serial BRITISH REGIONAL HEART STUDY QUESTIONNAIRE 1992 Royal Free Hospital School of Medicine Department of Public Health and Primary Care Rowland Hill Street London NW3 2PF

Health	h	card 1
	answer the following questions by filling in the appropriate box with a tick or an answer in	q92card1
the spa	ace provided. office use 0	9-10
1.0 P	Please write your date of birth here q92q1_0db_day q92q1_0db_m q92q1_0db_y day monthyear	11-16
2.0 H	Iow would you describe your health at present? Excellent Good Fair Poor 4	17
3.0 H	lave you ever been told by your doctor that you have, or have had any of the following? Yes No	
	Heart attack, coronary thrombosis or myocardial infarction Angina	18 19
	Other heart trouble $\Box = \frac{1}{92} \frac{92}{2} \frac{2}{3} \frac{1}{9} $	20
	High blood pressure	21
	Stroke $\Box \Box q 92q3_0 str$	22
	Diabetes $\Box = \frac{1}{92q3_0di}$	23
	Aortic aneurysm	24
	Gastric, peptic or duodenal ulcer	25
	Cout	26
	Gall bladder disease	27
	Thyroid disease	28
	Arthritis \Box \Box \Box \Box \Box $Q_2 Z Q_2 U V$	29
	Bronchitis	30
	Asthma	31
	Cancer \Box \Box $q92q3_0ca$	32
	If you have ever had cancer please state what kind of cancer	
	office use	
	q92q3_0box	33-34
I		

	4.0	Have you ever	had any of the following ?			card 1
	1.0	-		Yes	No	L
		A refer	ral to a heart specialist		<mark>q92q4_0_ref_specialist</mark>	35
		An EC	G Exercise test - bicycle		<mark>_ q92q4_0ECG_bicycle</mark>	36
			- treadmill		<mark>_ q92q4_0ECG_treadmill</mark>	37
		X-ray o	or angiogram of your coronary arteries		<mark>q92q4_0Xray_angiogram</mark>	38
		Angiop	lasty of coronary arteries		q92q4_0_angioplasty	39
		Corona	ry artery by-pass graft		C <mark>q92q4_0_CABG</mark>	40
		Surger	y to aorta for aneurysm		<mark>q92q4_0_surg_aorta_aneu</mark>	41
		Other l	neart surgery - Valves		q92q4_0_other_heart_surg_valve	⁴²
			- Pacemaker		q92q4_0_other_heart_surg_pace	43
		Any otl	her major surgery?		q92q4_0_other_major_surg	44
		If you have had	l any other major surgery please give			
		details				
					office use	
					q92q4_0_box	45-46
	F 0			V	NT-	
	5.0	Are you on any	regular treatment from a doctor for	Yes	No q92q5_0	47
		any condition?	5			
		5				
		If you answere	d YES			
			ck all those you are on and give the tablets if possible			
00			-	Yes	No Name of tablet	40
_		blets_BP	Tablets to lower blood pressure			48
_		uretucs	Diuretics (water tablets)			49
q92q	5_1_tra	anquillisers	Tranquillisers			50
q92q	5_1_a	nti_depressants	Anti-depressants			51
<mark>q92q</mark>	5_1_sl	eeping	Sleeping tablets			52
q92q	15_1_in	sulin	Insulin injections			53
<mark>q92</mark> q	5_1_di	iet_diabetes	Diet for diabetes			54
q92c	q5_1_o	ther_reg_treat	Other regular treatment			55
			Please specify other treatments			
				V -	No	
	5.2	Do you take as	pirin on a regular of daily basis?	Yes	No q92q5_2	56
		If you answere				
			lets of aspirin do you usually take		q92q5_2_ifyes_tablets	57-58

5.3	What year was your diabetes first diagnosed?	19	<mark>q92q5_3</mark>	59-60
5.4	What year did you begin regular treatment with diet or drugs for diabetes?	19	q92q5_4	61-62
5.5	Do you currently attend a diabetic clinic?			
	No not at all	1	a92a5 5	
	Yes, at the hospital	2	40240_0	63
	Yes, at the GP surgery	3		

6.0 Family History

						Yes	No		
	6.1	Is your	father alive					<mark>q92q6_1</mark>	64
	6.2	How ol	d is he now? or How old w	as he wh	en he died	l?		<mark>q92q6_2</mark>	65-66
	6.3	Did / de	oes he ever suffer from:	If dea	d, did he d	lie from			
				Yes	No	Yes	No		
q92	q6_3_HT_sut	ffer	Heart trouble					q92q6_3_HT_died	67-68
q92	q6_3_HBP_s	uffer	High blood pressure					q92q6_3_HBP_died	69-70
q92	q6_3_Stroke	_suffer	Stroke					q92q6_3_Stroke_died	71-72
q92	q6_3_Diab_s	uffer	Diabetes					q92q6_3_Diab_died	73-74
<mark>q92</mark>	<mark>q6_3_Cance</mark> r	_suffer	Cancer					q92q6_3_Cancer_die	1 75-76
							office	use	card 2
						0	2	2	9-10
	6.4	Is your	mother alive			\square	No	<mark>q92q6_4</mark>	11
	6.5	How ol	d is she now? or How old	was she w	vhen she d	lied?		q92q6 5	12-13
	6.6	Did / de	oes she ever suffer from:	If dead	d, did she	die from			
				Yes	No	Yes	No		
q92	2q6_6_HT_su	ffer	Heart trouble					q92q6_6_HT_died	14-15
q92	2q6_6_HBP_s	suffer	High blood pressure					q92q6_6_HBP_died	16-17
q92	2q6_6_Stroke	_suffer	Stroke					q92q6_6_Stroke_died	18-19
q92	2q6_6_Diab_s	suffer	Diabetes					q92q6_6_Diab_died	20-21
q92	2q6_6_Cance	r_suffer	Cancer					q92q6_6_Cancer_died	22-23

card 1

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Family history continued

							card 2
	6.7 How m	any older brothers or sisters	s do you	have?	(include any who ł	nave died)	24-25
	6.8 How m	any younger brothers or sist	ers do y	you hav	ve? (include any wh	no have died) <mark>q92q6_8</mark>	26-27
	6.9 Are you	u one of twins or triplets	Yes	No	<mark>q92q6_9</mark>		28
	6.10 Have a	ny of your brothers and siste	ers ever	suffere	ed from		
			Yes	No	How many o		
q92q6_10_	HTsuffer	Heart trouble			this problem	q92q6_10_HT_num	29-30
q92q6_10_	HBPsuffer	High blood pressure				q92q6_10_HBP_num	31-32
q92q6_10_	Stroke_suffer	Stroke				q92q6_10_Stroke_num	33-34
q92q6_10_	Diabsuffer	Diabetes				q92q6_10_Diab_num	35-36
q92q6_10_	Cancer_suffer	Cancer				q92q6_10_Cancer_num	37-38
		y of your brothers or sisters rst year of life?	die at b	irth or	in Yes No	⁰ q92q6_11	39

7.0 Chest pain

7.1	Do you ever have	Yes No e any pain or discomfort in your chest?	40
7.2	Where do you ge	et this pain or discomfort?	
	Please mark X o	n the appropriate places	
	YOUR RIGHT SIDE	YOUR LEFT SUDE	41 42 43

Chest pain continued

		q92q7_3 Yes No	card 2
7.3	When you walk at an ordinary pace on the level, does this produce t	he pain?	44
7.4	When you walk uphill or hurry, does this produce the pain?	<mark>q92q7_4</mark>	45
7.5	When you get any pain or discomfort in your chest on walking, what	do you do?	
	Stop	1 <mark>q92q7_5</mark>	
	Slow down	2	46
	Continue at the same	pace \Box_3	
7.6	Does the pain or discomfort in your chest go away if you stand still?	Yes No	47
7.7	How long does it take to go away?		
	10 minutes or less	1	48
	more than 10 minute	s 🗌 2 <mark>q92q7_7</mark>	

8.0 Severe chest pain

8.1	an he	e you ever had a severe pain across the front of your chest lasting for half our or more ? A answered No please go to section 9.0	49
	If you 8.2	answered Yes, Yes No Did you see a doctor because of this pain?	50
	8.3	What year(s) did this happen? 19 and 19	51-54
		q92q8_3_year1 q92q8_3_year2	

9.0 Leg Pain

9.1	Do ye	ou ever get pain in your calf when walking at an ordinary pace	q92q9_1 on the level?	Yes	No	card 2 55
9.2	Do ye	ou get pain in your calf muscle when you walk uphill or hurry?	<mark>q92q9_2</mark>			56
	If YE 9.3 9.4	ES, Does the pain go away if you stop or stand still? How long does it take to go away?	<mark>q92q9_3</mark>	Yes	No	57
	0.4	10 minutes or less more than 10 minute	s 🗌	1 2 2	2q9_4	58

 $10.0\ Breathlessness$

		Yes	No	card	12
10.1	Do you get short of breath walking with other people of your own age on level			59	q92q10_1
	ground?				
10.2	On walking uphill or stairs do you get more breathlessness than people of your own age?			60	q92q10_2
10.3	Do you ever have stop walking because of breathlessness?			61	q92q10_3

11.0 Cough and Wheeze

in the winter? If you answered No then go to question 11.4 11.2 Do you bring up phlegm like this on most days for as much as 3 months in the 63 q92q11_	er?	
	αu answered No then go to question 11 A	
11.2 Do you bring up phlegm like this on most days for as much as 3 months in the \Box \Box 63 92911_		_
	ng up phlegm like this on most days for as much as 3 months in the \Box $G3$ q92q11	_2
winter each year?	n year?	
11.3 In the past 5 years have you ever had a period of increased cough and phlegm lasting 3 weeks or more?		
Yes, once	Yes, once \square_1	
Yes, twice or more \Box_2 64 q92q11_	Yes, twice or more \Box_2 64 q92q11	_3
Never 3	Never 3	
Yes No	Yes No	
11.4 Does your chest sound wheezy or whistling on most days or nights?	chest sound wheezy or whistling on most days or nights?	_4
11.5 Does the weather affect your breathing and if so what season of the year is it	eather affect your breathing and if so what season of the year is it	
most affected?	ed?	
Not affected	Not affected	1 5
$\begin{array}{c c} & & & \\ Winter & & \\ \end{array} \begin{array}{c} & & \\$		I_3
Summer 3	Summer \Box_3	
Both	Both \Box_4	

12.0 Weight

12.1	Has your weight changed in the last fi	ve years?]
		No change	1	
		Increased	2	67
		Decreased	□ ₃ <mark>q92q1</mark>	2_0
		Don't Know	4	
		q92q12_2wt_st <mark>-</mark> q92q12_2wt_lb	<mark>q92q12_2wt_kg</mark>	
12.2	What is your present weight?	or		
	(Indoor clothes, no shoes)	stones pounds	kilos	68-73
	If you have no scale, please fill in an e	stimate.		

					care
			office	use	9-10
			0	3	9-10
13.1	Are you		·		
		Married		— .	
		•	q92q13_1		1.1
		Single		2	11
		Widowed		3	
		Divorced or separat	ted	4	
		Other		5	
13.2	Please describe your accommodation. Are you	ı <mark>c</mark>	<mark>192q13_2</mark>		
		an owner occupier			
		renting privately		2	12
		renting from the co	uncil		
		other (please speci			
		other (picase speer	office		
					13-1
			L	2q13_2_box	
				• = =	
13.2	How many cars are there available for use in	your household?	q92q13_3		
		None	· · –		
		One		2	15
		Two or more			
		TWO OF HIOLE		3	

14.0 Smoking

14.1	Do you regularly smoke cigarettes at present?	Yes No <pre>q92q14_1</pre>	16
	If YES, 14.2 How many cigarettes do you smoke a day?	<mark>q92q14_2</mark>	17-18
14.3	Have you changed your smoking habits over the last 5 years? No Yes increased Yes decreased Yes given up	q92q14_3 1 2 3 4	19
14.4	Do you currently smoke a pipe or cigars?	Yes No q92q14_4	20
	If No, 14.5 Have you ever regularly smoked a pipe or cigars?	Yes No q92q14_5	21

14.6	Were you previously a regular cigarette smok	xer?	q92q14_6	22
	If YES, 14.7 At what age did you give up?		<mark>q92q14_7</mark>	23-24
14.8	Why did you give up?	Personal choice	<mark>q92q14_8</mark>	
		Doctor's advice		25
		Definite illness	3	

15.0 Drinking Alcohol

15.1	Would you describe your present alcohol inta	ke as		٦
		Daily / most days	1	
		Weekends only	2	26
		Once or twice a month	3	
		None	4	
15.2	One drink is HALF a pint of beer, a SINGLE	whisky, gin etc or a glass of win	e or sherry.	
	How much do you usually drink?	q92q15_2		
		More than 6 drinks a day	□ 1	
		3-6 drinks a day	\square 2	27
		2 drinks a day or less	3	
		None	4	
			Yes No	
15.3	Have you ever been a regular drinker of more	e than 6 drinks daily? q92q15_3	-	28
			_	
15.4	What type of drink do you usually take?	<mark>q92q15_4</mark>		
		Beers, lagers	1	
		Wines, sherry	2	
		Spirits	3	29
		Variety of beers, wines or spirit	ts 4	
		Low alcohol drinks	5	

Drinking continued

15.5	Have you reduced your alcohol intake in th	e last five years?	Yes No	card 3 30
	If NO, go to question 16.0			
	If YES			
	15.6 Was this due to		<mark>q92q15_6</mark>	
		Personal choice		
		Doctor's advice	2	31
		Definite illness	3	

16.0 For drinkers and ex drinkers

16.1	Have you ever felt that you should cut down on your drinking?	Yes	No	³² q92q16_1
16.2	Have other people annoyed you by criticising your drinking habits?			³³ q92q16_2
16.3	Have you ever felt guilty about drinking?			³⁴ q92q16_3
16.4	Have you ever taken a drink in the morning to steady your nerves or get rid of a hangover?			₃₅ q92q16_4

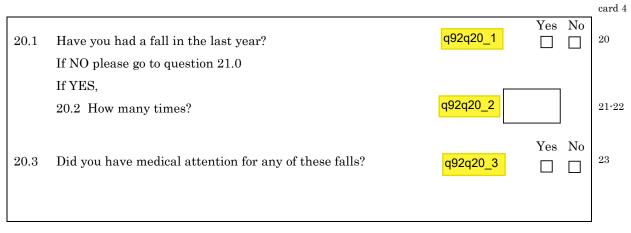
17.0 For people who do not drink at present

17.1	Why do you not drink at present?		q92q17_1			
		Personal choice	· · -	1		
		Doctor's advice		2		36
		Definite illness		3		
17.2	Did you drink in the past?		<mark>q92q17_2</mark>	Yes	s No	37
	If YES 17.3 For how long have you given up?		q92q17_3			
		Less than 5 years		1		
		5-10 years		2		38
		11-20 years		3		
		more than 20 year	s	4		

10 1			ah dare?	
18.1	Do you usually walk or cycle in the course of y	No download to or from work early to or from work ear		
		Walk		39
		Cycle		
		Not applicable		
	If YES,		, <u> </u>	
	18.2 How many minutes do these journeys tal	xe in total each day? <mark>q92q18_2</mark>	minutes	40-42
10.0		11 11 1	1 1 9	
18.3	Apart from any journeys to or from work, do yo		ekdays:	
		No q92q18_3		43
		Walk	2	40
		Cycle	L 3	
	If YES,			
	18.4 How many minutes do these journeys tak	xe in total each day? <mark>q92q18_4</mark>	minutes	44-46
18.5	Would you say that in your occupation you are	or were physically q92q18	5	
		Very active		
		Fairly active	2	
		Average	3	47
		Fairly inactive	4	
		Very inactive	5	
18.6	<i>On average a man of your age spends 4 hours following activities:</i>	on most weekends on some of t	the	
	walking, gardening, household chores, DIY pre-	ojects.		
	Compared to such a man, how physically activ	e do you consider yourself? <mark>q</mark>	92q18_6	
		Very active	1	
		Fairly active	2	
		Average	3	48
		Fairly inactive	4	
		Very inactive	5	

		card 3			
18.7	How many hours a week do you spend gardening				
	In the spring/summer In the autumn/ winter?				
	Hours of light gardening work per week	49-52			
	Hours of moderate gardening work per week	53-56			
	q92q18_7_mod_garden_summer q92q18_7_mod_garden_summer q92q18_7_mod_garden_winter Hours of heavy digging gardening work per week	57-60			
	q92q18_7_heavy_garden_summer q92q18_7_light_garden_winter				
10.0					
18.8	Do you take active physical exercise such as running, swimming, golf, tennis, squash,				
	jogging, bowls, cycling etc.? q92q18_8				
	No \Box 1 Occasionally (less than once a month) \Box 2	61			
	$\frac{1}{2}$ Frequently (once a month or more)				
	If you ticked No or Occasionally then please go to question 19.0				
	If you ticked Frequently (once a month or more),				
	18.9 Please state type of activities :				
	office use	62-63			
	<mark>q92q18_9</mark>				
18.10	How many years have you been involved in this activities ?	64-65			
18.11	How many times a month (on average) do you take part in this activities in				
10.11		66-67			
	Summer q92q18_11summer	68-69			
l		L			

						card 3
	Do you currently h	ave difficulty carryi	ing out any of the following activities on			
	your own as a resu	lt of a long term he	alth problem?			
				Yes	No	
		q92q19_1stairs	Going up or down stairs			70
		q92q19_1bend	Bending down			71
		q92q19_1straighten	Straightening up			72
		q92q19_1balance	Keeping your balance			73
		q92q19_1go_out	Going out of the house			74
		q92q19_1walk400	Walking 400 yards			75
						card 4
			office use	-		9-10
			0 4			0 10
	If you ticked No in	all cases then pleas	se go to question 20.0			
19.2	Is your present sta	te of health causing	g problems with any of the following			
	_			Yes	No	
	q	192q19_2job	Job at work (paid employment)			11
	q	92q19_2house_chores	Household chores			12
	q	92q19_2social_life	Social life			13
	q	92q19_2sex_life	Sex life			14
	q	92q19_2inter_hobbies	Interests and hobbies			15
	q	92q19_2holidays	Holidays and outings			16
	q	92q19_2fam_relat	Family relationships			17
			1			
19.3	If you have ticked	YES in questions 19	9.1 or 19.2 please give details of the			
	condition that you	have which causes	you these difficulties?			
			office use	Ъ		18-19
			<mark>q92q19_3</mark>			

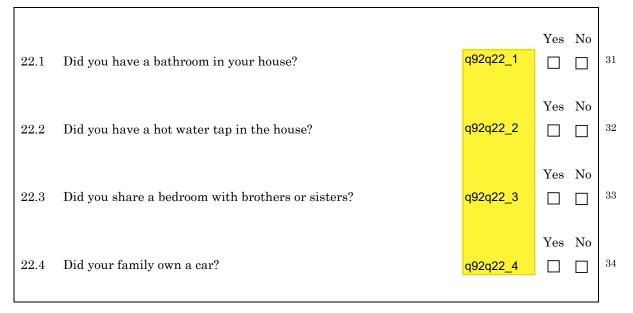


21.0 Present Employment

21.1	At present are you		q92q21_1	1
		Employed full time		
		Employed part time	2	
		Unemployed, seeking work	3	24
		Unemployed, not seeking work	а 🗆 4	
		Retired	5	
21.2	If unamplayed is this due to			
21.2	If unemployed, is this due to	Redundancy	q92q21_2	
		Illness/ disability		25
		-	2	20
		Other reasons	3	
	If you ticked Other reasons please gi			
		office		26-27
		<mark>q92q2</mark>	1_2_box	
21.3	If retired, is this due to		q92q21_3	
		Normal retiring age		
		Early retirement opportunity	2	
		Illness/ disability	3	28
		Redundancy	4	
		Other reasons		

21.4	What job have you done for the longest period	l of time?		card 4
			office use	
21.4 21.6-	Would you describe this work as	Manual		29
	q92q21_4_man_nonman	Non-manual		
21.5	What job did you father do for the longest per	riod of his working life?		
21.6	Would you describe this work as			
	q92q21_6_man_nonman	Manual Non-manual		30

22.0 When you were a child (up to 10 years old)



Please turn over

23.1	Do you have access to a telephone in your house?	q92q23_1	Yes No	35
23.2	Have you made a personal phone call in the last week?	q92q23_2	Yes No	36
23.3	Have you written a personal letter in the last week?	q92q23_3	Yes No	37
23.4	Do you take a weekly or monthly magazine or journal?	q92q23_4	Yes No	38
23.5	Do you attend religious services or meetings?	q92q23_5	Yes No	39
23.6	Did you vote in the last general or local elections?	q92q23_6	Yes No	40
23.7	Have you been on holiday in the last year?	q92q23_7	Yes No	41
23.8	Are you planning to go on holiday next year?	q92q23_8	Yes No	42
23.9	Do you use the public library?	q92q23_9	Yes No	43
23.10	Are you a member of any club, society or group?	q92q23_10	Yes No	44
23.11	If YES, In the past month have you attended a meeting of a club, society or g	group? <mark>q92q23_11</mark>	Yes No	45

Thank you for you help

All your answers will be treated in complete confidence and will not be identifiable. Please you would check that you have answered all the questions you can, and then return the form in the envelope provided, NO STAMP IS NEEDED.

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