

# 45 and Up Study Questionnaire Variables

The tables below contain the baseline and/or follow-up questionnaire items and/or derived variables contained in each topic group. Baseline data (Wave 1) were collected between 2006 and 2009 with a pilot in 2005. The first follow-up data were collected between March and October 2010 through the Social, Economic and Environmental Factors (SEEF) Project. The next follow-up data (Wave 2) were collected from September 2012 to December 2015 (surveying SEEF cohort members last). The next wave of data collection (Wave 3) is underway and will end in 2021. 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	Follow-up Item	
	2005-2009	2010 (SEEF)	2012-2015
<b>AGE AND GENDER</b>			
Gender	Form	Q3	Form
Date of birth (month and year)	Q1	Q2	Q1
Age at questionnaire completion	Derived from Q1	Derived from Q2	Derived from Q1
Date today	Q2	Q1	Q2
<b>BROAD LEVEL GEOGRAPHY</b>			
Postcode	From geocodes	From geocodes	From geocodes
Statistical Area Level 2 (SA2)	From geocodes	From geocodes	From geocodes
Statistical Area Level 3 (SA3)	From geocodes	From geocodes	From geocodes
Statistical Area Level 4 (SA4)	From geocodes	From geocodes	From geocodes
Local Government Area (LGA)	From geocodes	From geocodes	From geocodes
Local Health District (LHD)	From geocodes	From geocodes	From geocodes
Primary Health Network (PHN)	From geocodes	From geocodes	From geocodes
Accessibility/Remoteness Index of Australia (ARIA)	From geocodes	From geocodes	From geocodes
Greater Capital City Statistical Areas (GCCSA)	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
Socio-Economic Indexes for Areas (SEIFA): Decile of Index of Economic Resources (IER)	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
Socio-Economic Indexes for Areas (SEIFA): Decile of Index of Relative Socio-economic Disadvantage (IRSD)	From index	From index	From index
<b>QUALIFICATIONS AND EMPLOYMENT</b>			
Highest qualification	Q5		
Work status	Q47	Q62	Q41
Hours paid work/week		Q63	
Hours work paid and voluntary/week	Q49		Q43
Personal income		Q61	
<b>CULTURAL BACKGROUND</b>			
Country of birth	Q7		
Ancestry	Q9		
Year came to Australia	Q8		
Language other than English	Q10		

QUESTIONNAIRE/DERIVED ITEM	Baseline Item	Follow-up Item	
	2005-2009	2010 (SEEF)	2012-2015
<b>RELATIONSHIPS</b>			
Marital status	Q14	Q19	Q9
Sexual orientation		Q18	
<b>HEALTH COVER</b>			
Private health insurance	Q50		Q39
Out of pocket expenses not covered by Medicare or private health insurance		Q56	
Health care concession card	Q50		Q39
Department of Veterans' Affairs card	Q50		Q39
<b>ABORIGINALITY</b>			
Aboriginal and/or Torres Strait Islander	Q6		
<b>HOUSEHOLD</b>			
Household income	Q46	Q60	Q40
Number in household		Q20	Q11
Number dependent children		Q21	
<b>HOUSING DETAILS</b>			
Current Housing	Q15	Q22	Q10
Home ownership		Q23	
Investment property		Q24	
House temperature		Q25	
House cooled		Q26	
<b>HEIGHT,WEIGHT AND BMI</b>			
Height	Q3		Q3
Weight	Q4	Q12	Q4
BMI (derived)	Derived from Q3/Q4		Derived from Q3/Q4
<b>SMOKING AND ALCOHOL</b>			
Ever smoker	Q11	Q4	Q5
Alcohol consumption	Q12	Q8	Q7
Days of drinking/week	Q13	Q9	Q8
Exposure to cigarette smoke	Q21(men) Q20 (women)		Q6
Smoker now	Q11	Q5	Q5
Age when stopped	Q11	Q6	Q5
Av. smoke p/day	Q11	Q7	Q5
<b>PHYSICAL ACTIVITY/INACTIVITY</b>			
Physical activity – times in last week	Q16	Q10	Q12
Physical activity - total time in last week	Q17	Q11	Q13
Hours sleeping	Q54	Q15	Q45
Hours watching TV or using computer	Q54	Q15	
Hours standing	Q54	Q15	Q45
Hours sitting	Q54	Q15	
Hours driving		Q15	
Hours spent sitting by type of activity			Q44
<b>DIET/NUTRITION</b>			
Times eat meat, seafood/cheese	Q40		Q54
Times eat bread/cereal	Q41		Q56
Type of milk	Q42		Q53
Serves of vegetables/day	Q43	Q13	Q57

QUESTIONNAIRE/DERIVED ITEM	Baseline Item	Follow-up Item	
	2005-2009	2010 (SEEF)	2012-2015
<b>DIET/NUTRITION (Continued.)</b>			
Serves of fruit/day	Q44	Q14	Q58
Foods never eaten	Q45		Q55
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	
<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
Change in activities in last 4 weeks because of emotional problems	Q58		Q52
<b>PERSONAL CARE</b>			
Need help with daily tasks	Q27	Q31	Q30
Getting enough help with daily tasks			Q30 (men) Q31 (women)
Limitations from health	Q28	Q44	Q37
Care status (self-care)		Q32	
Care status (movement)		Q33	
Care status (communication)		Q34	
<b>CARER</b>			
Carer status	Q30	Q42	Q31 (men) Q32 (women)
Amount of time spent caring each week	Q30	Q42	Q31 (men) Q32 (women)
Live with person cared for		Q43	Q31 (men) Q32 (women)
<b>SELF RATED HEALTH</b>			
Overall health	Q31	Q30	Q38
Quality of life	Q31	Q30	Q38
Eyesight	Q31	Q30	Q38
Memory	Q31	Q30	Q38
Teeth and gums	Q31	Q30	Q38
Hearing		Q30	Q38
<b>PHYSICAL FUNCTIONING</b>			
Hearing loss	Q32		Q17
Teeth left	Q33		Q16
Leaking urine times/week	Q36	Q41	Q32(men) Q33 (women)
Erectile function (men)	Q37 (men)		Q34 (men)
Gone through menopause and age (women)	Q37 (women)		Q34 (women)
Accomplished less because of health in past 4 weeks		Q45	
Urination (men)	Q22 (men)		Q33 (men)

QUESTIONNAIRE/DERIVED ITEM	Baseline Item	Follow-up Item	
	2005-2009	2010 (SEEF)	2012-2015
<b>PAIN</b>			
Pain interference with normal work in past 4 weeks		Q46	Q28
Body pain			Q27
Pain and work			Q28
Lower back pain			Q29
<b>INJURIES AND FALLS</b>			
Times fallen in last 12 months	Q34	Q35	Q20
Fractures	Q35	Q36	Q21
Fractures "other specify" coded *	Q35	Q36	Q21
<b>SUN PROTECTION BEHAVIOUR</b>			
Skin colour	Q51		
Tanning	Q52		
Hours/day outdoors	Q53		Q46
Sunscreen			Q47
<b>SOCIAL SUPPORT</b>			
Social interactions in the last week	Q55	Q71	Q48
Number people can depend on	Q56	Q72	Q49
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
Main health condition for retirement (tick boxes only, no coding of "other specify")		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	
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	
<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)
PSA testing (men)	Q38 (men)		Q35 (men)
Bowel cancer screening	Q39	Q40	Q36

QUESTIONNAIRE/DERIVED ITEM	Baseline Item 2005-2009	Follow-up Item 2010 (SEEF)	Follow-up Item 2012-2015
<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
Whooping cough vaccine			Q26
<b>TRANSPORTATION</b>			
Motor vehicles		Q29	
Main means of transport			Q50
<b>BLOOD DONOR</b>			
Ever been blood donor			Q18
Ever been plasma donor			Q19

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

\* Open text has been coded and categories assigned based on ICD-10 chapter headings. If interested in using the coded 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).

ALTERNATIVE 1: QUESTIONNAIRE ITEMS BY TOPIC GROUPS	Baseline Item 2005- 2009	Follow-up 2010 (SEEF)	Follow-up 2012-2015
<b>FAMILY HISTORIES</b>			
Family history (by disease and relationship)	Q18		Q14
<b>HORMONE THERAPY</b>			
Hormonal contraceptive use	Q21(women)		
Hormone Replacement Therapy	Q22 (women)		
<b>MEDICATIONS</b>			
Medications (tick boxes only, no coding of "other specify") <sup>#</sup>	Q23		Q15
Could not fill or collect a prescription medicine because of money shortage		Q67	
<b>MEDICAL CONDITIONS OVERALL</b>			
Medical conditions and age (tick boxes only, no coding of "other specify") <sup>#</sup>	Q24	Q37	Q22
Other important illnesses (Y/N)	Q26	Q39	Q24
<b>TREATMENTS OVERALL</b>			
Medical treatments	Q25	Q38	Q23
Could not get a treatment because of money shortage		Q67	
<b>OPERATIONS OVERALL</b>			
Operations (tick boxes only, no coding of "other specify") <sup>#</sup>	Q29		

<sup>#</sup> If interested in additional coding of open text please contact the 45 and Up Study Coordinating Centre.

ALTERNATIVE 2: QUESTIONNAIRE ITEMS BY TOPIC GROUPS	Baseline Item 2005-2009	Follow-up	
		2010 (SEEF)	2012-2015
<b>CANCERS</b>			
Family history of cancer (breast, bowel, lung, melanoma, prostate, ovarian)	Q18		Q14
Ever told have cancer (includes skin, melanoma, breast for females)	Q24	Q37	Q22
Ever told have cancer "other specify" coded *	Q24	Q37	Q22
Treatment for cancer in the last month	Q25	Q38	Q23
Removal of skin cancer	Q29		
Mammography (women)	Q38 (women)		Q35 (women)
PSA testing (men)	Q38 (men)		Q35 (men)
Bowel cancer screening	Q39	Q40	Q36
<b>CARDIOVASCULAR DISEASE</b>			
Family history of heart disease	Q18		Q14
Family history of stroke	Q18		Q14
Ever told have heart failure			Q22
Ever told have atrial fibrillation			Q22
Ever told have heart disease	Q24	Q37	Q22
Type of heart disease coded *	Q24	Q37	Q22
Ever told had a stroke	Q24	Q37	Q22
Treatment for heart attack or angina in the last month	Q25	Q38	Q23
Treatment for other heart disease in the last month	Q25	Q38	Q23
Heart or coronary bypass surgery	Q29		
<b>DIABETES</b>			
Family history of diabetes	Q18		Q14
Ever told had diabetes	Q24	Q37	Q22
<b>PARKINSON'S DISEASES</b>			
Family history of Parkinson's disease	Q18		Q14
Ever told had Parkinson's disease	Q24	Q37	Q22
<b>MUSCULOSKELETAL DISEASES</b>			
Family history of severe arthritis	Q18		Q14
Family history of osteoporosis	Q18		Q14
Family history of hip fracture	Q18		Q14
Ever told had osteoarthritis			Q22
Treatment for osteoarthritis in the last month	Q25	Q38	Q23
Treatment for thyroid problems in the last month	Q25	Q38	Q23
Treatment for osteoporosis or low bone density in the last month	Q25	Q38	Q23
Knee replacement	Q29		
Hip replacement	Q29		
<b>PRECURSORS FOR CVD AND DIABETES</b>			
Family history of high blood pressure	Q18		Q14
Ever told had high blood pressure	Q24	Q37	Q22
Ever told had blood clot (thrombosis)	Q24	Q37	Q22
Treatment for high blood pressure in the last month	Q25	Q38	Q23
Treatment for high blood cholesterol in the last month	Q25	Q38	Q23
Treatment for blood clotting problems in the last month	Q25	Q38	Q23

ALTERNATIVE 2: QUESTIONNAIRE ITEMS BY TOPIC GROUPS	Baseline Item 2005-2009	Follow-up	
		2010 (SEEF)	2012-2015
<b>MENTAL HEALTH</b>			
Psychological distress	Q57	Q48	Q51
Change in activities in past 4 weeks because of emotional problems	Q58		Q52
Family history of dementia/Alzheimer's	Q18		Q14
Family history of severe depression	Q18		Q14
Ever told had depression	Q24	Q37	Q22
Ever told had anxiety	Q24	Q37	Q22
Treatment for depression in the last month	Q25	Q38	Q23
Treatment for anxiety in the last month	Q25	Q38	Q23
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
Ever told had asthma	Q24	Q37	Q22
Treatment for asthma in the last month	Q25	Q38	Q23

\* Open text has been coded and categories assigned based on ICD-10 chapter headings. If interested in using the coded data, please contact the 45 and Up Study Coordinating Centre.

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