

EASS 2020 Health Module (Osaka Meeting Notes, January 13 2020)

Revised from EASS 2010 Health Module

- v1 EASS Study Year
- v2 Country
- v3 Respondent Number

A. Health Status

a-1. <Self Rated Health/Physical Health/Mental Health> : SF-12v2

v4 SF_Q1. In general, would you say your health is:

- (1) Excellent
- (2) Very good
- (3) Good
- (4) Fair
- (5) Poor

- Each team will adjust the translations to the original English

The following questions are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much?

v5 SF_Q2. Moderate activities, such as moving a table, pushing a vacuum cleaner, bowling, or playing golf

- (1) Yes, limited a lot
- (2) Yes, limited a little
- (3) No, not limited at all

v6 SF_Q3. Climbing several flights of stairs

- (1) Yes, limited a lot
- (2) Yes, limited a little
- (3) No, not limited at all

During the past 4 weeks, how much of the time have you had any of the following problems with your work or other regular daily activities as a result of your physical health?

v7 SF_Q 4. Accomplished less than you would like

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

v8 SF_Q5. Were limited in the kind of work or other activities

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

During the past 4 weeks, how much of the time have you had any of the following problems with your work or other regular daily activities as a result of any emotional problems (such as feeling depressed or anxious)?

v9 SF_Q6. Accomplished less than you would like

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

v10 SF_Q7. Did work or other activities less carefully than usual

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

- v11** SF_Q8. During the past 4 weeks, how much did pain interfere with your normal work (including both work outside the home and housework)?
- (1) Not at all
 - (2) A little bit
 - (3) Moderately
 - (4) Quite a bit
 - (5) Extremely

These questions are about how you feel and how things have been with you during the past 4 weeks. For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past 4 weeks...

- v12** SF_Q9. Have you felt calm and peaceful?
- (1) All of the time
 - (2) Most of the time
 - (3) Some of the time
 - (4) A little of the time
 - (5) None of the time

- v13** SF_Q10. Did you have a lot of energy?
- (1) All of the time
 - (2) Most of the time
 - (3) Some of the time
 - (4) A little of the time
 - (5) None of the time

- v14** SF_Q11. Have you felt downhearted and depressed?
- (1) All of the time
 - (2) Most of the time
 - (3) Some of the time
 - (4) A little of the time
 - (5) None of the time

- v15** SF_Q12. During the past 4 weeks, how much of the time has your physical health or emotional problems interfered with your social activities (like visiting friends, relatives, etc.)?
- (1) All of the time
 - (2) Most of the time
 - (3) Some of the time
 - (4) A little of the time
 - (5) None of the time

sf12_gh SF12 Subscore: General Health
sf12_pf SF12 Subscore: Physical Functioning
sf12_rp SF12 Subscore: Role Physical
sf12_re SF12 Subscore: Role Emotional
sf12_bp SF12 Subscore: Bodily Pain
sf12_mh SF12 Subscore: Mental Health
sf12_vt SF12 Subscore: Vitality
sf12_sf SF12 Subscore: Social Functioning

EASS 2010 Note: TSCS only includes SF_Q1, SF_Q8, SF_Q9 and SF_Q11.

a-2. <Hopelessness>

To what extent do you agree or disagree with each of the following statements?

~~v16~~ ~~A-13.~~ The future seems to me to be hopeless, and I can't believe that things are changing for the better.

- ~~(1) Strongly agree~~
- ~~(2) Somewhat agree~~
- ~~(3) Neither agree nor disagree~~
- ~~(4) Somewhat disagree~~
- ~~(5) Strongly disagree~~

~~v17~~ ~~A-14.~~ I feel that it is impossible for me to reach the goals that I would like to strive for.

- ~~(1) Strongly agree~~
- ~~(2) Somewhat agree~~
- ~~(3) Neither agree nor disagree~~
- ~~(4) Somewhat disagree~~
- ~~(5) Strongly disagree~~

a-3. <Symptoms/Chronic Illness/Diseases under Treatment>

v18 A-15. Do you have chronic diseases or longstanding health problems?

- (1) Yes
- (2) No → Skip question A-16

A-16. What are they? Please choose all that apply.

~~v19~~ (1) Hypertension

~~v20~~ (2) Diabetes

~~v21~~ (3) Heart disease

~~v22~~ (4) Respiratory problem (asthma, chronic cough)

~~v23~~ (5) Others (Specify _____)

- (1) Hypertension
- (2) Diabetes
- (3) Dyslipidemia
- (4) Heart disease
- (5) Stroke
- (6) Cancers
- (7) Mental disorders
- (8) Musculoskeletal disorders (e.g. arthritis, lower back pain, knee problem, joint pain, rheumatism)
- (9) Respiratory disease (e.g. asthma, emphysema)
- (10) Kidney disease
- (11) Liver disease
- (12) Digestive diseases (e.g. ulcer)
- (13) Others (Specify _____)

New Question 1. Now I have some questions about your eyesight. Are you near-sighted?

- 1. Yes
- 2. No

(only those who answered yes to the previous question)

New Question 2. Do you usually wear glasses or contact lenses?

- 1. Yes
- 2. No

a-4. <Height and Weight>

v24 A-17. What is your height? _____ cm

v25 A-18. What is your weight? _____ kg

bmi BMI

EASS 2010 Note: JGSS writes the note that “(If you are currently pregnant, write in the weight before your pregnancy)” for weight question. TSCS also reminds interviewers about it and asks to recode the weight carefully.

Revise: JGSS does not disclose A-17 and A-18.

B. Health Behavior

b-1. <Smoking>

CGSS, KGSS and TSCS

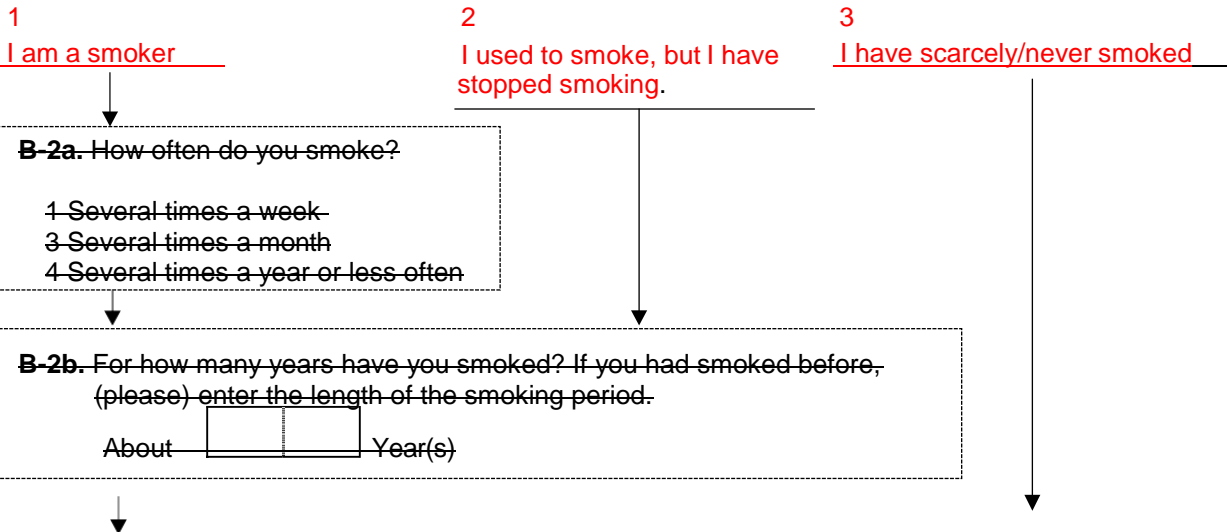
- v26 B-1. How often do you smoke?
 (1) Daily
 (2) Several times a week
 (3) Several times a month
 (4) Several times a year or less often
 (5) Never → Skip question B-2

v27 B-2. For how many years have you smoked? _____ year(s)

KGSS, TSCS: it is better to ask how many cigarettes you smoke daily instead of frequency.

JGSS

B-1. Do you smoke? (including electronic cigarettes and heated tobacco products)



EASS 2010 Note: JGSS uses somewhat different format, but provides the same information. TSCS asks both EASS and ISSP questions or splits the sample.

b-2. <Drinking>

Final version

- v28 B-3. How often do you drink alcoholic drinks?
 (1) Daily
 (2) Several times a week
 (3) Several times a month
 (4) Several times a year or less often
 (5) Never

EASS 2010 Note: TSCS asks both EASS and ISSP questions or splits the sample.

b-3. <Exercise-Physical Activities>

- v29 B-4. How long do you do physical activity/ exercise (including time spent on commuting and physical labor) per day that makes you breathe somewhat harder than normal or harder?
 (1) 0
 (2) Less than 30 min
 (3) 30 to 59min
 (4) 60 min or more

New Question 3

How much time do you spend walking on a weekday? This includes at work and at home as your daily routine, walking to travel from place to place, and any other walking that you do for recreation, exercise, or leisure.

- (1) Less than 15 min
 (2) 15 to 29min
 (3) 30 to 59min
 (4) 60 to 89min
 (5) 90 min or more

New Question 4

How long do you do physical activities per week that make you breathe somewhat harder than normal or much harder than normal? (This includes jogging, bicycling, exercising, carrying loads, physical labor, household chores, etc.) Do not include walking.

- (1) less than 15 min
- (2) 15 to 29 min
- (3) 30 to 59 min
- (4) About 1 hour
- (5) About 2 hours
- (6) About 3 hours
- (7) About 4 hours
- (8) About 5 hours
- (9) 6 hours or more

New Question 5.

How much time do you spend sitting on a week day? (This includes all the time spent sitting, for example, sitting at a desk, reading, sitting or lying down to watch television.)

_____ hours _____ minutes

New Question 6.

How many hours of actual sleep do you get on a week day? (This may be different than the number of hours you spend in bed)

_____ hours _____ minutes

Sleep time The Pittsburgh Sleep Quality Index (PSQI)

By: Carole Smyth MSN, APRN, BC, ANP/GNP, Montefiore Medical Center

New Question 7.

During the past month, how would you rate your sleep quality overall?

- 1 Very good
- 2 Fairly good
- 3 Fairly bad
- 4 Very bad

Sleep time The Pittsburgh Sleep Quality Index (PSQI)

By: Carole Smyth MSN, APRN, BC, ANP/GNP, Montefiore Medical Center

b-4. <Health Checkup>

Optional: CGSS, JGSS, KGSS

v30 B-5. During the last three years, did you have any health checkup?

- (1) Yes, regularly
- (2) Yes, but not regularly
- (3) No

C. Medical Care

- v31 **C-1.** During the last 12 months, how often did you go to see a doctor?
(Please answer your own diseases or injuries. Do not include escorting or visitations.)
(1) Several times a week
(2) About Once a week
(3) About Once a month
(4) Several times a year
(5) About Once a year
(6) None
- v32 **C-2.** How much do you worry about each of the following when it comes to yourself and your family?
a. Unable to receive health care when needed
(1) Very much
(2) A little
(3) Not so much
(4) Not at all
- v33 b. Unable to pay the cost when someone get a serious illness or condition
(1) Very much
(2) A little
(3) Not so much
(4) Not at all
- v34 **C-3.** During the last 12 months, did you refrain from going to see a doctor, even though you were ill or injured? Please include a cold.
(1) Yes, I did → Go to question C-4
(2) No, I did not
(3) I was not ill or injured during the last 12 months
- C-4.** Why is it? Please circle all that apply.
- v35,v35_tw (1) Waiting time is too long
v36,v36_tw (2) It costs too much
v37 (3) There is no hospital or doctor's office nearby
v38 (4) I do not know where to go
v39 (5) I have no transportation
v40 (6) I do not like to see a doctor
v41,v41_tw (7) There is no time to see a doctor
v42 (8) I thought that there is no need to go
v43 (9) I do not have active health insurance
v44 (10) Others (Specify _____)
v4042_tw (11) I do not like to see a doctor or I thought that there is no need to go

EASS 2010 Note: ISSP Q18 has partial overlap with C-3 and C-4. TSCS team divides the ISSP question and adds more choices. For question C-1, JGSS includes only the first sentence in the parentheses, but can exclude those escorting or visitations with the Japanese translation. For question C-3, since "cavity" is one of the popular reasons for going to see a doctor in Japan, JGSS adds "a cavity" as example.

Revise: TSCS does not include options (3) (4) (5) (6) (8) (9) (10) for C-4.

D. Medical Insurance/Social Security Insurance

- v45 **D-1.** What kind of health insurance do you have?
(1) Public health insurance only
(2) Public health insurance and private insurance
(3) Private health insurance only
(4) No health insurance at all
(5) Not sure

EASS 2010 Note: TSCS uses the ISSP question, but can provide the same information.

E. Alternative Medicine

E-1. Have you ever received the following treatment during the last 12 months?

- v46 A Acupuncture or moxibustion (cupping) ----- 1 Yes 2 No
 v47 B Oriental herbal medicine ----- 1 Yes 2 No
 v48 C Acupressure or clinical massage ----- 1 Yes 2 No

- A. Acupuncture
 B. Moxibustion
 C. Cupping (Optional: JGSS will not include)
 D. Oriental herbal medicine
 E. Acupressure or massage

EASS 2010 Note: "cupping" is not so popular in Japan, so JGSS does not include "(cupping)". TSCS may or may not use this as a sub-question of ISSP question (Q.16.b).

F. Social Support /Social Trust

f-1. <Social Support: Emotional/Financial/Instrumental Support>

CGSS, KGSS and TSCS

F-1. During the past 12 months, did your kin (family or relatives) do the following things for you when you needed it? If yes, how often? Very often, often, sometimes or seldom?

- | | | | | | | | | |
|-----|-----------------------------------------------------------------------------------|------|-------|-----------|--------|------------|----------------------------|---------------------------|
| | | Very | Often | Sometimes | Seldom | Not at all | No, do not have such needs | No such persons available |
| v49 | A Listening to personal problems or concerns -----> | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| v50 | B Providing financial Support -----> | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| v51 | C Taking care of household chores (ex. housework, childcare, nursing care) -----> | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

F-2. During the past 12 months, did your non-kin (friends, colleagues, or neighbors) do the following things for you when you needed it? If yes, how often? Very often, often, sometimes or seldom?

- | | | | | | | | | |
|-----|-----------------------------------------------------------------------------------|------|-------|-----------|--------|------------|----------------------------|---------------------------|
| | | Very | Often | Sometimes | Seldom | Not at all | No, do not have such needs | No such persons available |
| v52 | A Listening to personal problems or concerns -----> | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| v53 | B Providing financial Support -----> | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| v54 | C Taking care of household chores (ex. housework, childcare, nursing care) -----> | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

F-3. During the past 12 months, did your professional workers (social workers, caretakers, or therapists) do the following things for you when you needed it? If yes, how often? Very often, often, sometimes or seldom?

- | | | | | | | | | |
|-----|-----------------------------------------------------------------------------------|------|-------|-----------|--------|------------|----------------------------|---------------------------|
| | | Very | Often | Sometimes | Seldom | Not at all | No, do not have such needs | No such persons available |
| v55 | A Listening to personal problems or concerns -----> | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| v56 | B Providing financial Support -----> | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| v57 | C Taking care of household chores (ex. housework, childcare, nursing care) -----> | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

s1_jp F-1J. Did anyone listen to your concerns in general when you needed it during the last 12 months?

1 Yes

2 No

3 I did not have any concern

F-2J. Who were they? Choose all that apply.

- s2_1_jp 1 Co-residing family members
- s2_2_jp 2 Other relatives (including those who live separately)
- s2_3_jp 3 Colleagues at work
- s2_4_jp 4 Neighbors
- s2_5_jp 5 Friends
- s2_6_jp 6 Professional workers (care takers, therapists, doctors etc.)
- s2_7_jp 7 Others (specify _____)

f-2. <Social Trust >

- v58 **F-6.** Generally speaking, would you say that people can be trusted or that you can't be too careful in dealing with people?
 (1) People can almost always be trusted
 (2) People can usually be trusted
 (3) You usually can't be too careful in dealing with people
 (4) You almost always can't be too careful in dealing with people

G. Environment

g-1. <Physical Environment>

G-1. How severe are the following issues in the area of your local residence?

		Very severe	Somewhat severe	Not so severe	Not severe at all
v59	A Air pollution ----->	1	2	3	4
v60	B Water pollution ----->	1	2	3	4
v61	C Noise pollution ----->	1	2	3	4
	D Insufficient sunlight ----->	1	2	3	4
Optional: JGSS					
		Very severe	Somewhat severe	Not so severe	Not severe at all
s7_jp	D Invasion of access to sunlight ----->	1	2	3	4
	日照被害				

g-2. <Socioeconomic Environment>

G-2. We would like to ask about the area 1km (approximately 15 minutes on foot) around your home. To what extent do you agree or disagree with each of the following statements?

		Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
v62	A The neighborhood is suitable for doing exercise such as jogging or walking ----->	1	2	3	4	5
v63	B A large selection of fresh fruits and/or vegetable is available in the neighborhood ----->	1	2	3	4	5
v64	C The neighborhood has adequate public facilities (community center, library, park, etc.) ----->	1	2	3	4	5
v65	D The neighborhood is safe ----->	1	2	3	4	5
v66	E The neighbors are mutually concerned for each other ----->	1	2	3	4	5
v67	F The neighbors are willing to provide assistance when I am in need ----->	1	2	3	4	5

Revise: TSCS does not include G-2E.

H. Epidemiology

Optional: CGSS, JGSS, KGSS

v68 H-1. Were you vaccinated against influenza (of any type) during the last 12 months?

- (1) Yes
- (2) No

v69 H-2. How much were you concerned about the new strain of influenza outbreak among people in 2009?

- (1) Very much
- (2) A little
- (3) Not so much
- (4) Not at all

H 2. How much were you concerned about the new strain of coronavirus outbreak among people in 2020?

- (1) Very much
- (2) A little
- (3) Not so much
- (4) Not at all

EASS 2010 Note: JGSS includes "(of any type)" in question H-1.

I. Family Care Need and Care Management

v70 I-1. Is there anyone among your family members, whether living together or not, who needs care because of a long-term physical or mental illness or disability, or is getting old and weak?

- (1) Yes
- (2) No → Skip question I-2

v71 I-2. Are you the major care giver for at least one of them?

- (1) Yes
- (2) No

J. Worries about Aging

J-1. Next we would like to talk about your feelings about getting older. Please indicate how strongly you agree or disagree with the following statements.

		Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
v72	A I worry about not being able to get around on my own as I get older ----->	1	2	3	4	5
v73	B I worry others will have to make decisions for me as I get older ----->	1	2	3	4	5
v74	C Financial dependence on others is one of my greatest fears about old age ----->	1	2	3	4	5

Optional: KGSS

		Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
s8_kr	D I worry that I will have to live with my adult children when I am older ----->	1	2	3	4	5
s9_kr	E I worry that I will not be able to live with my adult children when I am older ----->	1	2	3	4	5

K. Addiction

Optional: CGSS, JGSS, KGSS

K-1. Have you ever done or has anyone told you that you have done the following behavior excessively?

- v75 A Drinking -----> 1 Yes.....2 No
 v76 B Smoking -----> 1 Yes.....2 No
 v77 C Gambling-----> 1 Yes.....2 No
 v78 D Internet/smart phone (including games) -----> 1 Yes.....2 No

K-2. Is there anyone living together who has done the following behavior excessively?

- v79 A Drinking -----> 1 Yes 2 No..... 3 I live alone
 v80 B Smoking -----> 1 Yes 2 No..... 3 I live alone
 v81 C Gambling -----> 1 Yes 2 No..... 3 I live alone
 v82 D Video/Internet games (including cell phone games) -----> 1 Yes 2 No..... 3 I live alone

L. BODY SHAPE

Optional: JGSS, KGSS

v83 **Q54.** What do you think about your current weight?

- (1) I would like to lose weight
 (2) I would like to lose weight a little
 (3) I would like to keep my weight as it is now
 (4) I would like to gain weight a little
 (5) I would like to gain weight

Optional: KGSS, TSCS

v84 **Q55.** What do you think about your body shape?

- (1) A lot underweight
 (2) A little underweight
 (3) Neither underweight nor overweight
 (4) A little overweight
 (5) A lot overweight

New Question 8. Considering the meaning of health, how important is each of the followings to you?

[4 point scale 1 very important, 2 important, 3 slightly important (just a little important) 4 not important]

	Very important	Important	Slightly important	Not important
A Absence of (freedom from) bodily pains	1.....	.. 2	3	4
B Peace in mind and mental composure	1.....	.. 2	3	4
C Performance of familial roles and duties	1.....	.. 2	3	4
D Performance of workplace/social roles and duties	1.....	.. 2	3	4

Memo:

Considering the meaning of health, how important is each of the followings to you?

[「健康」を考えると、次のそれぞれのことはどのくらい重要だと思いますか。]

- a. Absence of (freedom from) bodily pains [身体の痛みが無いこと]
 c. Peace in mind and mental composure [心のやすらぎがあること]
 e. Performance of familial roles and duties [家庭内の役割を果たせること]
 f. Performance of workplace/social roles and duties [職場や社会での役割を果たせること]

Optional New Question 9:TSCS, CGSS, KGSS “Literacy Screen”

9. How often do you need to have someone help you when you read instructions, pamphlets, or other written material from you're your doctor or pharmacy?

- (1) Never
- (2) Rarely
- (3) Sometimes
- (4) Often
- (5) always

Optional New Questions 10:TSCS, KGSS

V1: Older people get more than their fair share from the government

V2: Older people are a burden on society

V3: Old people have too much political influence

- (1) strongly agree
- (2) agree
- (3) disagree
- (4) strongly disagree

SBV:

- Refer to EASS 2010 Standard Background Variables.
- Regarding the question of “Happy: General happiness”, TSCS splits the sample.
- **Add: Spousal health (health module scale)**