

# 45 and Up Study Questionnaire Variables

Baseline data (Wave 1) for the 45 and Up Study were collected between 2006 and 2009, with a pilot in 2005. The first re-survey data were collected from a subset of participants between March and October 2010 through the Social, Economic and Environmental Factors (SEEF) Project. Data from the first official follow-up of all participants (Wave 2) were collected from September 2012 to December 2015 (surveying SEEF cohort members last). The next wave of data collection (Wave 3) is currently underway and will end in 2021.

The tables below contain the available questionnaire items and/or derived variables. These tables can be used in conjunction with the 45 and Up Study project application and amendment forms when specifying data requirements. The items available cover:

- Main questionnaire items: grouped by topic
- Medical condition questionnaire Items: grouped either by topic (alternative 1) or disease group (alternative 2)
- Geocoded data
- Sponsored questions data: grouped by topics covered in main questionnaire and other topics

Copies of the actual questions in the questionnaires are available at <https://www.saxinstitute.org.au/our-work/45-up-study/questionnaires/>. Further information about the study is also available at: <https://www.saxinstitute.org.au/our-work/45-up-study/> or by contacting the 45 and Up Study Coordinating Centre at [45andUp.research@saxinstitute.org.au](mailto:45andUp.research@saxinstitute.org.au).

## Questionnaire items by topic group

QUESTIONNAIRE/DERIVED ITEM	Baseline Item 2005-2009	Follow-up Item		
		2010 (SEEF)	2012-2015	2018-2021
<b>AGE AND GENDER</b>				
Gender	Form <sup>~</sup>	Q3	Form <sup>~</sup>	Form <sup>~</sup>
Date of birth (month and year)	Q1	Q2	Q1	From Study record
Date today	Q2	Q1	Q2	Q1
Age at questionnaire completion	Derived <sup>†</sup>	Derived <sup>†</sup>	Derived <sup>†</sup>	Derived <sup>†</sup>
<b>BROAD LEVEL GEOGRAPHY<sup>^</sup></b>				
Postcode <sup>*</sup>	From geocodes	From geocodes	From geocodes	From geocodes
Statistical Area Level 2 (SA2)	From geocodes	From geocodes	From geocodes	From geocodes
Statistical Area Level 3 (SA3)	From geocodes	From geocodes	From geocodes	From geocodes
Statistical Area Level 4 (SA4)	From geocodes	From geocodes	From geocodes	From geocodes
Local Government Area (LGA)	From geocodes	From geocodes	From geocodes	From geocodes
Local Health District (LHD)	From geocodes	From geocodes	From geocodes	From geocodes
Primary Health Network (PHN)	From geocodes	From geocodes	From geocodes	From geocodes
Accessibility/Remoteness Index of Australia (ARIA)	From geocodes	From geocodes	From geocodes	From geocodes
Greater Capital City Statistical Areas (GCCSA)	From geocodes	From geocodes	From geocodes	From geocodes
Socio-Economic Indexes for Areas: Decile of Index of Education and Occupation (IEO)	From index	From index	From index	From index
Socio-Economic Indexes for Areas (SEIFA): Decile of Index of Economic Resources (IER)	From index	From index	From index	From index
Socio-Economic Indexes for Areas (SEIFA): Decile of Index of Relative Socio-economic Advantage and Disadvantage (IRSAD)	From index	From index	From index	From index
Socio-Economic Indexes for Areas (SEIFA): Decile of Index of Relative Socio-economic Disadvantage (IRSD)	From index	From index	From index	From index
Transport Hierarchy Code (THC)			From geocodes	From geocodes

QUESTIONNAIRE/DERIVED ITEM	Baseline Item 2005-2009	Follow-up Item		
		2010 (SEEF)	2012-2015	2018-2021
<b>QUALIFICATIONS AND EMPLOYMENT</b>				
Highest qualification	Q5			
Work status	Q47	Q62	Q41	Q52
Hours paid work/week		Q63		
Hours work paid and voluntary/week	Q49		Q43	Q55
Personal income		Q61		
<b>CULTURAL BACKGROUND</b>				
Country of birth <sup>#</sup>	Q7			
Ancestry <sup>#</sup>	Q9			
Year came to Australia	Q8			
Language other than English	Q10			
<b>RELATIONSHIPS</b>				
Marital status	Q14	Q19	Q9	Q14
Sexual orientation		Q18		
<b>HEALTH COVER</b>				
Private health insurance	Q50		Q39	Q50
Out of pocket expenses not covered by Medicare or private health insurance		Q56		
Health care concession card	Q50		Q39	Q50
Department of Veterans' Affairs card	Q50		Q39	Q50
<b>ABORIGINALITY</b>				
Aboriginal and/or Torres Strait Islander	Q6			
<b>HOUSEHOLD</b>				
Household income	Q46	Q60	Q40	Q51
Number in household		Q20	Q11	Q17
Number dependent children		Q21		
<b>HOUSING DETAILS</b>				
Current Housing	Q15	Q22	Q10	Q15
Home ownership		Q23		Q16
Investment property		Q24		
House temperature		Q25		
House cooled		Q26		
<b>HEIGHT, WEIGHT AND BMI</b>				
Height	Q3		Q3	Q2
Weight	Q4	Q12	Q4	Q3
BMI (derived)	Derived from Q3/Q4		Derived from Q3/Q4	Derived from Q2/Q3
<b>SMOKING AND ALCOHOL</b>				
Ever smoker	Q11	Q4	Q5	Q4
Smoker now	Q11	Q5	Q5	Q5
Stopped smoking (age, duration)	Q11	Q6	Q5	Q5 & Q7
Av. smoke p/day	Q11	Q7	Q5	Q6
e-cigarette use (ever, frequency)				Q8
Exposure to cigarette smoke	Q21(men) Q20 (women)		Q6	Q9
Alcohol consumption	Q12	Q8	Q7	Q10
Days of drinking/week	Q13	Q9	Q8	Q11
Drinking status				Q12

QUESTIONNAIRE/DERIVED ITEM	Baseline Item 2005-2009	Follow-up Item		
		2010 (SEEF)	2012-2015	2018-2021
Largest number of drinks in a day in a typical month				Q13
<b>PHYSICAL ACTIVITY/INACTIVITY</b>				
Physical activity – times in last week	Q16	Q10	Q12	Q18
Physical activity - total time in last week	Q17	Q11	Q13	Q19
Hours sleeping	Q54	Q15	Q45	Q58
Hours watching TV or using computer	Q54	Q15		
Hours standing	Q54	Q15	Q45	Q58
Hours sitting	Q54	Q15	Q44	Q57
Hours driving		Q15		
Reasons for stopping participation in physical activity				Q20
<b>DIET/NUTRITION</b>				
Times eat meat, seafood/cheese	Q40		Q54	Q64
Times eat bread/cereal	Q41		Q56	Q67
Type of milk	Q42		Q53	Q65
Serves of vegetables/day	Q43	Q13	Q57	Q68
Serves of fruit/day	Q44	Q14	Q58	Q69
Foods never eaten	Q45		Q55	Q66
Told by GP to eat fewer high fat foods		Q57		
Told by GP to eat more fruits and vegetables		Q57		
Limited how much fruit and/or vegetables eaten because of money shortage		Q67		
Ran out of food and unable to buy more in last 12 months				Q70 (2018)
<b>FERTILITY</b>				
Number of children given birth to/fathered	Q19			
Months breastfed children	Q19			
Unable to father children (men)	Q20 (men)			
<b>PSYCHOLOGICAL HEALTH</b>				
State of mind in past 4 weeks		Q47		
How often feel rushed/pressed for time		Q70		
Issues in the past 12 months		Q73		
Psychological distress	Q57	Q48	Q51	Q62
Change in activities in last 4 weeks because of emotional problems	Q58		Q52	Q63
<b>PERSONAL CARE</b>				
Need help with daily tasks	Q27	Q31	Q30	Q39
Getting enough help with daily tasks			Q30 (men) Q31 (women)	Q39
Limitations from health	Q28	Q44	Q37	Q44
Care status (self-care)		Q32		
Care status (movement)		Q33		
Care status (communication)		Q34		
<b>CARER</b>				
Carer status	Q30	Q42	Q31 (men) Q32 (women)	Q40
Amount of time spent caring each week	Q30	Q42	Q31 (men) Q32 (women)	Q40
Live with person cared for		Q43	Q31 (men) Q32 (women)	Q40
<b>SELF RATED HEALTH</b>				
Overall health	Q31	Q30	Q38	Q45

QUESTIONNAIRE/DERIVED ITEM	Baseline Item 2005-2009	Follow-up Item		
		2010 (SEEF)	2012-2015	2018-2021
Quality of life	Q31	Q30	Q38	Q45
Eyesight	Q31	Q30	Q38	Q45
Memory	Q31	Q30	Q38	Q45
Teeth and gums	Q31	Q30	Q38	Q45
Hearing		Q30	Q38	Q45
Satisfaction with life as a whole				Q46
Satisfaction with Standard of living/Health/Life achievements/Personal relationships/Safety/Feeling part of the community/Future security				Q47
<b>PHYSICAL FUNCTIONING</b>				
Hearing loss	Q32		Q17	Q27
Teeth left	Q33		Q16	Q26
Leaking urine times/week	Q36	Q41	Q32(men) Q33 (women)	Q41
Erectile function (men)	Q37 (men)		Q34 (men)	
Gone through menopause and age (women)	Q37 (women)		Q34 (women)	Q42 (women)
Accomplished less because of health in past 4 weeks		Q45		
Urination (men)	Q22 (men)		Q33 (men)	
<b>PAIN</b>				
Pain interference with normal work in past 4 weeks		Q46	Q28	Q37
Body pain			Q27	Q36
Pain and work			Q28	Q37
Lower back pain			Q29	Q38
<b>INJURIES AND FALLS</b>				
Times fallen in last 12 months	Q34	Q35	Q20	Q23
Fractures <sup>#</sup>	Q35	Q36	Q21	Q24
<b>SUN PROTECTION BEHAVIOUR</b>				
Skin colour	Q51			
Tanning	Q52			
Hours/day outdoors	Q53		Q46	Q59
Sunscreen			Q47	
<b>SOCIAL SUPPORT</b>				
Social interactions in the last week	Q55	Q71	Q48	Q60
Number people can depend on	Q56	Q72	Q49	Q61
Support from family/friends/partner		Q68		
Support from co-workers		Q69		
<b>RELIGION/BELIEFS</b>				
Religious faith		Q16		
Religion into life		Q17		
<b>RETIREMENT</b>				
Age and reason for retirement	Q48	Q64	Q42	Q53 & Q54
Main health condition for retirement <sup>1</sup>		Q65		
Partner retired		Q66		
Past 12 months, money shortage issues		Q67		
<b>HEALTH SERVICE ACCESS</b>				
Wait to see particular doctor		Q49		
Wait to see any doctor		Q50		
GP seen on same day		Q51		

QUESTIONNAIRE/DERIVED ITEM	Baseline Item 2005-2009	Follow-up Item		
		2010 (SEEF)	2012-2015	2018-2021
Seen a specialist in past 2 years		Q52		
Wait to see specialist		Q53		
Travel time to preferred GP		Q54		
Travel time to nearest hospital		Q55		
Out of pocket spending, in past 12 months		Q56		
Avoided doctor due to medicine cost in last 12 months				Q48
<b>MANAGING OWN HEALTH CARE</b>				
Health checks and advice past 12 months		Q57		
Level of confidence in managing own health		Q58		
Level of confidence in managing changes in own health		Q59		
<b>CANCER SCREENING</b>				
Mammography (women)	Q38 (women)		Q35 (women)	Q42 (women)
PSA testing (men)	Q38 (men)		Q35 (men)	Q42 (men)
Bowel cancer screening	Q39	Q40	Q36	Q43
<b>NEIGHBOURHOOD</b>				
Social capital, reciprocity trust, coherence		Q74		
Neighbourhood description		Q75		
Years at current address		Q76		
<b>DRINKING WATER</b>				
Drinking water source		Q27		
Changed drinking source		Q28		
<b>VACCINATION</b>				
Flu vaccination			Q25	Q34
Whooping cough vaccine			Q26	Q35
<b>TRANSPORTATION</b>				
Motor vehicles		Q29		
Main means of transport			Q50	Q56
<b>BLOOD DONOR/TRANSFUSION</b>				
Ever been blood donor			Q18	Q28
Ever been plasma donor			Q19	Q29
Ever had a blood transfusion				Q30

~ Gender is determined from the questionnaire version completed (men or women)

† Derived variables, including age, are provided for some questions in addition to the raw questionnaire data

^ Broad level geography is based on geocoded location of residence data.

\* Postcode will only be made available in the broad geography data if explicitly requested on the application form and approved by ethics.

# This question has either a 'specify' or an 'other specify' option with associated free-text data. Some coding has been done for free-text data, however only birth and ancestry at baseline has been validated. If interested in using this data, please contact the 45 and Up Study Coordinating Centre.

**Medical Condition Questionnaire Items:** Medical conditions are presented in two ways by topic groups (e.g. family histories, medical conditions, treatments and operations) or by disease groups (e.g. cancers, CVD, diabetes, Parkinson's diseases, musculoskeletal diseases, precursors for CVD and diabetes, mental health, respiratory diseases).

<b>ALTERNATIVE 1: QUESTIONNAIRE ITEMS BY TOPIC GROUPS</b>	<b>Baseline Item 2005-2009</b>	<b>2010 (SEEF)</b>	<b>Follow-up Item 2012-2015</b>	<b>2018-2021</b>
<b>FAMILY HISTORIES</b>				
Family history (by disease and relationship)	Q18		Q14	Q21
Biological siblings				Q22
<b>HORMONE THERAPY</b>				
Hormonal contraceptive use	Q21(women)			
Hormone Replacement Therapy	Q22 (women)			
<b>MEDICATIONS</b>				
Medications <sup>#</sup>	Q23		Q15	Q25
Could not fill or collect a prescription medicine because of money shortage		Q67		
Reduced medicine dose due to cost in the last 12 months				Q49
<b>MEDICAL CONDITIONS</b>				
ALL medical conditions and age (Included: Cancers, Cardiovascular, Diabetes, Parkinson's, Musculoskeletal, Precursors for CVD and Diabetes, Mental Health, Respiratory, as well as Chronic Kidney Disease (SEEF only) and Enlarged Prostate (from 2018 onwards) <sup>#</sup>	Q24	Q37	Q22	Q31
Other important illnesses <sup>#</sup>	Q26	Q39	Q24	Q33
<b>TREATMENTS</b>				
ALL medical treatments	Q25	Q38	Q23	Q32
Could not get a treatment because of money shortage		Q67		
<b>OPERATIONS</b>				
ALL operations <sup>#</sup>	Q29			

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<b>ALTERNATIVE 2: QUESTIONNAIRE ITEMS BY DISEASE GROUPS</b>	<b>Baseline Item 2005-2009</b>	<b>2010 (SEEF)</b>	<b>Follow-up Item 2012-2015</b>	<b>2018-2021</b>
<b>CANCERS</b>				
Family history of cancer (breast, bowel, lung, melanoma, prostate, ovarian)	Q18		Q14	Q21
Ever told have cancer (includes skin, melanoma, breast for women, prostate for men) <sup>#</sup>	Q24	Q37	Q22	Q31
Treatment for cancer in the last month	Q25	Q38	Q23	Q32
Removal of skin cancer	Q29			
Mammography (women)	Q38 (women)		Q35 (women)	Q42 (women)
PSA testing (men)	Q38 (men)		Q35 (men)	Q42 (men)
Bowel cancer screening	Q39	Q40	Q36	Q43
<b>CARDIOVASCULAR DISEASE</b>				
Family history of heart disease	Q18		Q14	Q21
Family history of stroke	Q18		Q14	Q21
Ever told have lymphoedema				Q31
Ever told have heart failure			Q22	Q31
Ever told have atrial fibrillation			Q22	Q31
Ever told have heart disease	Q24	Q37	Q22	Q31
Type of heart disease <sup>#</sup>	Q24	Q37	Q22	Q31

<b>ALTERNATIVE 2: QUESTIONNAIRE ITEMS BY DISEASE GROUPS</b>	<b>Baseline Item 2005-2009</b>	<b>2010 (SEEF)</b>	<b>Follow-up Item 2012-2015</b>	<b>2018-2021</b>
Ever told had a stroke	Q24	Q37	Q22	Q31
Treatment for heart attack or angina in the last month	Q25	Q38	Q23	Q32
Treatment for other heart disease in the last month	Q25	Q38	Q23	Q32
Heart or coronary bypass surgery	Q29			
<b>DIABETES</b>				
Family history of diabetes	Q18		Q14	Q21
Ever told had diabetes	Q24	Q37	Q22	Q31
<b>PARKINSON'S DISEASES</b>				
Family history of Parkinson's disease	Q18		Q14	Q21
Ever told had Parkinson's disease	Q24	Q37	Q22	Q31
<b>MUSCULOSKELETAL DISEASES</b>				
Family history of severe arthritis	Q18		Q14	Q21
Family history of osteoporosis	Q18		Q14	Q21
Family history of hip fracture	Q18		Q14	Q21
Ever told had osteoarthritis			Q22	Q31
Treatment for osteoarthritis in the last month	Q25	Q38	Q23	Q32
Treatment for thyroid problems in the last month	Q25	Q38	Q23	Q32
Treatment for osteoporosis or low bone density in the last month	Q25	Q38	Q23	Q32
Knee replacement	Q29			
Hip replacement	Q29			
<b>PRECURSORS FOR CVD AND DIABETES</b>				
Family history of high blood pressure	Q18		Q14	Q21
Ever told had high blood pressure	Q24	Q37	Q22	Q31
Ever told had blood clot (thrombosis)	Q24	Q37	Q22	Q31
Treatment for high blood pressure in the last month	Q25	Q38	Q23	Q32
Treatment for high blood cholesterol in the last month	Q25	Q38	Q23	Q32
Treatment for blood clotting problems in the last month	Q25	Q38	Q23	Q32
<b>MENTAL HEALTH</b>				
Psychological distress	Q57	Q48	Q51	Q62
Change in activities in past 4 weeks because of emotional problems	Q58		Q52	Q63
Family history of dementia/Alzheimer's	Q18		Q14	Q21
Family history of severe depression	Q18		Q14	Q21
Ever told had depression	Q24	Q37	Q22	Q31
Ever told had anxiety	Q24	Q37	Q22	Q31
Treatment for depression in the last month	Q25	Q38	Q23	Q32
Treatment for anxiety in the last month	Q25	Q38	Q23	Q32
How often feel rushed/pressed		Q70		
Stressful life events in the past 12 months		Q73		
State of mind in past 4 weeks		Q47		
<b>RESPIRATORY DISEASES</b>				
Ever told had hay fever	Q24	Q37	Q22	Q31
Ever told had asthma	Q24	Q37	Q22	Q31
Treatment for asthma in the last month	Q25	Q38	Q23	Q32

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**Geocoded data:** Researchers with ethics approval for access to lower level geoprocessing geography can be provided with latitude, longitude and mesh block. Note that this is provided in a separate SURE workspace with different IDs that can be linked back to the questionnaire data by the 45 and Up Study Coordinating Centre.

GEOCODED DATA ITEM	Baseline Item	Follow-up Item		
	2005-2009	2010 (SEEF)	2012-2015	2018-2021
Geocodes (latitude/longitude)	From address	From address	From address	From address
Mesh Blocks	From geocodes	From geocodes	From geocodes	From geocodes
Geocoder used (Febrl, Callpoint Spatial)	metadata	metadata	metadata	Metadata
Match status (exact address/match, locality match, street match, intersection match, average address)	Geocoder metadata	Geocoder metadata	Geocoder metadata	Geocoder metadata
Statistical Area Level 1 (SA1)	From geocodes	From geocodes	From geocodes	From geocodes
SA1 Usual Resident Population (2011)	From geocodes	From geocodes	From geocodes	From geocodes
Socio-Economic Indexes for Areas: SA1 Index of Education and Occupation (IEO)	From geocodes	From geocodes	From geocodes	From geocodes
Socio-Economic Indexes for Areas (SEIFA): SA1 Index of Economic Resources (IER)	From geocodes	From geocodes	From geocodes	From geocodes
Socio-Economic Indexes for Areas (SEIFA): SA1 Index of Relative Socio-economic Advantage and Disadvantage (IRSAD)	From geocodes	From geocodes	From geocodes	From geocodes
Socio-Economic Indexes for Areas (SEIFA): SA1 Index of Relative Socio-economic Disadvantage (IRSD)	From geocodes	From geocodes	From geocodes	From geocodes

**Sponsored questions data:** Since 2014, additional questions are asked in each year's follow-up questionnaire. These questions are sponsored by external organisations to address their research interests, however the data are available to all researchers. Questions may be asked in just one year, or across multiple years depending on funding. Many sponsored questions align with the existing topic groups above, however some represent other, new, categories.

SPONSORED QUESTIONS: TOPICS COVERED IN MAIN QUESTIONNAIRE	Follow-up Item			
	2014	2015	2018	2019
<b>RELATIONSHIPS</b>				
Childhood family circumstances			Q78	Q76
<b>HOUSING DETAILS</b>				
Intend to move home in next 5-10 years / where		Q59		
Type of dwelling likely to move into		Q60		
Main reasons for moving		Q61		
Intend to make following changes to home in next 5-10 years / renovate/add rooms/add disability aids etc		Q62		
<b>DIET/NUTRITION</b>				
Add salt to meal at table			Q71	
Cups of soft drink, cordials or sports drink, drink each day – with/without sugar			Q72	
Number of milk products/dishes have each day			Q73	
Maximum weight in life / age			Q74	
<b>CARER</b>				
Provided care for someone with dementia in last 12 months			Q83	
<b>PHYSICAL FUNCTIONING</b>				
Balance rating			Q79	
Difficulties using hands, arms or legs carrying out everyday activities			Q80	
Difficulties due to weakness/fatigue/contracture/clumsiness/loss of sensation/pain			Q81	



SPONSORED QUESTIONS: TOPICS COVERED IN MAIN QUESTIONNAIRE	Follow-up Item			
	2014	2015	2018	2019
Frequency that fatigue prevents everyday activities			Q82	
<b>HEALTH SERVICE ACCESS</b>				
Usual go to place for healthcare	Q59			
How often can get same/next day appointment	Q60			
How often medical staff know your medical history	Q60			
How often someone helped co-ordinate the care received from others	Q60			
In past 2 years, has doctor/healthcare professional failed to share important information about patient's medical history or treatment with each other	Q61			
In past 2 years, ever been given wrong medicine/dose	Q62			
In past 2 years, a medical mistake made in patient's treatment or care	Q63			
Confident in receiving high quality care / most effective medications / affordable care	Q64			
<b>VACCINATION</b>				
Shingles vaccine		Q67		
<b>MEDICATIONS</b>				
Ever used medications for non-medical purposes / in last 12 months		Q65		
Take aspirin regularly / when start / total years taken / dose			Q75	Q70
<b>MEDICAL CONDITIONS</b>				
Ever told had shingles / year last have / how long pain last		Q66		

SPONSORED QUESTIONS: OTHER TOPICS	Follow-up Item			
	2014	2015	2018	2019
<b>PLANNING FOR FUTURE HEALTH NEEDS</b>				
Discussed wishes for your future health care with someone close to you	Q65			
Legally nominated a person to make health decisions for you	Q65			
Written down your wishes for your future health care in a document	Q65			
Made a will	Q65			
<b>DIFFICULT LIFE EVENTS</b>				
When growing up, seen parent/household member being yelled at, screamed at, sworn at, insulted or humiliated	Q68			
When growing up, seen parent/household member slapped, kicked, punched, hit, beaten up or cut with an object	Q68			
When growing up, had a parent/guardian/household member spank, slap, punch, hit, beat or cut you with an object	Q69			
Physically hurt by someone / Frightened of that person	Q70			
<b>DEFENCE SERVICE</b>				
Served in the ADF	Q66	Q63	Q76	
Client of DVA or received benefit/support from DVA	Q67	Q64	Q77	
<b>TECHNOLOGY USE</b>				
Computer / mobile device regularly used				Q71
Number of apps downloaded yourself for mobile phone or tablet				Q72
Frequency of using apps to track activity/fitness/vital signs/weight/mood/sleep/medications				Q73
Health and fitness apps used				Q74
Perception on studies using health research app				Q75

