

# UnderStandingAmericaStudy

UAS 690: ALIR HEALTH AND ACTIVITIES WAVE 8



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# 1 INTRODUCTION

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This UAS panel survey, titled "UAS 690: ALiR Health and Activities Wave 8", asks questions about respondents' health and activities as part of the ALiR study where respondents also wear a fitness tracker. This survey is no longer in the field. Respondents were paid \$5 to complete the survey.

Related surveys are UAS 624, UAS 632, UAS 649, UAS 656, UAS 664, UAS675, UAS683 and UAS690.

## 1.1 Topics

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This survey contains questions (among others) on the following topics: Diet Lifestyle, Health. A complete survey topic categorization for the UAS can be found [here](#).

## 1.2 Experiments

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This survey did not include any experiments. A complete survey experiment categorization for the UAS can be found [here](#).

## 1.3 Citation

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Each publication, press release or other document that cites results from this survey must include an acknowledgment of UAS as the data source and a disclaimer such as, 'The project described in this paper relies on data from survey(s) administered by the Understanding America Study, which is maintained by the Center for Economic and Social Research (CESR) at the University of Southern California. The content of this paper is solely the responsibility of the authors and does not necessarily represent the official views of USC or UAS.' For any questions or more information about the UAS, contact Tania Gutsche, Project and Panel Manager, Center for Economic and Social Research, University of Southern California, at [tgutsche@usc.edu](mailto:tgutsche@usc.edu).

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## 2 SURVEY RESPONSE AND DATA

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### 2.1 Sample selection and response rate

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The sample selection for this survey was:

All active respondents wearing an activity tracker.

As such, this survey was made available to 1039 UAS participants. Of those 1039 participants, 896 completed the survey and are counted as respondents. Of those who are not counted as respondents, 9 started the survey without completing and 134 did not start the survey. The overall response rate was 86.24%.

Note: We are unable to provide sample weights for a small number of UAS members (see the Sample and weighting section below for details). If they completed the survey, these members are included in the data set with a weight of zero, but accounted for in the computation of total sample size and survey response rate.%.

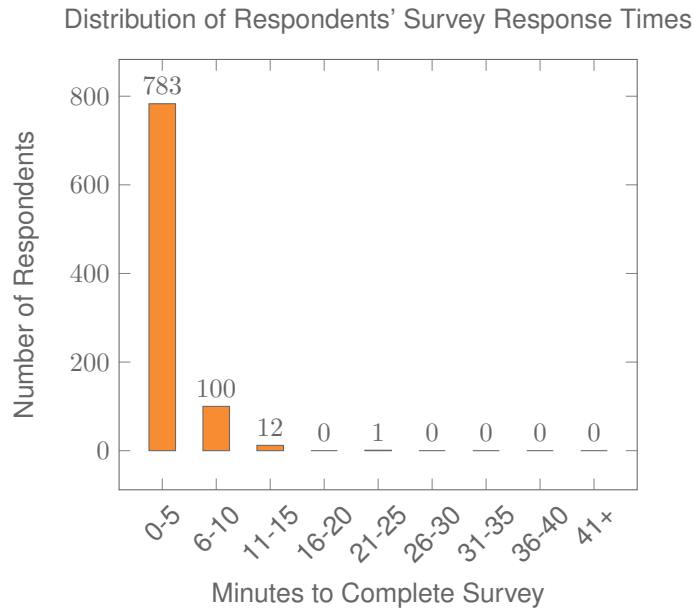
The detailed survey response rate is as follows:

UAS690 - Response Overview	
Size of selected sample	1039
Completed the survey	896
Started but did not complete the survey	9
Did not start the survey	134
Response rate	86.24%

### 2.2 Timings

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The survey took respondents an average of 4 minutes, and the full distribution of survey response times is available in the figure below. Times per question are available upon request.



## 2.3 Sample & Weighting

Sample weights for this survey are computed following the general UAS Weighting Procedure. Specifically, we use a two-step process where we first compute base weights, which correct for unequal probabilities of sampling UAS members, and then generate final, post-stratification weights, which align the sample to the reference population along certain socio-economic dimensions. These are gender (male/female), race and ethnicity (White/Black/Other/Hispanic/Native American), age (18-39/40-49/50/59/60+), education (High school or less/Some college/Bachelor or more), Census regions (Northeast/Midwest/West, excl. CA/CA, excl. LAC, LAC). Benchmark distributions for these variables are derived from the 6 most recent available Current Population Survey (CPS) Basic Monthly Survey with respect to the survey's completion date. The reference population considered for the weights is the U.S. population of adults age 18 and older.

This survey dataset may contain respondents with a weight of zero. These respondents belong to a small group of UAS members for whom sample weights cannot be computed due to non-probability recruitment for special projects. Hence, while they are accounted for in the total number of survey respondents, they do not contribute to any statistics using sample weights. More information is available from the UAS Weighting Procedure. Please contact UAS staff with any questions.

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### 3 STANDARD VARIABLES

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Each Understanding America Study data contains a series of standard variables, consisting of individual, household and sample identifiers, language indicator, time stamps and a rating by the respondent of how much he or she liked the survey:

- **uasid**: the identifier of the respondent. This identifier is assigned to a respondent at recruitment and stays with the respondent throughout each and every survey he/she participates in. When analyzing data from multiple surveys, the 'uasid' can be used to merge data sets.
- **uashhid**: the household identifier of the respondent. Every member is assigned a household identifier, stored in the variable 'uashhid'. For the primary respondent this identifier equals his or her 'uasid'. All other eligible members of the primary respondent's household (everyone who is 18 or older in the household) who become UAS respondents receive the 'uasid' of the primary respondent as their household identifier. The identifier 'uashhid' remains constant over time for all respondents. Thus it is always possible to find the original UAS household of an UAS panel member (even after they, for example, have moved out to form another household).
- **survhhid**: uniquely identifies the household a UAS panel member belongs to in a given survey. For instance, if the primary respondent and his/her spouse are both UAS members at the time of a given survey, they both receive the same 'survhhid' identifier for that survey. If they subsequently split, they receive two different 'survhhid' in subsequent surveys. They, however, always share the same 'uashhid'. The identifier 'survhhid' is set to missing (.) if no other household members are UAS panel members at the time of the survey. Since individuals can answer the same survey at different points in time (which can be relatively far apart if the survey is kept in the field for a prolonged time), it may be possible that, within the same data set, household members have different 'survhhid' reflecting different household compositions at the time they answered the survey. For instance, suppose that the primary respondent and his/her spouse are both UAS members. If the primary respondent answers the survey when he/she is living with the spouse, but the spouse answers the survey when the couple has split, they receive different 'survhhid'. Hence, the variable 'survhhid' identifies household membership of UAS panel members, at the time the respondent answers the survey. Note: in the My Household survey 'survhhid' is set to unknown (.u) for respondents who last participated in the My Household survey prior to January 21, 2015.
- **uasmembers**: is the number of other household members who are also UAS panel members at the time of the survey. Since individuals can answer the same survey at different points in time (which can be relatively far apart if the survey is kept in the field for a prolonged time), it may be possible that, within the same data set, the primary respondent of a household has a value of '0', whereas the second UAS household respondent has a value of '1'. Therefore 'uasmembers' should be interpreted as the

number of household and UAS panel members at the time the respondent answers the survey. Note: in the My Household survey 'uasmembers' is set to unknown (.u) for respondents who last participated in the My Household survey prior to January 21, 2015.

- **sampleframe**: indicates the sampling frame from which the household of the respondent was recruited. All UAS recruitment is done through address based sampling (ABS) in which samples are acquired based on postal records. Currently, the variable 'sampleframe' takes on four values reflecting four distinct sample frames used by the UAS over the year (in future data sets the number of sample frames used for recruitment may increase if additional specific populations are targeted in future recruitment batches):

1. U.S. National Territory: recruited through ABS within the entire U.S.
2. Areas high concentration Nat Ame: recruited through ABS in areas with a high concentration of Native Americans in the zip-code. Within these batches, individuals who are not Native Americans are not invited to join the UAS.
3. Los Angeles County: recruited through ABS within Los Angeles County.
4. California: recruited through ABS within California.

Note: prior to March 6, 2024 this variable was called sampletype and had the following value labels for the above list in UAS data sets:

1. Nationally Representative Sample: recruited through ABS within the entire U.S.
2. Native Americans: recruited through ABS in areas with a high concentration of Native Americans. Within these batches, individuals who are not Native Americans are not invited to join the UAS.
3. LA County: recruited through ABS within Los Angeles County.
4. California: recruited through ABS within California.

- **batch**: indicates the batch from which the respondent was recruited. Currently, this variable takes the following values (in future data sets the number of batches may increase as new recruitment batches are added to the UAS):

1. ASDE 2014/01
2. ASDE 2014/01
3. ASDE 2014/01
4. Public records 2015/05
5. MSG 2015/07
6. MSG 2016/01
7. MSG 2016/01
8. MSG 2016/01
9. MSG 2016/02

10. MSG 2016/03
11. MSG 2016/04
12. MSG 2016/05
13. MSG 2016/08
14. MSG 2017/03
15. MSG 2017/11
16. MSG 2018/02
17. MSG 2018/08
18. MSG 2019/04
19. MSG 2019/05
20. MSG 2019/11
21. MSG 2020/08
22. MSG 2020/10
23. MSG 2021/02
24. MSG 2021/08
25. MSG 2021/08
26. MSG 2022/02
27. MSG 2022/02
28. MSG 2022/08
29. MSG 2022/11
30. MSG 2022/11
31. MSG 2023/01
32. MSG 2023/06
33. MSG 2023/09
34. MSG 2023/10
35. MSG 2025/02

Note: prior to March 6, 2024 this variable had the following value labels for the above list in UAS data sets:

1. ASDE 2014/01 Nat.Rep.
2. ASDE 2014/01 Native Am.
3. ASDE 2014/11 Native Am.
4. LA County 2015/05 List Sample
5. MSG 2015/07 Nat.Rep.
6. MSG 2016/01 Nat.Rep. Batch 2



7. MSG 2016/01 Nat.Rep. Batch 3
8. MSG 2016/01 Nat.Rep. Batch 4
9. MSG 2016/02 Nat.Rep. Batch 5
10. MSG 2016/03 Nat.Rep. Batch 6
11. MSG 2016/04 Nat.Rep. Batch 7
12. MSG 2016/05 Nat.Rep. Batch 8
13. MSG 2016/08 LA County Batch 2
14. MSG 2017/03 LA County Batch 3
15. MSG 2017/11 California Batch 1
16. MSG 2018/02 California Batch 2
17. MSG 2018/08 Nat.Rep. Batch 9
18. MSG 2019/04 LA County Batch 4
19. MSG 2019/05 LA County Batch 5
20. MSG 2019/11 Nat. Rep. Batch 10
21. MSG 2020/08 Nat. Rep. Batch 11
22. MSG 2020/10 Nat. Rep. Batch 12
23. MSG 2021/02 Nat. Rep. Batch 13
24. MSG 2021/08 Nat. Rep. Batch 15
25. MSG 2021/08 Nat. Rep. Batch 16
26. MSG 2022/02 Nat. Rep. Batch 17 (priority)
27. MSG 2022/02 Nat. Rep. Batch 17 (regular)
28. MSG 2022/08 Nat. Rep. Batch 18
29. MSG 2022/11 LA County Batch 6
30. MSG 2022/11 Nat. Rep. Batch 20
31. MSG 2023/01 Nat. Rep. Batch 21
32. MSG 2023/06 Nat. Rep. Batch 22
33. MSG 2023-09 Native Am. Batch 3
34. MSG 2023-10 Nat. Rep. Batch 23

- **primary\_respondent:** indicates if the respondent was the first person within the household (i.e. to become a member or whether s/he was added as a subsequent member. A household in this regard is broadly defined as anyone living together with the primary respondent. That is, a household comprises individuals who live together, e.g. as part of a family relationship (like a spouse/child/parent) or in context of some other relationship (like a roommate or tenant).

- **hardware**: indicates whether the respondent ever received hardware or not. Note: this variable should not be used to determine whether a respondent received hardware at a given point in time and/or whether s/he used the hardware to participate in a survey. Rather, it indicates whether hardware was ever provided:
  1. None
  2. Tablet (includes Internet)
- **language**: the language in which the survey was conducted. This variable takes a value of 1 for English and a value of 2 for Spanish.
- **start\_date (start\_year, start\_month, start\_day, start\_hour, start\_min, start\_sec)**: indicates the time at which the respondent started the survey.
- **end\_date (end\_year, end\_month, end\_day, end\_hour, end\_min, end\_sec)**: indicates the time at which the respondent completed the survey.
- **cs\_001**: indicates how interesting the respondent found the survey.

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## 4 BACKGROUND DEMOGRAPHICS

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Every UAS survey data set includes demographic variables, which provide background information about the respondent and his/her household. Demographic information such as age, ethnicity, education, marital status, work status, state of residence, family structure is elicited every quarter through the “My Household” survey. The demographic variables provided with each survey are taken from the most recent ‘MyHousehold’ survey answered by the respondent. If at the time of a survey, the information in “My Household” is more than three months old, a respondent is required to check and update his or her information before being able to take the survey.

The following variables are available in each survey data set:

- **gender**: the gender of the respondent.
- **dateofbirth\_year**: the year of birth of the respondent.
- **age**: the age of the respondent at the start of the survey.
- **agerange**: if the respondent’s age cannot be calculate due to missing information, ‘agerange’ indicates the approximate age. Should a value for both the ‘age’ and ‘agerange’ be present, then ‘age’ takes precedence over ‘agerange’.
- **citizenus**: indicates whether the respondent is a U.S. citizen.
- **bornus**: indicates whether the respondent was born in the U.S.
- **stateborn**: indicates the state in which the respondent was born. This is set to missing (.) if the respondent was not born in the U.S.
- **countryborn**: indicates the country in which the respondent was born. This is set to missing (.) if the respondent was born in the U.S.
- **countryborn\_other**: indicates the country of birth if that country is not on the drop down list of countries shown to the respondent’.
- **statereside**: the state in which the respondent is living.
- **immigration\_status**: indicates whether the respondent is an immigrant. It takes one of the following values: 0 Non-immigrant, 1 First generation immigrant (immigrant who migrated to the U.S), 2 Second generation immigrant (U.S.-born children of at least one foreign-born parent), 3 Third generation immigrant (U.S.-born children of at least one U.S.-born parent, where at least one grandparent is foreign-born), or 4 Unknown immigrant status.
- **maritalstatus**: the marital status of the respondent.
- **livewithpartner**: indicates whether the respondent lives with a partner.

- **education**: the highest level of education attained by the respondent.
- **hisplatin**: indicates whether the respondent identifies him or herself as being Hispanic or Latino. This variable is asked separately from race.
- **hisplatinogroup**: indicates which Hispanic or Latino group a respondent identifies him or herself with. This is set to missing (.) if the respondent does not identify him or herself as being Hispanic or Latino.
- **white**: indicates whether the respondent identifies him or herself as white (Caucasian).
- **black**: indicates whether the respondent identifies him or herself as black (African-American).
- **nativeamer**: indicates whether the respondent identifies him or herself as Native American (American Indian or Alaska Native).
- **asian**: indicates whether the respondent identifies him or herself as Asian (Asian-American).
- **pacific**: indicates whether the respondent identifies him or herself as Native Hawaiian or Other Pacific Islander.
- **race**: indicates the race of the respondent as singular (e.g., '1 White' or '2 Black') or as mixed (in case the respondent identifies with two or more races). The value '6 Mixed' that the respondent answered 'Yes' to at least two of the single race categories. This variable is generated based on the values of the different race variables (white, black, nativeamer, asian, pacific). This composite measure is not conditional on hisplatin, so an individual may identify as Hispanic or Latino, and also as a member of one or more racial groups.
- **working**: indicates whether the respondent is working for pay.
- **sick\_leave**: indicates whether the respondent is not working because sick or on leave.
- **unemp\_layoff**: indicates whether the respondent is unemployed or on lay off.
- **unemp\_look**: indicates whether the respondent is unemployed and looking for a job.
- **retired**: indicates whether the respondent is retired.
- **disabled**: indicates whether the respondent has a disability.
- **If\_other**: specifies other labor force status.
- **laborstatus**: indicates the labor force status of the respondent as singular (e.g., '1 Working for pay' or '2 On sick or other leave') or as mixed (in case the respondent selects two or more labor statuses). The value '8 Mixed' indicates that the respondent answered 'Yes' to at least two of the single labor force status variables. This variable is generated based on the values of the different labor status variables (working, sick\_leave, unempl\_layoff, unempl\_look, retired, disabled, If\_other).

- **employmenttype**: indicates the employment type of the respondent (employed by the government, by a private company, a nonprofit organization, or self-employed). This is set to missing (.) if the respondent is not currently working or currently on sick or other leave.
- **workfullpart**: indicates whether the respondent works full or part-time. This is set to missing (.) if the respondent is not currently working or currently on sick or other leave.
- **hourswork**: indicates the number of hours the respondent works per week. This is set to missing (.) if the respondent is not currently working or currently on sick or other leave.
- **hhincome**: is the total combined income of all members of the respondent's household (living in their household) during the past 12 months.
- **anyhhmember**: indicates whether there were any members in the respondent's household at the time he/she answered the survey as reported by the respondent.
- **hhmembernumber**: indicates the number of household members in the respondent's household at the time of the survey as reported by the respondent. It may be that 'anyhhmember' is 'Yes', but 'hhmembernumber' is missing if the respondent did not provide the number of household members at the time of the survey.
- **hhmemberin\_#**: indicates whether a household member is currently in the household as reported by the respondent. Household members are never removed from the stored household roster and their information is always included in survey data sets. The order of the roster is the same order in which household members were specified by the respondent in the 'MyHousehold' survey. The order is identified by the suffix \_# (e.g., \_1 indicates the first household member, \_2 the second household member, etc.).

As an example, if the first household member is in the household at the time of the survey, 'hhmemberin\_1' is set to '1 HH Member 1 is in the HH'; if he/she has moved out, 'hhmemberin\_1' is set to '0 HH member 1 is no longer in the HH'. Since information of other household members (stored in the variables listed below) is always included in survey data sets, information about 'hhmemberin\_1' is available whether this person is still in the household or has moved out.

- **hhmembergen\_#**: indicates the gender of another household member as reported by the respondent.
- **hhmemberage\_#**: indicates the age of another household member. The age is derived from the month and year of birth of the household member as reported by the respondent.
- **hhmemberrel\_#**: indicates the relationship of the respondent to the other household member as reported by the respondent.

- **hhmemberuasid\_#:** is the 'uasid' of the other household member if this person is also a UAS panel member. It is set to missing (.) if this person is not a UAS panel member at the time of the survey. Since this identifier is directly reported by the respondent (chosen from a preloaded list), it may differ from the actual (correct) 'uasid' of the UAS member it refers to because of reporting error. Also, this variable should not be used to identify UAS members in a given household at the time of the survey. This is because the variables 'hhmemberuasid\_#' are taken from the most recent 'My Household' and changes in household composition involving UAS members may have occurred between the time of the respondent answered 'My Household' and the time the respondent answers the survey. To follow UAS members of a given household, it is advised to use the identifiers 'uashhid' and 'survhhid'.
- **lastmyhh\_date:** the date on which the demographics variables were collected through the 'My Household' survey.

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## 5 MISSING DATA CONVENTIONS

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Data files provide so-called clean data, that is, answers given to questions that are not applicable anymore at survey completion (for example because a respondent went back in the survey and skipped over a previously answered question) are treated as if the questions were never asked. In the data files all questions that were asked, but not answered by the respondent are marked with (.e). All questions never seen by the respondent (or any dirty data) are marked with (.a). The latter may mean that a respondent did not view the question because s/he skipped over it; or alternatively that s/he never reached that question due to a break off. If a respondent did not complete a survey, the variables representing survey end date and time are marked with (.c). Household member variables are marked with (.m) if the respondent has less household members (e.g. if the number of household members is 2, any variables for household member 3 and up are marked with (.m)).

UAS provides data in STATA and CSV format. Stata data sets come with include variable labels that are not available in the CSV files. Value labels are provided for single-response answer option. In STATA these labels will include the labels 'Not asked' and 'Not answered' for (.a) and (.e), and will show in tabulations such as 'tab q1, missing'. For multiple-response questions a binary variable is created for each answer option indicating whether the option was selected or not. A summary variable is also provided in string format reflecting which options were selected and in which order. For example, if a question asked about favorite animals with options cat, dog, and horse, then if a respondent selected horse and then cat, the binary variables for horse and cat will be set to yes, while the overall variable would have a string value of '3-1'. If no answer was given, all binary variables and the summary variable will be marked with '.e'.

Questions that are asked multiple times are often implemented as so-called array questions. Supposing the name of such question was Q1 and it was asked in 6 different instances, your data set would contain the variables Q1\_1\_ to Q1\_6\_. To illustrate, if a survey asked the names of all children, then child\_1\_ would contain the name of the first child the respondent named and so on.

More information about the UAS data in general can be found on the UAS Data Pages web site.

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## 6 ROUTING SYNTAX

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The survey with routing presented in the next section includes all of the questions that make up this survey, the question answers when choices were provided, and the question routing. The routing includes descriptions of when questions are grouped, conditional logic that determines when questions are presented to the respondent, randomization of questions and answers, and fills of answers from one question to another.

If you are unfamiliar with conditional logic statements, they are typically formatted so that **if** the respondent fulfills some condition (e.g. they have a cellphone or a checking account), **then** they are presented with some other question or the value of some variable is changed. If the respondent does not fulfill the condition (e.g. they are not a cellphone adopter or they do not have a checking account), something **else** happens such as skipping the next question or changing the variable to some other value. Some of the logic involved in the randomization of questions or answers being presented to the respondent is quite complex, and in these instances there is documentation to clarify the process being represented by the routing.

Because logic syntax standards vary, here is a brief introduction to our syntax standards. The syntax used in the conditional statements is as follows: '=' is equal to, '<' is less than, '>' is greater than, and '!= ' is used for does not equal. When a variable is set to some number N, the statement looks like 'variable := N'.

The formatting of the questions and routing are designed to make it easier to interpret what is occurring at any given point in the survey. Question ID is the bold text at the top of a question block, followed by the question text and the answer selections. When a question or variable has associated data, the name links to the appropriate data page, so you can easily get directly to the data. Text color is used to indicate the routing: **red** is conditional logic, **gold** is question grouping, **green** is looping, and **orange** is used to document randomization and other complex conditional logic processes. The routing is written for a computer to parse rather than a human to read, so when the routing diverges significantly from what is displayed to the respondent, a screenshot of what the respondent saw is included.

The name of the randomization variables are defined in proximity to where they are put into play, and like the question ID the names of the randomization variables can be used to link directly to the associated data page.



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## 7 SURVEY WITH ROUTING

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### Start of section **Preload**

#### **maintro** (Section Preload)

Welcome to the ALiR monthly health check, a simple survey to help us understand how you are feeling physically and mentally each month.

### End of section **Preload**

### Start of section **General**

#### **gen\_intro** (Section General)

First we will ask about your general health over the past 30 days.

**gen001** (physical health not good or did you not feel well last 30 days in section General)

Thinking about your **physical health**, which includes physical illness and injury, for how many days during the **past 30 days** was your physical health not good or did you not feel well? Please drag the slider up or down to choose the number of days.

RANGE 0..30

**IF gen001 = RESPONSE AND gen001 > 0 THEN**

**gen002** (how many days poor physical health keep from doing usual activities in section General)

During the past 30 days, for about how many days did poor physical health keep you from doing your usual activities, such as self-care, work, or recreation? Please drag the slider up or down to choose the number of days.

RANGE 0..30

**END OF IF**

**gen003** (mental health not good or did you not feel well last 30 days in section General)

Now thinking about your **mental health**, which includes stress, depression, and problems with emotions, for how many days during the **past 30 days** was your mental health not good? (Please drag the slider up or down to choose number of days)

RANGE 0..30

**IF gen003 = RESPONSE AND gen003 > 0 THEN**

**gen004** (how many days poor mental health keep from doing usual activities in section General)

During the past 30 days, for about how many days did poor mental health you from doing your usual activities, such as self-care, work, or recreation? (Please drag the slider up or down to choose number of days)

| RANGE 0..30

END OF IF

End of section **General**

Start of section **Healthcare**

**hh.intro** (Section Healthcare)

Next we have some questions about your use of the healthcare services.

**hh001** (visit doctor or another medical provider past 30 days in section Healthcare)

During the past 30 days, did you visit a doctor or another medical provider (including dentists and eyedocors) for any reason related to your own health?

1 Yes, once

2 Yes, more than once

3 No

IF hh001 IN (1,2) THEN

**hh002** (which health services used past 30 days in section Healthcare)

During the past 30 days, which of the following health services did you use for any reason related to your own health? Check all that apply.

1 A primary care visit (routine visits of physical exams, laboratory testing, vaccinations, care for minor symptoms or injuries such as colds, sprains or burns)

2 A specialty care visit (such as a cardiologist or endocrinologist)

3 A sexual health clinic (such as obstetrics, gynecologists, men's health, urologist, screening for sexually transmitted infections (STIs), contraceptives, etc).

4 Urgent care

5 Out-patient surgery

6 In-patient surgery

7 Emergency room

8 Hospitalization for reasons other than surgery

9 Dialysis center

LOOP FROM 1 TO 9

IF cnt IN hh002 AND cnt IN (4,7,8) THEN

Fill code of question FL\_hh003(cnt) executed

**hh003** (when visit in section Healthcare)

Approximately when was your visit (**primary care visit (routine visits of physical exams, laboratory testing, vaccinations, care for minor symptoms or injuries such as colds, sprains or burns)/specialty care visit (such as a cardiologist or endocrinologist)/sexual health clinic (such as obstetrics, gynecologists, men's health, urologist, screening for sexually transmitted infections (STIs), con-**

traceptives, etc)/for urgent care/out-patient surgery/in-patient surgery/to the emergency room/for a hospitalization for reasons other than surgery/dialysis center)?

DATE

END OF IF

END OF LOOP

GROUP OF QUESTIONS PRESENTED ON THE SAME SCREEN

**hh004** (which healthcare providers talked to past 30 days in section Healthcare)

During the past 30 days, which of the following healthcare providers did you talk to about your own health? Check all that apply.

- 1 A general doctor who treats a variety of illnesses (a physician in general practice, primary care, family medicine, or internal medicine)
- 2 A nurse practitioner, physician assistant, or midwife
- 3 A doctor who specializes in women's health (an obstetrician/gynecologist)
- 4 A mental health professional such as a psychiatrist, psychologist, psychiatric nurse, or clinical social worker
- 5 An optometrist, ophthalmologist, or eye doctor (someone who prescribes eyeglasses)
- 6 A podiatrist or foot doctor
- 7 A chiropractor
- 8 A physical therapist, speech therapist, respiratory therapist, audiologist, or occupational therapist
- 9 A dentist or orthodontist
- 10 A medical doctor who specializes in a particular medical disease or problem (other than obstetrician/gynecologist, psychiatrist, or ophthalmologist)
- 11 Traditional healers such as, Shaman, acupuncturist, or non-western medicine
- 12 Other, please specify:

**hh004\_other** (other which healthcare providers talked to past 30 days in section Healthcare)

STRING

END OF GROUP

END OF IF

End of section **Healthcare**

Start of section **Ili**

**il\_intro** (Section Ili)

Next we will ask you questions about cold, flu, and COVID-19.

**iii001** (experienced any symptoms in section Iii)

Over the last 30 days, have you experienced any of the following symptoms? Check all that apply.

- 1 Fever
- 2 Chills
- 3 Cough
- 4 Shortness of breath or difficulty breathing
- 5 Fatigue
- 6 Muscle or body aches
- 7 Headache
- 8 New loss of taste or smell
- 9 Sore throat
- 10 Congestion or runny nose
- 11 Nausea or vomiting
- 12 Diarrhea
- 13 None of these

**IF iii001 = RESPONSE AND iii001 != 13 THEN**

**iii002** (when symptoms begin in section Iii)

Approximately when did your symptom(s) first begin?

DATE

**END OF IF**

**iii003** (tested positive for COVID-19 last 30 days in section Iii)

Over the last 30 days, have you tested positive for COVID-19?

- 1 Yes
- 2 No

**IF iii003 = 1 THEN**

**iii004** (when covid diagnosis in section Iii)

Approximately when did you receive your diagnosis?

DATE

**iii005** (how severe covid illness in section Iii)

How severe was your COVID-19 illness?

- 1 I did not experience any symptoms
- 2 Mild: I effectively managed my symptoms at home
- 3 Moderate: My symptoms severe and required brief hospitalization
- 4 Severe: My symptoms severe and required ventilation

**END OF IF**

End of section **Iii**

Start of section **Sleep**

**sl\_intro** (Section Sleep)

This next section is about your sleep health.

**GROUP OF QUESTIONS PRESENTED ON THE SAME SCREEN**

**sl\_intro2** (Section Sleep)

Over the last 7 DAYS,

**SUBGROUP OF QUESTIONS**

**sl001** (My sleep was restless in section Sleep)

My sleep was restless.

- 1 Not at all
- 2 A little bit
- 3 Somewhat
- 4 Quite a bit
- 5 Very much

**sl002** (My sleep was refreshing in section Sleep)

My sleep was refreshing.

- 1 Not at all
- 2 A little bit
- 3 Somewhat
- 4 Quite a bit
- 5 Very much

**sl003** (I had a problem with my sleep in section Sleep)

I had a problem with my sleep.

- 1 Not at all
- 2 A little bit
- 3 Somewhat
- 4 Quite a bit
- 5 Very much

**sl004** (I had difficulty falling asleep in section Sleep)

I had difficulty falling asleep.

- 1 Not at all
- 2 A little bit
- 3 Somewhat
- 4 Quite a bit
- 5 Very much

**sl005** (I tried hard to get to sleep in section Sleep)

I tried hard to get to sleep.

- 1 Not at all
- 2 A little bit
- 3 Somewhat
- 4 Quite a bit
- 5 Very much

END OF SUBGROUP

END OF GROUP

**sl006** (My sleep quality was in section Sleep)

My sleep quality was...

- 1 Very poor
- 2 Poor
- 3 Fair
- 4 Good
- 5 Very good

End of section **Sleep**

Start of section **Women**

/\* Answers to wm001, wm003, wm004, wm005 and wm006 are preloaded from the most recently completed previous wave, and are then used to determine which questions to ask.  
\*/

**IF gender = EMPTY THEN**

**gender** (R GENDER in section Demographics)

What is your gender?

- 1 Male
- 2 Female

**END OF IF**

**IF gender = 2 THEN**

**wm\_intro** (Section Women)

Next we will ask you a series of questions about female health. We hope your responses will help us understand how female biology affects your day to day health and wellbeing, something that scientists don't know enough about yet.

**IF preload\_wm001 = RESPONSE THEN**

**wm001a** (still best description menstrual cycle in section Women)

Previously, you responded that the following statement best describes your menstrual cycle:

(preload best description menstrual cycle())

Is this still true?

1 Yes

2 No

END OF IF

IF preload\_wm001 = EMPTY OR (preload\_wm001 = RESPONSE AND wm001a = 2) THEN

GROUP OF QUESTIONS PRESENTED ON THE SAME SCREEN

**wm001** (best description menstrual cycle in section Women)

At present which statement best describes your menstrual cycle?

1 I'm having regular periods

2 I'm having irregular periods

3 I'm not having periods because I'm currently pregnant or my pregnancy ended within the past 6 months

4 I'm not having periods because I'm breastfeeding or pumping milk to feed my baby

5 My periods have stopped on their own (I've had menopause)

6 I've had menopause but now have periods because I'm taking hormones

7 I've had an operation (surgery) which stopped my periods

8 I'm taking medication(s) that have stopped my periods

9 I've had chemotherapy or radiation therapy which has stopped my periods

10 I'm not having periods for another reason (please specify):

**wm001\_other** (other best description menstrual cycle in section Women)

STRING

END OF GROUP

IF wm001 IN (1,2,6) THEN

**wm002** (first day of last period in section Women)

The date of the first day of my last period was

DATE

ELSEIF wm001 IN (5,7,8,9,10) THEN

**wm003** (how old when menstrual periods stopped in section Women)

How old were you when your menstrual periods stopped?

RANGE 0..120

END OF IF

END OF IF

IF preload\_wm004 = RESPONSE THEN

**wm004a** (still using same birth control in section Women)

Previously, you responded that you were using the following for birth control:

(preload using any forms of birth control())

Is this still true?

1 Yes

2 No

END OF IF

IF preload\_wm004 = EMPTY OR (preload\_wm004 = RESPONSE AND wm004a = 2) THEN

GROUP OF QUESTIONS PRESENTED ON THE SAME SCREEN

**wm004** (using any forms of birth control in section Women)

Are you currently using any of the below forms of birth control? Check all that apply.

1 Birth control pills or oral contraceptives

2 Injectable birth control, like Depo Provera

3 The birth control patch, or Ortho Evra

4 Vaginal ring or nuva-ring or Annovera

5 An IUD or intrauterine device

6 Birth control implants, like Implanon or Norplant

7 Emergency contraception, sometimes known as Plan B or the morning-after pill

8 Another method not listed (please specify):

9 None of these

**wm004.other** (other using any forms of birth control in section Women)

STRING

END OF GROUP

END OF IF

IF preload\_wm005 = 1 THEN

**wm005a** (still pregnant in section Women)

You previously told us you are pregnant. Is this still true?

1 Yes

2 No

IF wm005a = 1 THEN

| wm005 := 1

ELSE

| wm005 := 2

END OF IF

ELSE



**IF wm001 = 3 THEN**

**wm005** (currently pregnant in section Women)

Are you currently pregnant?

1 Yes

2 No

**END OF IF**

**END OF IF**

**IF wm005 = 1 THEN**

**IF preload\_wm006 = RESPONSE THEN**

wm007\_total := preload\_wm006 + getWeekDifference(last\_completed\_monthly\_endtime)

**wm007** (correct how many weeks into pregnancy in section Women)

Based on your previous responses, you should be approximately (total how many weeks into pregnancy()) weeks into your pregnancy. Is this true?

1 Yes

2 No

**IF wm007 = 1 THEN**

wm006 := wm007\_total

**ELSE**

**wm006** (how many weeks into pregnancy in section Women)

Approximately how many weeks into the pregnancy are you? Please drag the slider up or down to choose number of weeks

RANGE 2..44

**END OF IF**

**ELSE**

**wm006** (how many weeks into pregnancy in section Women)

Approximately how many weeks into the pregnancy are you? Please drag the slider up or down to choose number of weeks

RANGE 2..44

**END OF IF**

Fill code of question FL\_wm008 executed

#### GROUP OF QUESTIONS PRESENTED ON THE SAME SCREEN

**wm008** (any conditions or complications during pregnancy in section Women)

Have you had any of the following conditions or complications during your pregnancy( during the last 30 days)? Check all that apply.

1 Gestational diabetes (high blood sugar)

2 Anemia (low blood cell count)

3 Vaginal bleeding

- 4 Nausea or vomiting
- 5 Depression or anxiety
- 6 Preeclampsia, eclampsia, toxemia, or pregnancy-induced hypertension (high blood pressure)
- 7 Fever or infection
- 8 Other (please specify):
- 9 Don't know
- 10 None of the above

**wm008.other** (other any conditions or complications during pregnancy in section Women)  
STRING

#### END OF GROUP

ELSEIF (wm005 = 2 AND wm001 = 3) OR (wm005 = 2 AND preload\_wm005 = 1) THEN

Fill code of question FL\_wm009 executed

**wm009** (when did most recent pregnancy end in section Women)  
(Our records indicate that you were pregnant during the last survey. )When did your most recent pregnancy end?  
DATE

#### GROUP OF QUESTIONS PRESENTED ON THE SAME SCREEN

**wm010** (how most recent pregnancy end in section Women)  
How did your most recent pregnancy end?  
1 Live birth  
2 Still birth  
3 Miscarriage  
4 Abortion  
5 Other (please specify):  
6 I prefer not to say

**wm010.other** (other how most recent pregnancy end in section Women)  
STRING

#### END OF GROUP

IF wm010 = 1 THEN

**wm010.ok** (Section Women)  
Congratulations!

ELSEIF wm010 IN (2,3) THEN

#### GROUP OF QUESTIONS PRESENTED ON THE SAME SCREEN

**wm010\_notok** (Section Women)

We are genuinely sorry for your loss.

**wm010\_resources** (Section Women)

Below are some resources that you may be interested in if you would like to speak with someone, or if you would like to get additional information about a topic.

Mental Health Service Administration 24/7, 365-day-a-year hotline: 1-800-662-HELP (4357)

Find a local therapist to talk to from the Psychology Today website: <https://therapists.psychologytoday.com/rms/>

END OF GROUP

ELSEIF **wm010 = 4** THEN

GROUP OF QUESTIONS PRESENTED ON THE SAME SCREEN

**wm010\_notok2** (Section Women)

We are sorry for your experience.

**wm010\_resources** (Section Women)

Below are some resources that you may be interested in if you would like to speak with someone, or if you would like to get additional information about a topic.

Mental Health Service Administration 24/7, 365-day-a-year hotline: 1-800-662-HELP (4357)

Find a local therapist to talk to from the Psychology Today website: <https://therapists.psychologytoday.com/rms/>

END OF GROUP

END OF IF

END OF IF

END OF IF

End of section **Women**

Start of section **Fitbit**

**fi\_intro** (Section Fitbit)

Finally, we would like to know a little bit about wearing your activity tracker (Fitbit or Apple Watch) this month.

**fi001** (how long wear fitbit in section Fitbit)

Other than for charging, approximately how long do you think you wore your Fitbit this month?

- 1 I did not wear my Fitbit this month
- 2 1-7 days
- 3 8-14 days
- 4 15-21 days
- 5 24-29 days
- 6 30 days
- 7 I did not take my Fitbit off other than for charging

IF fi001 IN (1,2,3,4,5) THEN

fi002 (why take fitbit off in section Fitbit)

In general, why did you take your device off?

STRING

END OF IF

End of section **Fitbit**

Start of section **Closing**

**CS\_001** (HOW PLEASANT INTERVIEW in section Closing)

Could you tell us how interesting or uninteresting you found the questions in this survey?

- 1 Very interesting
- 2 Interesting
- 3 Neither interesting nor uninteresting
- 4 Uninteresting
- 5 Very uninteresting

**CS\_003** (comments in section Closing)

Do you have any other comments on the survey? Please type these in the box below. (If you have no comments, please click next to complete this survey.)

STRING

End of section **Closing**

/\* Please note that although question CS\_003 is listed in the routing, the answers are not included in the microdata in the event identifiable information is captured. Cleaned responses are available by request. \*/