

FORM: 35 - PERSONAL HABITS .UPDATE

Version: 1 - June 15, 1997

Description: Self-administered 3-page mark-sense booklet; scanned at CC.

When Used: Collected at CT follow up visits 1, 3, 6, and 9.

Purpose: To measure participants' attitudes and perceptions of being in the WHI.

GENERAL INSTRUCTIONS

1. The form is printed both English (Form 35) and Spanish (Form 35S) versions. Both English and Spanish versions are in mark-sense format.

For both forms, follow the instructions on the front of the form for marking the answers
2. Place the participant's barcode label on the front page of the questionnaire and mail to the participant before the visit or give to her to complete at the visit.
3. If mailed to her before the visit, in the appointment reminder (letter or phone call) remind the participant to bring the completed questionnaire to her visit.
4. Review the form for completeness, looking for skipped pages. Ask the participant to complete pages she may have skipped. Do not review the questions with the participants.
5. Complete the *Office Use Only* section on the first page.
6. Forward the form to Data Entry
7. Data Entry: Scan the form. Initial the first page of the questionnaire after data entry.
8. File in the participant's file.

Item Instructions

Date received	Date the CC receives the completed form.
Reviewed by	Standard 3-digit WHI employee ID
Contact type	Mark appropriate oval or box. (See common data items.)
Visit type	The contact at which the CC receives the completed form. If you receive the form between visits, use the most recent past visit. Mark appropriate oval or box for visit type and number. (See common data items.)
Form administration	Method used to administer form to participant. 1 – Self: Participant completed the form by herself. 2 – Group: Participant completed the form with a group of other participants. 3 – Interview: CC staff completed <u>entire</u> form as an interview. 4 – Assistant: Participant needed partial assistance from CC staff or others to complete the form. Most participants are expected to complete the form by themselves (“1-self”).
1. Language	Do not mark. Code is premarked on the form.
1.1 Number of times walked	Frequency range that best represents the number of times participants walks for more than ten minutes without stopping each month or week.
1.2 Walking speed	The range of minutes that best represents the duration of time that the participant walks each time she walks for more than ten minutes without stopping.
2.1. Frequency of strenuous exercise	The category that best represents the number of days each week the participant engages in strenuous exercise.
2.2. Length of each strenuous exercise session	The range of minutes that best represents the length of each strenuous exercise session.
2.3. Frequency of moderate exercise	The category that best represents the number of days each week the participant engages in moderate exercise.
2.4. Length of each moderate exercise session	The range of minutes that best represents the length of each moderate exercise session.
2.5. Frequency of mild exercise	The category that best represents the number of days each week the participant engages in mild exercise.
2.6. Length of each mild exercise session	The range of minutes that best represents the length of each mild exercise session.
3. Drink alcoholic beverages: beer, wine, liquor	Same as questions on <i>Form 60 – FFQ</i> , page 11 – Beverages. Do not include non-alcoholic beer, wine, or liquor.
4. Smoke now	No/Yes. Mark "1 - Yes" if participant is now smoking regularly.
4.1. How many cigarettes a day	The range that best represents number of cigarettes smoked per day. Give best estimate. She may average the number of cigarettes each week over seven days.