

Please return your completed questionnaire in the pre-addressed postage paid envelope. If you have any questions about the questionnaire, please feel free to call us at 1-800-759-7947.

**THANK YOU!**

Conducted by:  
The Survey Research Center  
The University of Michigan

Sponsored by:  
The National Institute on Aging  
Centers for Medicare and Medicaid Services



# *Health and Retirement Study: Participant Health Questionnaire 2007*

## HOW TO FILL IN THIS QUESTIONNAIRE

Please answer the questions by:

Marking a box like this:

Writing a number in a box like this:

Please use a #2 pencil.

Erase unwanted marks completely.

PLEASE START THE QUESTIONNAIRE AT QUESTION **Q1.** ON PAGE 1

Place barcode label here

Name and ID#



## **ABOUT THIS QUESTIONNAIRE**

This questionnaire is a part of the Health and Retirement Study. We greatly value your past participation in the HRS, and we hope that you will find this questionnaire interesting to complete. As always, your answers are extremely important to us. Please remember that your participation is voluntary and that you may skip over any questions that you would prefer not to answer.

A Department of Health and Human Services Certificate of Confidentiality covers this research in order to help ensure your privacy. This certificate can help protect the investigators from being forced to release any research information that identifies you. Please note that we must report credible evidence of serious harm or abuse to any person to the authorities, but this questionnaire does not ask any questions about such topics.

It is very important that the questions be answered by the person whose name is printed on the front cover of this questionnaire.

If you have any questions about the questionnaire, please feel free to call us at 1-800-759-7947.

**THANK YOU!**

**Q35.** Finally, please state your gender and birth year:

a) I am...

Male

Female

b) I was born in  (year)

**Q36.** Please add any comments that you wish in the space below:

All comments should be written inside the box.

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**Thank you very much for taking the time to answer our questions.  
Please send it back in the envelope provided.**

**We would now like to ask you questions about your own health.**

**(Please mark (X) ONE of the five answers for every question.)**

**Q1.** Overall, in the last 30 days, how much pain or bodily aches did you have?

None

Mild

Moderate

Severe

Extreme

**Q2.** In the last 30 days, how much difficulty did you have with sleeping such as falling asleep, waking up frequently during the night or waking up too early in the morning?

None

Mild

Moderate

Severe

Extreme

**Q3.** Overall, in the last 30 days, how much of a problem did you have with moving around?

None

Mild

Moderate

Severe

Extreme

(Please mark (X) ONE of the five answers for every question.)

**Q4.**

Overall, in the last 30 days, how much difficulty did you have with concentrating or remembering things?

None  Mild  Moderate  Severe  Extreme

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**Q5.**

In the last 30 days, how much of a problem did you have because of shortness of breath?

None  Mild  Moderate  Severe  Extreme

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**Q6.**

Overall, in the last 30 days, how much of a problem did you have with feeling sad, low, or depressed?

None  Mild  Moderate  Severe  Extreme

---

**Q7.**

Do you have any impairment or health problem that limits the kind or amount of work you can do?

None  Mild  Moderate  Severe  Extreme

(Please mark (X) ONE of the five answers for every question.)

**Q32.**

Eve has had heart problems in the past and she has been told to watch her cholesterol level. Sometimes if she feels stressed at work she feels pain in her chest and occasionally in her arms.

How much is Eve limited in the kind or amount of work she could do?

None  Mild  Moderate  Severe  Extreme

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**Q33.**

Mark has been diagnosed with high blood pressure. His blood pressure goes up quickly if he feels under stress. Mark does not exercise much and is overweight.

How much is Mark limited in the kind or amount of work he could do?

None  Mild  Moderate  Severe  Extreme

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**Q34.**

Anna has undergone triple bypass heart surgery. She is a heavy smoker and still experiences severe chest pain sometimes.

How much is Anna limited in the kind or amount of work she could do?

None  Mild  Moderate  Severe  Extreme

(Please mark (X) ONE of the five answers for every question.)

**Q29.**

Tom feels worried all the time. He gets depressed once a week at work for a couple of days in a row, thinking about what could go wrong and that his boss will disapprove of his condition. But he is able to come out of this mood if he concentrates on something else.

How much is Tom limited in the kind or amount of work he could do?

None  Mild  Moderate  Severe  Extreme

**Q30.**

Tamara has mood swings on the job. When she gets depressed, everything she does at work is an effort for her and she no longer enjoys her usual activities at work. These mood swings are not predictable and occur two or three times during a month.

How much is Tamara limited in the kind or amount of work she could do?

None  Mild  Moderate  Severe  Extreme

**Q31.**

Anthony generally enjoys his work. He gets depressed every 3 weeks for a day or two and loses interest in what he usually enjoys but is able to carry on with his day-to-day activities on the job.

How much is Anthony limited in the kind or amount of work he could do?

None  Mild  Moderate  Severe  Extreme

We will now give you some examples of persons with serious and less serious health problems. We would like to know how you evaluate the health of these persons. Please assume that the persons have the same age and background that you have.

(Please mark (X) ONE of the five answers for every question.)

**Q8.**

Paul has a headache once a month that is relieved after taking a pill. During the headache he can carry on with his day-to-day affairs.

Overall, in the last 30 days, how much of a problem did Paul have with bodily aches or pains?

None  Mild  Moderate  Severe  Extreme

**Q9.**

Maria takes about two hours every night to fall asleep. She wakes up once or twice a night feeling panicked and takes more than one hour to fall asleep again.

In the last 30 days, how much difficulty did Maria have with sleeping, such as falling asleep, waking up frequently during the night or waking up too early in the morning?

None  Mild  Moderate  Severe  Extreme

**Q10.**

Henry has pain that radiates down his right arm and wrist during his day at work. This is slightly relieved in the evenings when he is no longer working on his computer.

Overall, in the last 30 days, how much of bodily aches or pains did Henry have?

None  Mild  Moderate  Severe  Extreme

(Please mark (X) ONE of the five answers for every question.)

**Q11.** Karen wakes up almost once every hour during the night. When he wakes up in the night, it takes around 15 minutes for her to go back to sleep. In the morning she does not feel well-rested.

In the last 30 days, how much difficulty did Karen have with sleeping such as falling asleep, waking up frequently during the night or waking up too early in the morning?

None  Mild  Moderate  Severe  Extreme

**Q12.** Charles has pain in his knees, elbows, wrists and fingers, and the pain is present almost all the time. Although medication helps, he feels uncomfortable when moving around, holding and lifting things.

Overall, in the last 30 days, how much of bodily aches or pains did Charles have?

None  Mild  Moderate  Severe  Extreme

**Q13.** Alice falls asleep easily at night, but two nights a week she wakes up in the middle of the night and cannot go back to sleep for the rest of the night.

In the last 30 days, how much difficulty did Alice have with sleeping, such as falling asleep, waking up frequently during the night or waking up too early in the morning?

None  Mild  Moderate  Severe  Extreme

We would now like to give you some more examples of persons with health problems. We ask you to indicate the extent to which you think these people would be limited in the kind or amount of work they can do. In terms of their age, their education, and their work histories, you should imagine that these men or women are similar to yourself. Other than the conditions explicitly mentioned, you should imagine the individual is in reasonably good health.

(Please mark (X) ONE of the five answers for every question.)

**Q26.** Alice has almost constant pain in her back and this sometimes prevents her from doing her work.

How much is Alice limited in the kind or amount of work she could do?

None  Mild  Moderate  Severe  Extreme

**Q27.** Kevin suffers from back pain that causes stiffness in his back especially at work but is relieved with low doses of medication. He does not have any pains other than this generalized discomfort.

How much is Kevin limited in the kind or amount of work he could do?

None  Mild  Moderate  Severe  Extreme

**Q28.** Lisa has pain in her back and legs, and the pain is present almost all the time. It gets worse while she is working. Although medication helps, she feels uncomfortable when moving around, holding and lifting things at work.

How much is Lisa limited in the kind or amount of work she could do?

None  Mild  Moderate  Severe  Extreme

(Please mark (X) ONE of the five answers for every question.)

**Q23.** Maria feels nervous and anxious. She worries and thinks negatively about the future, but feels better in the company of people or when doing something that really interests her. When she is alone she tends to feel useless and empty.

Overall, in the last 30 days, how much of a problem did Maria have with feeling sad, low or depressed?

None  Mild  Moderate  Severe  Extreme

**Q24.** Henry has been a heavy smoker for 30 years and wakes up with a cough every morning. He gets short of breath even while resting and does not leave the house anymore. He often needs to be put on oxygen.

In the last 30 days, how much of a problem did Henry have because of shortness of breath?

None  Mild  Moderate  Severe  Extreme

**Q25.** Karen enjoys her work and social activities and is generally satisfied with her life. She gets depressed every 3 weeks for a day or two and loses interest in what she usually enjoys but is able to carry on with her day-to-day activities.

Overall, in the last 30 days, how much of a problem did Karen have with feeling sad, low or depressed?

None  Mild  Moderate  Severe  Extreme

(Please mark (X) ONE of the five answers for every question.)

**Q14.** Tom has a lot of swelling in his legs due to his health condition. He has to make an effort to walk around his home as his legs feel heavy.

Overall, in the last 30 days, how much of a problem did Tom have with moving around?

None  Mild  Moderate  Severe  Extreme

**Q15.** Lisa can concentrate while watching TV, reading a magazine or playing a game of cards or chess. Once a week she forgets where her keys or glasses are, but finds them within five minutes.

Overall, in the last 30 days, how much difficulty did Lisa have with concentrating or remembering things?

None  Mild  Moderate  Severe  Extreme

**Q16.** Kevin does not exercise. He cannot climb stairs or do other physical activities because he is obese. He is able to carry the groceries and do some light household work.

Overall, in the last 30 days, how much of a problem did Kevin have with moving around?

None  Mild  Moderate  Severe  Extreme



(Please mark (X) ONE of the five answers for every question.)

**Q17.**

Sue is keen to learn new recipes but finds that she often makes mistakes and has to reread several times before she is able to do them properly.

Overall, in the last 30 days, how much difficulty did Sue have with concentrating and remembering things?

None  Mild  Moderate  Severe  Extreme

---

**Q18.**

Rob is able to walk distances of up to 200 metres without any problems but feels tired after walking one kilometre or climbing more than one flight of stairs. He has no problems with day-to-day activities, such as carrying food from the market.

Overall, in the last 30 days, how much of a problem did Rob have with moving around?

None  Mild  Moderate  Severe  Extreme

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**Q19.**

Eve cannot concentrate for more than 15 minutes and has difficulty paying attention to what is being said to her. Whenever she starts a task, she never manages to finish it and often forgets what she was doing. She is able to learn the names of people she meets.

Overall, in the last 30 days, how much difficulty did Eve have with concentrating or remembering things?

None  Mild  Moderate  Severe  Extreme

(Please mark (X) ONE of the five answers for every question.)

**Q20.**

Mark has no problems with walking slowly. He gets out of breath easily when climbing uphill for 20 meters or a flight of stairs.

In the last 30 days, how much of a problem did Mark have because of shortness of breath?

None  Mild  Moderate  Severe  Extreme

---

**Q21.**

Anna feels depressed most of the time. She weeps frequently and feels hopeless about the future. She feels that she has become a burden on others and that she would be better dead.

Overall, in the last 30 days, how much of a problem did Anna have with feeling sad, low or depressed?

None  Mild  Moderate  Severe  Extreme

---

**Q22.**

Paul suffers from respiratory infections about once every year. He is short of breath 3 or 4 times a week and had to be admitted in hospital twice in the past month with a bad cough that required treatment with antibiotics.

In the last 30 days, how much of a problem did Paul have because of shortness of breath?

None  Mild  Moderate  Severe  Extreme





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Name and ID#

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A Department of Health and Human Services Certificate of Confidentiality covers this research in order to help ensure your privacy. This certificate can help protect the investigators from being forced to release any research information that identifies you. Please note that we must report credible evidence of serious harm or abuse to any person to the authorities, but this questionnaire does not ask any questions about such topics.

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If you have any questions about the questionnaire, please feel free to call us at 1-800-759-7947.

**THANK YOU!**

**Q35.** Finally, please state your gender and birth year:

a) I am...

Male

Female

b) I was born in  (year)

**Q36.** Please add any comments that you wish in the space below:

All comments should be written inside the box.

**Thank you very much for taking the time to answer our questions.  
Please send it back in the envelope provided.**

**We would now like to ask you questions about your own health.**

**(Please mark (X) ONE of the five answers for every question.)**

**Q1.** Overall, in the last 30 days, how much of a problem did you have with feeling sad, low or depressed?

None

Mild

Moderate

Severe

Extreme

**Q2.** In the last 30 days, how much of a problem did you have because of shortness of breath?

None

Mild

Moderate

Severe

Extreme

**Q3.** Overall, in the last 30 days, how much difficulty did you have with concentrating or remembering things?

None

Mild

Moderate

Severe

Extreme

(Please mark (X) ONE of the five answers for every question.)

**Q4.** Overall in the last 30 days, how much of a problem did you have with moving around?

None  Mild  Moderate  Severe  Extreme

---

**Q5.** In the last 30 days, how much difficulty did you have with sleeping such as falling asleep, waking up frequently during the night or waking up too early in the morning?

None  Mild  Moderate  Severe  Extreme

---

**Q6.** Overall, in the last 30 days, how much of a problem did you have with bodily aches or pains?

None  Mild  Moderate  Severe  Extreme

---

**Q7.** Do you have any impairment or health problem that limits the kind or amount of work you can do?

None  Mild  Moderate  Severe  Extreme

(Please mark (X) ONE of the five answers for every question.)

**Q32.** Kevin has pain in his back and legs, and the pain is present almost all the time. It gets worse while he is working. Although medication helps, he feels uncomfortable when moving around, holding and lifting things at work.

How much is Kevin limited in the kind or amount of work he could do?

None  Mild  Moderate  Severe  Extreme

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**Q33.** Lisa suffers from back pain that causes stiffness in her back especially at work but is relieved with low doses of medication. She does not have any pains other than this generalized discomfort.

How much is Lisa limited in the kind or amount of work she could do?

None  Mild  Moderate  Severe  Extreme

---

**Q34.** Charles has almost constant pain in his back and this sometimes prevents him from doing his work.

How much is Charles limited in the kind or amount of work he could do?

None  Mild  Moderate  Severe  Extreme

(Please mark (X) ONE of the five answers for every question.)

**Q29.** Tamara generally enjoys her work. She gets depressed every 3 weeks for a day or two and loses interest in what she usually enjoys but is able to carry on with her day-to-day activities on the job.

How much is Tamara limited in the kind or amount of work she could do?

None  Mild  Moderate  Severe  Extreme

**Q30.** Anthony has mood swings on the job. When he gets depressed, everything he does at work is an effort for him and he no longer enjoys his usual activities at work. These mood swings are not predictable and occur two or three times during a month.

How much is Anthony limited in the kind or amount of work he could do?

None  Mild  Moderate  Severe  Extreme

**Q31.** Sue feels worried all the time. She gets depressed once a week at work for a couple of days in a row, thinking about what could go wrong and that her boss will disapprove of her condition. But she is able to come out of this mood if she concentrates on something else.

How much is Sue limited in the kind or amount of work she could do?

None  Mild  Moderate  Severe  Extreme

We will now give you some examples of persons with serious and less serious health problems. We would like to know how you evaluate the health of these persons. Please assume that the persons have the same age and background that you have.

(Please mark (X) ONE of the five answers for every question.)

**Q8.** Paul enjoys his work and social activities and is generally satisfied with his life. He gets depressed every 3 weeks for a day or two and loses interest in what he usually enjoys but is able to carry on with his day-to-day activities.

Overall, in the last 30 days, how much of a problem did Paul have with feeling sad, low or depressed?

None  Mild  Moderate  Severe  Extreme

**Q9.** Maria has been a heavy smoker for 30 years and wakes up with a cough every morning. She gets short of breath even while resting and does not leave the house anymore. She often needs to be put on oxygen.

In the last 30 days, how much of a problem did Maria have because of shortness of breath?

None  Mild  Moderate  Severe  Extreme

**Q10.** Henry feels nervous and anxious. He worries and thinks negatively about the future, but feels better in the company of people or when doing something that really interests him. When he is alone he tends to feel useless and empty.

Overall, in the last 30 days, how much of a problem did Henry have with feeling sad, low or depressed?

None  Mild  Moderate  Severe  Extreme

(Please mark (X) ONE of the five answers for every question.)

**Q11.** Karen suffers from respiratory infections about once every year. She is short of breath 3 or 4 times a week and had to be admitted in hospital twice in the past month with a bad cough that required treatment with antibiotics.

In the last 30 days, how much of a problem did Karen have because of shortness of breath?

None  Mild  Moderate  Severe  Extreme

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**Q12.** Mark feels depressed most of the time. He weeps frequently and feels hopeless about the future. He feels that he has become a burden on others and that he would be better dead.

Overall, in the last 30 days, how much of a problem did Mark have with feeling sad, low or depressed?

None  Mild  Moderate  Severe  Extreme

---

**Q13.** Karen has no problems with walking slowly. She gets out of breath easily when climbing uphill for 20 meters or a flight of stairs.

In the last 30 days, how much of a problem did Karen have because of shortness of breath?

None  Mild  Moderate  Severe  Extreme

We would now like to give you some more examples of persons with health problems. We ask you to indicate the extent to which you think these people would be limited in the kind or amount of work they can do. In terms of their age, their education, and their work histories, you should imagine that these men or women are similar to yourself. Other than the conditions explicitly mentioned, you should imagine the individual is in reasonably good health.

(Please mark (X) ONE of the five answers for every question.)

**Q26.** Mark has undergone triple bypass heart surgery. He is a heavy smoker and still experiences severe chest pain sometimes.

How much is Mark limited in the kind or amount of work he could do?

None  Mild  Moderate  Severe  Extreme

---

**Q27.** Anna has been diagnosed with high blood pressure. Her blood pressure goes up quickly if she feels under stress. Anna does not exercise much and is overweight.

How much is Anna limited in the kind or amount of work she could do?

None  Mild  Moderate  Severe  Extreme

---

**Q28.** Rob has had heart problems in the past and he has been told to watch his cholesterol level. Sometimes if he feels stressed at work he feels pain in his chest and occasionally in his arms.

How much is Rob limited in the kind or amount of work he could do?

None  Mild  Moderate  Severe  Extreme

(Please mark (X) ONE of the five answers for every question.)

**Q23.** Maria has pain that radiates down her right arm and wrist during her day at work. This is slightly relieved in the evenings when she is no longer working on her computer.

Overall, in the last 30 days, how much of bodily aches or pains did Maria have?

None  Mild  Moderate  Severe  Extreme

---

**Q24.** Henry takes about two hours every night to fall asleep. He wakes up once or twice a night feeling panicked and takes more than one hour to fall asleep again.

In the last 30 days, how much difficulty did Henry have with sleeping, such as falling asleep, waking up frequently during the night or waking up too early in the morning?

None  Mild  Moderate  Severe  Extreme

---

**Q25.** Karen has a headache once a month that is relieved after taking a pill. During the headache she can carry on with her day-to-day affairs.

Overall, in the last 30 days, how much of bodily aches or pains did Karen have?

None  Mild  Moderate  Severe  Extreme

(Please mark (X) ONE of the five answers for every question.)

**Q14.** Rob cannot concentrate for more than 15 minutes and has difficulty paying attention to what is being said to him. Whenever he starts a task, he never manages to finish it and often forgets what he was doing. He is able to learn the names of people he meets.

Overall, in the last 30 days, how much difficulty did Rob have with concentrating or remembering things?

None  Mild  Moderate  Severe  Extreme

---

**Q15.** Eve is able to walk distances of up to 200 metres without any problems but feels tired after walking one kilometre or climbing more than one flight of stairs. She has no problems with day-to-day activities, such as carrying food from the market.

Overall, in the last 30 days, how much of a problem did Eve have with moving around?

None  Mild  Moderate  Severe  Extreme

---

**Q16.** Tom is keen to learn new recipes but finds that he often makes mistakes and has to reread several times before he is able to do them properly.

Overall, in the last 30 days, how much difficulty did Tom have with concentrating and remembering things?

None  Mild  Moderate  Severe  Extreme



(Please mark (X) ONE of the five answers for every question.)

**Q17.** Lisa does not exercise. She cannot climb stairs or do other physical activities because she is obese. She is able to carry the groceries and do some light household work.

Overall, in the last 30 days, how much of a problem did Lisa have with moving around?

None  Mild  Moderate  Severe  Extreme

---

**Q18.** Kevin can concentrate while watching TV, reading a magazine or playing a game of cards or chess. Once a week he forgets where his keys or glasses are, but finds them within five minutes.

Overall, in the last 30 days, how much difficulty did Kevin have with concentrating or remembering things?

None  Mild  Moderate  Severe  Extreme

---

**Q19.** Sue has a lot of swelling in her legs due to her health condition. She has to make an effort to walk around her home as her legs feel heavy.

Overall, in the last 30 days, how much of a problem did Sue have with moving around?

None  Mild  Moderate  Severe  Extreme

(Please mark (X) ONE of the five answers for every question.)

**Q20.** Charles falls asleep easily at night, but two nights a week he wakes up in the middle of the night and cannot go back to sleep for the rest of the night.

In the last 30 days, how much difficulty did Charles have with sleeping, such as falling asleep, waking up frequently during the night or waking up too early in the morning?

None  Mild  Moderate  Severe  Extreme

---

**Q21.** Alice has pain in her knees, elbows, wrists and fingers, and the pain is present almost all the time. Although medication helps, she feels uncomfortable when moving around, holding and lifting things.

Overall, in the last 30 days, how much of a problem did Alice have with bodily aches or pains?

None  Mild  Moderate  Severe  Extreme

---

**Q22.** Paul wakes up almost once every hour during the night. When he wakes up in the night, it takes around 15 minutes for him to go back to sleep. In the morning he does not feel well-rested.

In the last 30 days, how much difficulty did Paul have with sleeping such as falling asleep, waking up frequently during the night or waking up too early in the morning?

None  Mild  Moderate  Severe  Extreme