cigarettes per day were smoked in the residence by each smoker in the past 12 months?

Smoker 1: cigarette(s) per day

Smoker 2: cigarette(s) per day

Smoker 3: cigarette(s) per day

14c. On average, how many cigars per day were smoked in the residence by each smoker in the past 12 months?

Smoker 1: cigar(s) per day

Smoker 2: cigar(s) per day



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The following questions ask about the use of marijuana or hashish. Please remember that your answers to these questions are strictly confidential. Marijuana is also called pot or grass. Marijuana is sometimes smoked either in cigarettes, called joints, or in a pipe. It is also sometimes cooked in food. Hashish is a form of marijuana that is also called hash. It is usually smoked in a pipe.

15. Have you smoked more than 100 marijuana or hashish joints/pipes in your life?

- Yes
- No
- Refused

15a. Have you ever smoked marijuana or hashish regularly (at least once per month)?

- Yes
- No **(skip to question 16)**
- Refused **(skip to question 16)**

15b. For how many years did you smoke marijuana or hashish regularly?

years

- Don't know
- Refused



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15c. During the time that you smoked marijuana or hashish regularly, how often would you usually smoke it?

- Once per month
- 2-3 times per month
- 4-8 times per month (about 1-2 times per week)
- 9-24 times per month (about 3-5 times per week)
- 25-30 times per month (about one or more times per day)
- Don't know
- Refused

15d. On the days that you smoked marijuana or hashish, how many joints or pipes would you usually smoke?

- Don't know
 Refused

15e. How long has it been since you smoked marijuana or hashish?

- Days Don't know
 Months Refused
 Years

16. For how many years has an indoor open fire with wood, crop residues, dung, coal, or coke been used in your home as a primary means of heating or cooking?

- Years Don't know
 Refused



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17. For how many years has an indoor enclosed fire with wood, crop residues, dung, coal, or coke been used in your home as a primary means of heating or cooking?

Years

Don't know

Refused

If number of years is >0:

17a. Do you currently use an indoor enclosed fire in your home as a primary means of heating or cooking?

Yes

No

Don't know

The following questions have to do with family finances. We know from other research that financial strain is common and very important to consider in understanding people's health. The following questions will be used to help give us a picture of the various financial situations experienced by persons participating in the MESA study. Any information you provide is strictly confidential and will be used for research purposes only.

18. Below is a list of income groups. Please choose which group best represents your total combined family income for the past 12 months. This includes the total income before taxes earned in the past year by all family members living with you. Please include money from jobs, net income from business, farm or rent, pensions, dividends, welfare, social security payments and any other money received by you or any other family member living with you.

Less than \$5,000

\$20,000 - \$24,999

\$50,000 - \$74,999

\$5,000 - \$7,999

\$25,000 - \$29,999

\$75,000 - \$99,999

\$8,000 - \$11,999

\$30,000 - \$34,999

\$100,000 - \$124,999

\$12,000 - \$15,999

\$35,000 - \$39,999

\$125,000 - \$149,999

\$16,000 - \$19,999

\$40,000 - \$49,999

\$150,000 or more



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18a. Including yourself, how many people are supported by the income listed in the previous question?

18b. Including yourself, how many of these are...

(Enter 00 if no one in that age category is supported by the given income)

1. Children under 18?

2. Adults 65 and over?