

**SINGAPORE POPULATION HEALTH STUDIES – FIRST FOLLOW UP  
ONLINE SURVEY AND PHONE INTERVIEW (CATI) QUESTIONNAIRE – PERSONAL INFORMATION**

Name: (Mr / Ms / Mrs)\* \_\_\_\_\_

Gender: 1) Male 2) Female

NRIC: 

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D.O.B.: 

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D D M M Y Y Y Y

Ethnicity: 1) Chinese 2) Malay 3) Indian 4) Others, please specify: \_\_\_\_\_

Preferred Language: 1. \_\_\_\_\_ 2. \_\_\_\_\_

	<u>Residential Address:</u>	<u>Mailing Address:</u> <input type="checkbox"/> Same as residential address	
Block:			
Street / Building Name:			
Unit No:	# -	#	-
Postal Code:			
	Home No	Mobile No	Office No
Contact 1:			
Contact 2:			
Contact 3 (Relative's mobile): <i>As an additional option and source of contact to facilitate follow-up</i>		Relation: _____	
Email Address:			

INTERVIEW DETAILS		STUDY ID:
Interviewer's Name:		
Interview Language:		
Interview Date:	/ /	
Interview Time:	AM / PM*	

Interviewed by:	Document the full name of the interviewer.
Name: [*Mr/Ms/Mrs]	Circle the appropriate salutation. Document the name as it is printed on the participant's NRIC.
Gender: * M / F	Document the gender as printed on the NRIC
Ethnicity	Document as per NRIC. Specify Other, e.g. Bugis, Sikh, Pakistani
D.O.B:	Document the date of birth as printed on the NRIC.
Residential Address:	Document the main address that the participant is currently staying at.
Mailing Address [fill in only if different from above]:	Document mailing address only if different from the residential address.
Contact No.	Obtain telephone number where applicable/contactable. If no contact number is available, document 77777777.
Preferred Language: 1.____ 2.____	Document the language(s) that is spoken
1. Date and time of interview commences:	Document the date and time the interview was conducted.

**Note to Interviewer :**

Each correction of entry must be signed and dated.  
Do not interpret or make assumptions while interviewing; document participant's response accordingly.  
All are single answer questions.  
Circle the appropriate answer number.  
Do not leave any blanks unless instructed.  
Enter all date fields in the format "DDMMYYYY".  
For other fields:

	Day, Month or Year	String/Text	Numeric
Where not applicable, enter:	77 / 7777	NNN	777
Where participant refuses to answer, enter:	88 / 8888	RRR	888
Where participant does not know, enter:	99 / 9999	DDD	999

Last Interview Date: \_\_\_\_\_

Current Interview Date: \_\_\_\_\_

Interviewer's Name: \_\_\_\_\_

Interview Language: \_\_\_\_\_

Study ID:

Instruction: Please select **ONLY ONE** answer.

指示: 请选择 一个 答案。

A3 What is your current marital status?

您目前的婚姻状况是什么?

- |                       |                               |            |
|-----------------------|-------------------------------|------------|
| <input type="radio"/> | 1) Never married              | 1) 从未结婚    |
| <input type="radio"/> | 2) Currently married          | 2) 已婚      |
| <input type="radio"/> | 3) Separated but not divorced | 3) 分居但没有离婚 |
| <input type="radio"/> | 4) Divorced                   | 4) 离婚      |
| <input type="radio"/> | 5) Widowed                    | 5) 丧偶      |

A4 Do you have any children? Include those living with you and those living in a separate residence.

您有孩子吗? 包括那些与您一起生活及不一起生活的孩子。

**Guide : Include non-blood related children (if any)**

**指南: 包括与自己没有血缘关系的孩子 (如果有)**

- |                       |                  |               |
|-----------------------|------------------|---------------|
| <input type="radio"/> | 1) Yes           | 1) 有          |
| <input type="radio"/> | 2) No (Go to A5) | 2) 没有 (跳到 A5) |

How many children do you have?

您总共有几个孩子? \_\_\_\_\_

**Guide : Total number of children for question A4.1 to A4.4 should be equal to this question.**

**指南: A4.1 致 A4.4 的答案总数应该和这里一样。**

A4.1 How many children do you have **under 5 years of age**?

您有几位 **5 岁** 以下的孩子?

A4.2 How many children do you have **between 5 and 12 years of age**?

您有几位 **5 岁至 12 岁** 之间的孩子?

A4.3 How many children do you have **between 13 and 20 years of age**?

您有几位 **13 岁至 20 岁** 之间的孩子?

A4.4 How many children do you have **age 21 years and older**?

您有几位 **21 岁** 以上的孩子?

A4.5 Do you have any grandchildren?

您有孙子吗?

- |                       |        |       |
|-----------------------|--------|-------|
| <input type="radio"/> | 1) Yes | 1) 有  |
| <input type="radio"/> | 2) No  | 2) 没有 |

A5 Which of the following best describes your usual work status over the last 12 months?  
以下哪一项最可以形容您在过去 12 个月中的一般工作状况?

**Guide** : If you are working intermittently and unable to commit to any of the choices, classify yourself as working. "Unemployed (able to work)" describes a person who is fit to work but have not yet found employment. "Unemployed (unable to work)" describes a person who is unable to work due to a medical condition. "Others" describe persons such as disabled persons and persons with private means. National Service is also included in this category.

**指南**: 如果您间歇性地工作, 并且无法分类成任何一项答案, 请回答“工作”。“失业(能够工作)”描述有能力工作但尚未找到工作的人。“失业(无法工作)”描述由于身体状况而无法工作的人。“其它”描述残疾人和有其它收入的人。国民服役也包括在这一类别。

- |                          |                                |                  |
|--------------------------|--------------------------------|------------------|
| <input type="checkbox"/> | 1) Working                     | 1) 工作            |
| <input type="checkbox"/> | 2) Student (full-time)         | 2) 学生 (全职)       |
| <input type="checkbox"/> | 3) Homemaker/Housewife         | 3) 主妇/家庭主妇       |
| <input type="checkbox"/> | 4) Retired                     | 4) 退休            |
| <input type="checkbox"/> | 5) Unemployed (able to work)   | 5) 未被雇用 (有工作能力)  |
| <input type="checkbox"/> | 6) Unemployed (unable to work) | 6) 未被雇用 (没有工作能力) |
| <input type="checkbox"/> | 7) Others                      | 7) 其他            |

A6 Thinking over the past year, can you tell me what the average earnings of the household have been per month?

在过去的一年, 您每月的平均家庭收入是多少?

**Guide** : The monthly average of the total income of all members of the household. This does not include tenants' earnings, but include tenants' rent payment to the household. Income also includes regular inflow of cash from a welfare organization, a pension and money given by participant's children or from relatives staying in another household. Please select "less than \$2,000" if the entire household is not receiving any income and is dependent on savings.

**指南**: 所有家庭成员平均每个月的总收入。这包括租户的收入, 但是包括租户向家庭支付的租金。收入也包括定期从福利机构获取的现金, 养老金和参与者的子女给予的资金, 或从住在其他家庭的亲属。如果整个家庭没有收到任何收入并且依赖储蓄, 请选择“少于\$2000”。

- |                          |                       |                        |
|--------------------------|-----------------------|------------------------|
| <input type="checkbox"/> | 1) Less than \$2 000  | 1) 少于\$ 2 000          |
| <input type="checkbox"/> | 2) \$2 000 to \$3 999 | 2) \$ 2 000 到 \$ 3 999 |
| <input type="checkbox"/> | 3) \$4 000 to \$5 999 | 3) \$ 4 000 到 \$ 5 999 |
| <input type="checkbox"/> | 4) \$6 000 to \$9 999 | 4) \$ 6 000 到 \$ 9 999 |
| <input type="checkbox"/> | 5) More than \$10 000 | 5) 多于 \$ 10 000        |

A7 What type of house do you live in?

您居住于哪一种住宅?

**Guide** : If you are a tenant of a rented property, classify yourself as "Others" and specify, e.g. "renting 1 room in a 4-Room HDB flat". "Others" may include nursing home, hostel, barracks, workplace, etc.

**指南**: 如果您是租户, 就选“其他”并注明。例如: “组 HDB 4 房式组屋里的一间房间”。“其他”也可包括疗养院、宿舍、军营、公司等。

- |                          |                                    |                      |
|--------------------------|------------------------------------|----------------------|
| <input type="checkbox"/> | 1) HDB 1 to 2-Room Flat            | 1) HDB 1 - 2 房式组屋    |
| <input type="checkbox"/> | 2) HDB 3-Room Flat                 | 2) HDB 3 房式组屋        |
| <input type="checkbox"/> | 3) HDB 4-Rroom Flat                | 3) HDB 4 房式组屋        |
| <input type="checkbox"/> | 4) HDB 5-Room or Executive Flat    | 4) HDB 5 房式组屋或执行共管公寓 |
| <input type="checkbox"/> | 5) Private Condominium             | 5) 私人公寓              |
| <input type="checkbox"/> | 6) Private House (Landed Property) | 6) 私人住宅 (有地住宅)       |
| <input type="checkbox"/> | 7) Others, please specify: _____   | 7) 其它, 请注明: _____    |

A8 What is the highest level of education that you have attained?

您接受过的最高等级的教育是什么？

- |                          |   |                      |
|--------------------------|---|----------------------|
| <input type="checkbox"/> | 1) No formal qualifications/lower primary | 1) 未接受正规教育/小学教育      |
| <input type="checkbox"/> | 2) Primary (PSLE)                         | 2) 小学 (PSLE)         |
| <input type="checkbox"/> | 3) Secondary ('O'/'N' Level)              | 3) 中学 ('O' / 'N' 水准) |
| <input type="checkbox"/> | 4) ITE/NTC                                | 4) 工艺教育学院/NTC        |
| <input type="checkbox"/> | 5) 'A' level/Polytechnic/Diploma          | 5) 'A' 水准 / 理工学院文凭   |
| <input type="checkbox"/> | 6) University                             | 6) 大学                |

## SECTION C – LIFESTYLE FACTORS (生活方式)

### C1. Smoking (吸烟)

C1.1 Have you ever smoked at least 100 cigarettes (about 5 packs) in your lifetime?

从您出生到现在,您是否曾经吸过至少 100 支香烟 (大约 5 包)?

**Guide** : *Captures exposure to all forms of tobacco smoking, except Shisha.*

**指南**: 记录所有吸过的烟, 除了水烟以外。

- 1) Yes 1) 是  
 2) No (Go to C1.6) 2) 否 (跳到 C1.6)

C1.2 Do you smoke cigarettes **currently**?

您**目前**是否有吸烟?

**Guide** : *“Currently” refers to period around time of interview.*

**指南**: “目前”指的是采访期间前后。

- 1) Yes 1) 是  
 2) No (Go to C1.5) 2) 否(跳到 C1.5)

C1.3 Do you smoke cigarettes .....?

您是否... ..吸烟?

- 1) Every day 1) 每天  
 2) Occasionally (Go to C1.5) 2) 偶尔 (跳到 C1.5)

C1.4 When did you start smoking cigarettes **daily**?

您什么时候开始**每天**吸烟?

**Guide** : *“daily” NOT referring to your first puff.*

**指南**: “每天”不是指您吸的第一口烟。

Age when started \_\_\_\_\_ (Go to C1.6) 开始的年龄\_\_\_\_\_ (跳到 C1.6)

C1.5 When did you last stop smoking cigarettes regularly?

您最后一次停止经常吸烟, 是什么时候?

\_\_\_\_\_ Years ago \_\_\_\_\_年前

- C1.6 Have you ever smoked any of the following other tobacco products besides cigarettes:  
除了香烟以外，您是否曾吸过以下的其他烟草产品？  
**[Only for online survey]**
- C1.6.a. Cigars?  
雪茄？
- |                          |                       |         |
|--------------------------|-----------------------|---------|
| <input type="checkbox"/> | 1) Daily              | 1) 每天   |
| <input type="checkbox"/> | 2) Occasionally       | 2) 偶尔   |
| <input type="checkbox"/> | 3) Have stopped using | 3) 已停止吸 |
| <input type="checkbox"/> | 4) No                 | 4) 没有   |
- C1.6.b. Cigarillos?  
小雪茄？
- |                          |                       |         |
|--------------------------|-----------------------|---------|
| <input type="checkbox"/> | 1) Daily              | 1) 每天   |
| <input type="checkbox"/> | 2) Occasionally       | 2) 偶尔   |
| <input type="checkbox"/> | 3) Have stopped using | 3) 已停止吸 |
| <input type="checkbox"/> | 4) No                 | 4) 没有   |
- C1.6.c. Shisha (WaterPipe)?  
水烟？
- |                          |                       |         |
|--------------------------|-----------------------|---------|
| <input type="checkbox"/> | 1) Daily              | 1) 每天   |
| <input type="checkbox"/> | 2) Occasionally       | 2) 偶尔   |
| <input type="checkbox"/> | 3) Have stopped using | 3) 已停止吸 |
| <input type="checkbox"/> | 4) No                 | 4) 没有   |
- C1.6.d. Beedis?  
比迪烟？
- |                          |                       |         |
|--------------------------|-----------------------|---------|
| <input type="checkbox"/> | 1) Daily              | 1) 每天   |
| <input type="checkbox"/> | 2) Occasionally       | 2) 偶尔   |
| <input type="checkbox"/> | 3) Have stopped using | 3) 已停止吸 |
| <input type="checkbox"/> | 4) No                 | 4) 没有   |
- C1.6.e. Rolled cigarettes / Ang Hun (loose tobacco)?  
手卷香烟（散烟草）？
- |                          |                       |         |
|--------------------------|-----------------------|---------|
| <input type="checkbox"/> | 1) Daily              | 1) 每天   |
| <input type="checkbox"/> | 2) Occasionally       | 2) 偶尔   |
| <input type="checkbox"/> | 3) Have stopped using | 3) 已停止吸 |
| <input type="checkbox"/> | 4) No                 | 4) 没有   |
- C1.6.f.1. Any other tobacco products?  
其他烟草产品？
- |                          |                       |                |
|--------------------------|-----------------------|----------------|
| <input type="checkbox"/> | 1) Daily              | 1) 每天          |
| <input type="checkbox"/> | 2) Occasionally       | 2) 偶尔          |
| <input type="checkbox"/> | 3) Have stopped using | 3) 已停止吸        |
| <input type="checkbox"/> | 4) No (Go to C2.1)    | 4) 没有(跳到 C2.1) |
- C1.6.f.2. Please specify the type of other tobacco products that you smoked:-  
请注明您曾吸过的其他烟草产品:-
-

## C2. Alcohol Consumption (酒精的摄取量)

Next I would like to ask you about your typical alcohol consumption.

我想请问您平常的酒精摄取量。

- 1 alcohol serving is equivalent to : 2/3 of 1 mug/can of beer (220ml)  
: 1 glass of wine (about 100ml)  
: 1 measure of hard liquor (20 - 30ml)
- 1 份酒相当于 : 3 分之 2 杯/罐啤酒 (220 毫升)  
: 1 杯葡萄酒 (大约 100 毫升)  
: 1 份烈酒 (20 - 30 毫升)

C2.1 Think of a typical 30-day period, did you drink any alcohol during this period?

请想一想平常的 30 天里, 您有没有曾经喝酒?

- 1) Rarely/never (Go to C2.2) 1) 很少/从没 (跳到 C2.2)  
 2) 1 serving or more 2) 1 份或超过 1 份的酒

C2.1.1 How often do you drink **1 serving** of alcohol [beer/stout/wine/hard liquor], during this 30-day period?

在这 30 天里, 您多常喝一份酒[啤酒/黑啤酒/葡萄酒/烈酒]?

C2.1.1 Frequency \_\_\_\_\_  
次数 \_\_\_\_\_

C2.1.1 Frequency Type: \_\_\_\_\_ Per Day / Per Week / Per Month  
次数单位: \_\_\_\_\_ 每天 / 每星期 / 每月

### For women (女性)

C2.2 Did you have **4 or more servings** of alcohol at a single drinking session in the past month?  
您在过去 30 天中是否曾经一次喝了 **4 份或超过 4 份** 的酒?

- 1) Yes 1) 是  
 2) No 2) 否

### For men (男性)

C2.2 Did you have **5 or more servings** of alcohol at a single drinking session in the past month?  
您在过去 30 天中是否曾经一次喝了 **5 份或超过 5 份** 的酒?

- 1) Yes 1) 是  
 2) No 2) 否



## SECTION D – PERSONAL MEDICAL HISTORY (个人医疗史)

### D1. Heart Disease (心脏疾病)

D1.1 Has a Western-trained doctor ever told you that you have blockage of the arteries to you heart?  
西医是否曾经告诉过您、您患有心脏动脉阻塞?

**Guide** : You must have had an angiogram for this diagnosis. ECG alone cannot be used to diagnose. Heart Disease in this context does NOT include congenital or 'born with' disease/defects.

**指南**: 医生必须通过血管造影来诊断病情。在这情况下, 心电图检测不视为诊断。这也不包括先天性心脏疾病/缺陷。

- 1) Yes 1) 是  
 2) No (Go to D1.2) 2) 否 (跳到 D1.2)

D1.1.1 How old were you when the doctor first told you had blockage of the arteries to your heart?  
您几岁时第一次被西医诊断患有心脏动脉阻塞?

Age \_\_\_\_\_  
年龄\_\_\_\_\_

D1.1.2 Which hospital/clinic?  
在哪一家医院、诊所?

Name of hospital/clinic  
医院、诊所名称

D1.2 Have you ever had a heart attack?  
您是否曾经心脏病发作过?

**Guide** : Heart attack refers to a situation whereby there is loss in heart muscle function due to lack of oxygenation, typically due to restriction in blood flow from blocked arteries.

**指南**: 心脏病发作指的是缺氧导致心肌丧失功能的情况, 通常是因为心脏动脉阻塞的关系。

- 1) Yes 1) 是  
 2) No (Go to D1.3) 2) 否 (跳到 D1.3)

D1.2.1 How old were you when you had heart attack?  
您几岁时心脏病发作?

Age \_\_\_\_\_  
年龄\_\_\_\_\_

D1.2.2 Which hospital/clinic?  
在哪一家医院、诊所?

Name of hospital/clinic  
医院、诊所名称

D1.3 Is your doctor giving you medication for your heart disease currently?  
您的医生目前有没有给您治疗心脏病的药物?

- 1) Yes 1) 是  
 2) No 2) 否

D1.4 Have you ever had an angiogram?

您是否进行过血管造影检查?

**Guide** : *An angiogram is a diagnostic procedure performed to find out (not to cure) if there is any blockages to the arteries. A small tube is inserted into a big blood vessel to administer a dye into the blood vessels of the desired area. X-rays are then taken to locate the blockages in the blood vessels.*

**指南:** 血管造影检查是一种诊断程序, 目的是要知道 (不是治疗) 有没有动脉阻塞。受影响部位的大血管将被插入一根小管, 然后植入染料, 再照 X 光找寻阻塞的地点。

- 1) Yes 1) 是
- 2) No (Go to D1.5) 2) 否 (跳到 D1.5)

D1.4.1 If yes, which year was it first done?

如果“是”, 您是哪一年第一次进行的?

Year  
年份

D1.4.2 At which hospital?

在哪一家医院、诊所?

Name of hospital  
医院、诊所名称

D1.5 Have you ever had an angioplasty-ballooning?

您是否进行过心血管扩张手术?

**Guide** : *An angioplasty-ballooning is a procedure that clears the blockages in the blood vessels.*

**指南:** 心血管扩张手术是一项去除血管堵塞的手术。

- 1) Yes 1) 是
- 2) No (Go to D1.6) 2) 否 (跳到 D1.6)

D1.5.1 If yes, which year was it first done?

如果“是”, 您是哪一年第一次进行的?

Year  
年份

D1.5.2 At which hospital?

在哪一家医院、诊所?

Name of hospital  
医院、诊所名称

D1.6 Have you ever had a heart bypass operation?

您是否进行过心脏绕道手术？

**Guide : A heart bypass operation creates a new route to supply blood to the heart by transplanting part of a blood vessel.**

**指南:** 心脏绕道手术是一项移植部分血管以制造新的血液供应至心脏。

- 1) Yes 1) 是  
 2) No (Go to D2.1) 2) 否 (跳到 D2.1)

D1.6.1 If yes, which year was it first done?

如果“是”，您是哪一年第一次进行的？

Year  
年份

D1.6.2 At which hospital?

在哪一家医院、诊所？

Name of hospital  
医院、诊所名称

## D2. Peripheral Arterial Disease (周边动脉疾病)

D2.1 Has a Western-trained doctor ever told you that you have blockage of the arteries in your legs?

西医是否曾经告诉过您，您的腿部动脉有阻塞？

- 1) Yes 1) 是  
 2) No (Go to D3) 2) 否 (跳到 D3)

D2.1.1 How old were you when the doctor first told you had blockage of the arteries in your legs?

您几岁时第一次被西医诊断您的腿部动脉有阻塞？

Age  
年龄

D2.1.2 Which hospital/clinic?

在哪一家医院、诊所？

Name of hospital/clinic  
医院、诊所名称

D2.2 Have you ever had an angiogram?

您是否进行过血管造影检查？

**Guide: An angiogram is a diagnostic procedure performed to find out (not to cure) if there is any blockages to the arteries. A small tube is inserted into a big blood vessel to administer a dye into the blood vessels of the desired area. X-rays are then taken to locate the blockages in the blood vessels.**

**指南:** 血管造影检查是一种诊断程序，目的是要知道（不是治疗）有没有动脉阻塞。受影响部位的大血管将被插入一根小管，然后植入染料，再照 x 光找寻阻塞的地点。

- 1) Yes 1) 是  
 2) No (Go to D2.3) 2) 否 (跳到 D2.3)

D2.2.1 If yes, which year was it first done?

如果“是”，您是哪一年第一次进行的？

Year  
年份

D2.2.2 At which hospital?

在哪一家医院、诊所？

Name of hospital  
医院、诊所名称

D2.3 Have you ever had an angioplasty-ballooning?

您是否进行过心血管扩张手术?

**Guide** : *An angioplasty-ballooning a procedure that clears the blockages in the blood vessels.*

**指南:** 心血管扩张手术是一项去除血管堵塞的手术。

- 1) Yes 1) 是
- 2) No (Go to D2.4) 2) 否 (跳到 D2.4)

D2.3.1 If yes, which year was it first done?

如果‘是’，您是哪一年第一次进行的?

Year 年份

D2.3.2 At which hospital?

在哪一家医院、诊所?

Name of hospital

医院、诊所名称

D2.4 Have you ever had a bypass operation?

您是否进行过绕道手术?

**Guide** : *A bypass operation creates a new route to supply blood to the heart by transplanting part of a blood vessel in the legs.*

**指南:** 绕道手术是一项移植部分血管以制造新的血液供应至心脏。

- 1) Yes 1) 是
- 2) No (Go to D3) 2) 否 (跳到 D3)

D2.4.1 If yes, which year was it first done?

如果‘是’，您是哪一年第一次进行的?

Year 年份

D2.4.2 At which hospital?

在哪一家医院、诊所?

Name of hospital

医院、诊所名称

### D3. Stroke (中风)

D3.1 Has a Western-trained doctor ever told you that you had a stroke?  
西医是否曾经告诉过您,您中风过?

**Guide** : *Stroke refers to a condition whereby there is a permanent damage to brain function from lack of oxygenation due to limited blood flow or ruptured blood vessel.*

**指南**: 中风是指血流受到限制或血管破裂造成缺氧导致脑功能受到永久性损伤。

- 1) Yes 1) 是
- 2) No (Go to D3.2) 2) 否 (跳到 D3.2)

D3.1.1 How old were you when the doctor first told you had stroke?  
您几岁时第一次被西医诊断您中风过?

Age  
年龄 \_\_\_\_\_

D3.1.2 Which hospital/clinic?  
在哪一家医院、诊所?

Name of hospital/clinic  
医院、诊所名称

D3.2 Has a Western-trained doctor ever told you that you had a **TIA** or transient ischemic attack, or a **mini stroke**?

*[A mini stroke is a stroke where the symptoms completely disappear after 24 hours and the patient appears to recover fully from the attack.]*

西医是否告诉过您、您有短暂性的脑部缺血(**TIA**) 或是**轻微中风**?

*[轻微中风是由于大脑特定部位的血液供应暂时受到阻碍, 致使产生了神经系统的功能障碍。一般持续时间少于 24 小时。]*

- 1) Yes 1) 是
- 2) No (Go to D4) 2) 否 (跳到 D4)

D3.2.1 How old were you when the doctor first told you had TIA or mini stroke?  
您几岁时第一次被西医诊断您有短暂性的脑部缺血(TIA) 或是轻微中风?

Age  
年龄 \_\_\_\_\_

D3.2.2 Which hospital/clinic?  
在哪一家医院、诊所?

Name of hospital/clinic  
医院、诊所名称

**D4. High Blood Pressure (Hypertension) (高血压)**

D4.1 Has a Western-trained doctor, nurse, or other healthcare professional ever told you that you have high blood pressure?

西医、护士或是其他医疗工作者是否曾经告诉您、您患有高血压？

- 1) Yes 1) 是  
 2) No (Go to D5) 2) 否 (跳到 D5)

D4.2 How old were you when the doctor first told you had high blood pressure?

您几岁时第一次被西医诊断患有高血压？

Age \_\_\_\_\_  
年龄 \_\_\_\_\_

D4.3 Is your doctor giving you medication for your high blood pressure currently?

您的医生目前是否有给您治疗高血压的药物？

- 1) Yes 1) 是  
 2) No 2) 否

### D5. Diabetes Mellitus (糖尿病)

D5.1 When was the last time you had a blood test to check for diabetes?  
您最后一次为了检查是否患有糖尿病所进行的血液检验是什么时候?

- |                          |                                 |             |
|--------------------------|---------------------------------|-------------|
| <input type="checkbox"/> | 1) 1 year ago or less           | 1) 一年前或更少   |
| <input type="checkbox"/> | 2) More than 1 year to 2 years  | 2) 多过一年至两年前 |
| <input type="checkbox"/> | 3) More than 2 years to 3 years | 3) 多过两年至三年前 |
| <input type="checkbox"/> | 4) More than 3 years to 5 years | 4) 多过三年至五年前 |
| <input type="checkbox"/> | 5) More than 5 years            | 5) 多过五年前    |
| <input type="checkbox"/> | 6) Never been checked           | 6) 从来没检查    |

D5.2 Has a Western-trained doctor ever told you that you have diabetes?  
西医是否曾经告诉过您, 您患上糖尿病?

- |                          |  |                        |
|--------------------------|--|------------------------|
| <input type="checkbox"/> | 1) Yes                                       | 1) 是                   |
| <input type="checkbox"/> | 2) Yes, but only during pregnancy (Go to D6) | 2) 是, 但只有在怀孕期间 (跳到 D6) |
| <input type="checkbox"/> | 3) No (Go to D6)                             | 3) 否 (跳到 D6)           |

D5.3 How old were you when the doctor first told you had diabetes?  
您几岁时第一次被诊断患上糖尿病?

Age \_\_\_\_\_  
年龄 \_\_\_\_\_

D5.3.1 Which hospital/clinic?  
在哪一家医院、诊所?

Name of hospital/clinic  
医院、诊所名称

D5.3.2 Is your doctor giving you medication for your diabetes currently?  
您的医生目前是否有给您治疗糖尿病的药物?

- |                          |  |                   |
|--------------------------|--|-------------------|
| <input type="checkbox"/> | 1) Yes, insulin injections             | 1) 是, 注射胰岛素       |
| <input type="checkbox"/> | 2) Yes, tablets                        | 2) 是, 口服降糖药       |
| <input type="checkbox"/> | 3) Yes, insulin injections and tablets | 3) 是, 注射胰岛素和口服降糖药 |
| <input type="checkbox"/> | 4) No                                  | 4) 否              |

D5.4 Have you ever been told by a Western-trained doctor that you have diabetic eye disease?  
西医是否曾经告诉您、您患上了由糖尿病引起的眼部疾病?

- |                          |                    |                |
|--------------------------|--------------------|----------------|
| <input type="checkbox"/> | 1) Yes             | 1) 是           |
| <input type="checkbox"/> | 2) No (Go to D5.8) | 2) 否 (跳到 D5.8) |

D5.5 How old were you when the doctor first told you had diabetic eye disease?  
您几岁时第一次被西医诊断患上了由糖尿病引起的眼部疾病?

Age \_\_\_\_\_  
年龄 \_\_\_\_\_

D5.6 Did you have surgery or laser procedure for your diabetic eye disease?  
您是否曾经因由糖尿病引起的眼部疾病进行过手术或激光治疗?

- |                          |                    |                |
|--------------------------|--------------------|----------------|
| <input type="checkbox"/> | 1) Yes             | 1) 是           |
| <input type="checkbox"/> | 2) No (Go to D5.8) | 2) 否 (跳到 D5.8) |

D5.7.1 Do you know if the surgery or laser procedure was for retinopathy?

您是否知道这个手术或激光治疗是不是为了治疗视网膜病变?

- 1) Yes 1) 是  
 2) No 2) 否

D5.7.2 Do you know if the surgery or laser procedure was for cataract?

您是否知道这个手术或激光治疗是为了治疗白内障?

- 1) Yes 1) 是  
 2) No 2) 否

D5.7.3 Do you know if the surgery or laser procedure was for other diabetic eye disease?

您是否知道这个手术或激光治疗是为了治疗其它由糖尿病引起的眼部疾病?

- 1) Yes 1) 是  
 2) No (Go to D5.8) 2) 否 (跳到 D5.8)

D5.7.3.1) Please specify the disease:

请说明其它由糖尿病引起的眼部疾病: \_\_\_\_\_

D5.8 Have you ever been told by a Western-trained doctor that you have kidney problems caused by your diabetes (including proteinuria)?

西医是否曾经告知您, 您因为糖尿病而引起肾脏问题(包括蛋白尿)?

- 1) Yes 1) 是  
 2) No (Go to D5.10) 2) 否 (跳到 D5.10)

D5.9 How old were you when the doctor first told you had kidney problems caused by your diabetes (including proteinuria)?

您几岁时第一次被西医诊断您患上了由糖尿病引起的肾脏问题(包括蛋白尿)?

Age \_\_\_\_\_  
年龄

D5.10 Have you ever been told by a Western-trained doctor that you have nerve problems in your arms or legs caused by your diabetes?

西医是否曾经告知您, 您因为糖尿病而导致您的手臂或是腿部神经有问题?

- 1) Yes 1) 是  
 2) No (Go to D9) 2) 否 (跳到 D9)

D5.11 How old were you when the doctor first told you had nerve problems in your arms or legs caused by your diabetes?

您几岁时第一次被西医诊断您因为糖尿病而导致您的手臂或是腿部神经有问题?

Age \_\_\_\_\_  
年龄



## D6. High Cholesterol (高胆固醇)

D6.1 Have you ever been told by a Western-trained doctor you have high cholesterol?  
西医是否曾经告诉您，您患有高胆固醇？

- 1) Yes 1) 是  
 2) No (Go to D7) 2) 否 (跳到 D7)

D6.2 How old were you when the doctor first told you had high cholesterol?  
您几岁时第一次被西医诊断您有高胆固醇？

Age \_\_\_\_\_  
年龄 \_\_\_\_\_

D6.3 Is your doctor giving you medication for your high cholesterol currently?  
您的医生目前是否有给您治疗高胆固醇的药物？

- 1) Yes 1) 是  
 2) No 2) 否

## D7. Other Chronic Disease (其它慢性疾病)

### Kidney Disease (肾脏疾病)

D7.1 Have you ever been told by a Western-trained doctor that you had weak or failing kidneys? (Do not include kidney stones, bladder infections or incontinence)  
西医是否曾经告诉您，您患有肾脏衰弱或衰竭？（不要包括肾结石、膀胱受感染或失禁）

- 1) Yes 1) 是  
 2) No 2) 否

### Lower Back Pain (腰痛)

D7.2 In the past 1 month (30 days), have you had low back pain that lasted a whole day or more?  
在过去的 1 个月内（30 天），您是否有腰痛长达一整天或更久？

- 1) Yes 1) 是  
 2) No (Go to D7.5) 2) 否 (跳到 D7.5)

D7.3 About how many days did you experience this pain in the past 1 month?  
在过去的 1 个月，您大约几天有这种疼痛？

Days \_\_\_\_\_  
天 \_\_\_\_\_

D7.4 Were you limited in your usual activities because of low back pain?  
您是否会因为腰痛而限制您平时的活动？

- 1) Yes 1) 是  
 2) No 2) 否

### Asthma (哮喘病)

D7.5 Have you ever been told by a Western-trained doctor that you have asthma?  
西医是否曾经告诉过您，您患有哮喘病？

- 1) Yes 1) 是
- 2) No (Go to D7.12) 2) 否 (跳到 D7.12)

D7.6 How old were you when the doctor first told you had asthma?  
您几岁时第一次被西医诊断您患有哮喘病？

Age \_\_\_\_\_  
年龄 \_\_\_\_\_

D7.7 Do you still have asthma?  
您还有哮喘病吗？

- 1) Yes 1) 是
- 2) No (Go to D7.12) 2) 否 (跳到 D7.12)

D7.8 During the last 12 months, have you had an episode of asthma or an asthma attack?  
在过去的 12 个月里，您的哮喘病是否有发作过？

- 1) Yes 1) 是
- 2) No (Go to D7.12) 2) 否 (跳到 D7.12)

D7.9 During the last 12 months, how many times did you have to visit A&E or a doctor's clinic for urgent treatment of asthma?  
在过去的 12 个月里，您有几次需要到急诊室或医生诊所紧急治疗哮喘病？

\_\_\_\_\_ Times  
\_\_\_\_\_ 次

D7.10 Over the past 1 month, on average, how many times **per week** do you need to use your inhaler medication for quick relief of asthma symptoms?  
在过去的 1 个月里，您**每星期**平均几次需要使用吸入性药物以尽快缓解哮喘病症状？

\_\_\_\_\_ Times per week  
\_\_\_\_\_ 每星期几次

D7.11 Are you taking a long term preventive medication for asthma every day?  
您是否每天服用预防哮喘病的长期药物？

**Guide : Preventive medication is one taken daily for the purpose of preventing asthma attacks.**  
**指南: 预防性药物指的是每天服用为防止哮喘病发作。**

- 1) Yes 1) 是
- 2) No 2) 否

**D7. Other Chronic Disease (其它慢性疾病)**

D7.12 Have you ever been told by a Western-trained doctor that you have the following chronic diseases (non-infectious type)?

西医是否曾经告知您，您有其它的慢性疾病（非传染性的）？

D7.12.1.a Have you ever been told by a Western-trained doctor that you have **arthritis (rheumatoid / osteoarthritis)**?

西医是否曾经告诉过您，您患有关节炎（类风湿性/骨关节炎）？

- 1) Yes 1) 是  
 2) No (Go to D7.12.2.a) 2) 否 (跳到 D7.12.2.a)

D7.12.1.b How old were you when the doctor first told you had **arthritis (rheumatoid / osteoarthritis)**?  
您几岁时第一次被西医诊断您患有关节炎（类风湿性/骨关节炎）？

Age 年龄 \_\_\_\_\_

D7.12.2.a Have you ever been told by a Western-trained doctor that you have **rheumatism**?

西医是否曾经告诉过您，您患有风湿？

- 1) Yes 1) 是  
 2) No (Go to D7.12.3.a) 2) 否 (跳到 D7.12.3.a)

D7.12.2.b How old were you when the doctor first told you had **rheumatism**?

您几岁时第一次被西医诊断您患有风湿？

Age 年龄 \_\_\_\_\_

D7.12.3.a Have you ever been told by a Western-trained doctor that you have **hyper-/hypo-thyroidism**?

西医是否曾经告诉过您，您患有甲状腺功能亢进症/甲状腺功能减退症？

- 1) Yes 1) 是  
 2) No (Go to D7.12.4.a) 2) 否 (跳到 D7.12.4.a)

D7.12.3.b How old were you when the doctor first told you had **hyper-/hypo-thyroidism**?

您几岁时第一次被西医诊断您患有甲状腺功能亢进症/甲状腺功能减退症？

Age 年龄 \_\_\_\_\_

D7.12.4.a Have you ever been told by a Western-trained doctor that you have **gastritis**?

西医是否曾经告诉过您，您患有胃炎？

- 1) Yes 1) 是  
 2) No (Go to D7.12.5.a) 2) 否 (跳到 D7.12.5.a)

D7.12.4.b How old were you when the doctor first told you had **gastritis**?

您几岁时第一次被西医诊断您患有胃炎？

Age 年龄 \_\_\_\_\_

D7.12.5.a Have you ever been told by a Western-trained doctor that you have **chronic bronchitis**?  
西医是否曾经告诉过您，您患有**慢性支气管炎**？

- 1) Yes 1) 是  
 2) No (Go to D7.12.6.a) 2) 否 (跳到 D7.12.6.a)

D7.12.5.b How old were you when the doctor first told you had **chronic bronchitis**?  
您几岁时第一次被西医诊断患有**慢性支气管炎**？

Age \_\_\_\_\_  
年龄 \_\_\_\_\_

D7.12.6.a Have you ever been told by a Western-trained doctor that you have **emphysema**?  
西医是否曾经告诉过您，您患有**肺气肿**？

- 1) Yes 1) 是  
 2) No (Go to D7.12.7.a) 2) 否 (跳到 D7.12.7.a)

D7.12.6.b How old were you when the doctor first told you had **emphysema**?  
您几岁时第一次被西医诊断您患有**肺气肿**？

Age \_\_\_\_\_  
年龄 \_\_\_\_\_

D7.12.7.a Have you ever been told by a Western-trained doctor that you have **gout**?  
西医是否曾经告诉过您，您患有**痛风**？

- 1) Yes 1) 是  
 2) No (Go to D7.12.8.a) 2) 否 (跳到 D7.12.8.a)

D7.12.7.b How old were you when the doctor first told you had **gout**?  
您几岁时第一次被西医诊断您患有**痛风**？

Age \_\_\_\_\_  
年龄 \_\_\_\_\_

D7.12.8.a Have you ever been told by a Western-trained doctor that you have **cataract**?  
西医是否曾经告诉过您，您患有**白内障**？

- 1) Yes 1) 是  
 2) No (Go to D7.12.9.a) 2) 否 (跳到 D7.12.9.a)

D7.12.8.b How old were you when the doctor first told you had **cataract**?  
您几岁时第一次被西医诊断您患有**白内障**？

Age \_\_\_\_\_  
年龄 \_\_\_\_\_

D7.12.9.a Have you ever been told by a Western-trained doctor that you have **cancer**?  
西医是否曾经告诉过您，您患有**癌症**？

- 1) Yes 1) 是  
 2) No (Go to D7.12.10.a) 2) 否 (跳到 D7.12.10.a)

D7.12.9.a.1 What is the **type of cancer**?  
**癌症类型**是什么？

Type of cancer:  
癌症类型 \_\_\_\_\_

D7.12.9.b How old were you when the doctor first told you had **cancer**?  
您几岁时第一次被西医诊断您患有**癌症**？

Age \_\_\_\_\_  
年龄 \_\_\_\_\_

D7.12.10.a Have you ever been told by a Western-trained doctor that you have **other type of chronic diseases (non-infectious type)**?  
西医是否曾经告诉过您，您有**其它的慢性疾病（非传染性的）**？

- 1) Yes 1) 是  
 2) No (Go to next section) 2) 否（跳到下一个部分）

D7.12.10.a.1 Please specify the disease:  
请说明： \_\_\_\_\_

D7.12.10.b How old were you when the doctor first told you had **other chronic diseases (non-infectious type)**?  
您几岁时第一次被西医诊断您患有**其它的慢性疾病（非传染性的）**？

Age \_\_\_\_\_  
年龄 \_\_\_\_\_

D7.12.11.a Have you ever been told by a Western-trained doctor that you have **other type of chronic diseases (non-infectious type)**?  
西医是否曾经告诉过您，您有**其它的慢性疾病（非传染性的）**？

- 1) Yes 1) 是  
 2) No (Go to next section) 2) 否（跳到下一个部分）

D7.12.11.a.1 Please specify the disease:  
请说明： \_\_\_\_\_

D7.12.11.b How old were you when the doctor first told you had **other chronic diseases (non-infectious type)**?  
您几岁时第一次被西医诊断您患有**其它的慢性疾病（非传染性的）**？

Age \_\_\_\_\_  
年龄 \_\_\_\_\_

**SECTION E – WOMEN’S HEALTH (女性健康) [For Men, Go to Section F]**

E1.1 Are you currently pregnant?

您现在是否怀孕?

- 1) Yes (Go to E1.7) 1) 是 (跳到 E1.7)
- 2) No 2) 否

E1.2 Have you stopped having your periods?

您的月经是否停止了?

**Guide : This refers to permanently stop periods.**

**指南: 这里指的是永久停止月经。**

- 1) Yes 1) 是
- 2) No (Go to E1.7) 2) 否 (跳到 E1.7)

E1.3 Did your period stop naturally or because of a hysterectomy?

您是自然停经还是因为进行了子宫切除手术?

**Guide : A hysterectomy is an operation done to remove the uterus (womb).**

**指南: 子宫切除术是一种为切除子宫而进行的手术。**

- 1) Naturally 1) 自然停经
- 2) Hysterectomy 2) 子宫切除手术

E1.4 At what age did your periods stop?

您的月经在几岁时停止?

Age \_\_\_\_\_  
年龄 \_\_\_\_\_

E1.5 Did you take hormone replacement therapy after your periods stopped?

您停经后, 是否有接受荷尔蒙激素替代疗法?

- 1) Yes 1) 是
- 2) No (Go to E1.7) 2) 否 (跳到 E1.7)

E1.6 Are you still taking hormone replacement therapy?

您目前还在接受荷尔蒙激素替代疗法吗?

- 1) Yes 1) 是
- 2) No 2) 否

E1.7 Have you given birth to any children?

您有生过孩子吗?

- 1) Yes 1) 是
- 2) No (Go to Section F) 2) 否 (跳到 F 部分)

E1.8 How many children have you given birth to?

您生过几个孩子?

_____	Children 孩子
-------	----------------

**SECTION F – PHYSICAL ACTIVITY (体能活动)**

**We would like you to think about the physical activities that you do in the last three months.**  
请您想想，您在过去三个月做的体力活动。

**F1. Leisure Time Activity 休闲活动**

**We would like you to think about the things that you do in your free time.**  
请您想想，您在休闲的时候做的活动。

F1.1 On average, how much time do you usually spend watching TV/ DVDs/ videos on a typical weekday?  
在平常的周日里，您通常花多少时间观看电视/DVD/影片？

Hours 小时

Minutes 分钟

F1.2 On average, how much time do you usually spend watching TV/ DVDs/ videos on a typical weekend day?  
在平常的周末里，您通常花多少时间观看电视/DVD/影片？

Hours 小时

Minutes 分钟

F1.3.a	Which of the following do you do in your spare time (outside working hours)? Activities must be done <u>at least once a month</u> . (Please tick all that applies). 您在空余时间（工作时间以外）进行下列哪项？活动必须 <u>至少每月进行一次</u> 。 (请勾选所有适用的活动)
--------	--

**Walking and Miscellaneous (步行和其他)**

<input type="checkbox"/>	1. Walking for pleasure or walking for exercise (e.g. walking with children or pets - <b>DO NOT</b> include walking to get from one place to another) 为了休闲或锻炼身体而散步(如带孩子或宠物散步， <b>不包括</b> 从一个地方步行到另一个地方)
<input type="checkbox"/>	2. Bicycling for pleasure 为了休闲而骑脚車
<input type="checkbox"/>	3. Dancing - ballroom, square, line and/or disco 跳舞：标准舞、土风舞、排舞和/或迪斯科
<input type="checkbox"/>	4. Dancing - aerobic, ballet 跳舞：有氧舞蹈、芭蕾舞

**Conditioning Exercise (运动训练)**

<input type="checkbox"/>	9. Home exercise (e.g. sit-ups, push-ups, skipping) 家中运动（如仰卧起坐、俯卧撑、跳绳）
<input type="checkbox"/>	10. Health club exercise classes (e.g. aerobics, Zumba) 健身俱乐部健身课程（如健身操、尊巴）
<input type="checkbox"/>	11. Jog/walk combinations 慢跑/散步
<input type="checkbox"/>	12. Balance exercises: Taiqi, Qigong, Breathing Exercises, Yoga, Pilates 平衡性运动：太极、气功、呼吸练习、瑜伽、普拉提
<input type="checkbox"/>	13. Running 跑步
<input type="checkbox"/>	14. Weight lifting 举重

F1.3.a	<p>Which of the following do you do in your spare time (outside working hours)? Activities must be done <u>at least once a month</u>. <i>(Please tick all that applies)</i>.</p> <p>您在空余时间（工作时间以外）进行下列哪项？活动必须<u>至少每月进行一次</u>。 (请勾选所有适用的活动)</p>
<b>Water Activities (水上运动)</b>	
<input type="checkbox"/>	18. Canoeing or rowing for pleasure 为了休闲，划独木舟或划船
<input type="checkbox"/>	19. Canoeing or rowing for competition 为了比赛，划独木舟或划船
<input type="checkbox"/>	20. Swimming (at least 50m in a pool) 游泳（在泳池游至少 50 米）
<input type="checkbox"/>	21. Swimming at the beach 在海边游泳
<b>Sports Activities (体育运动)</b>	
<input type="checkbox"/>	24. Bowling 保龄球
<input type="checkbox"/>	26. Table tennis 乒乓球
<input type="checkbox"/>	27. Tennis - singles 网球单打
<input type="checkbox"/>	28. Tennis - doubles 网球双打
<input type="checkbox"/>	32. Badminton 羽毛球
<input type="checkbox"/>	33. Basketball/netball – non-score game i.e. not keeping score 篮球/英式篮球-非比赛性的,不记分数
<input type="checkbox"/>	34. Basketball/netball – game play (keeping score) 篮球/英式篮球-比赛性的（记分数）
<input type="checkbox"/>	37. Soccer (football) 足球
<input type="checkbox"/>	42.1 Golf : riding a power kart / buggy 高尔夫球：乘坐电动车/球车
<input type="checkbox"/>	42.2 Golf : walking and pulling clubs on cart 高尔夫球：步行并用手推车拉球杆
<input type="checkbox"/>	42.3 Golf : walking and carrying clubs 高尔夫球：步行并背着球杆
<input type="checkbox"/>	43. Did not do any of the above activities (Go to F1.4) 没有做以上的活动（跳到 F1.4）



F1.3.b.1 How many times do you do **walking for pleasure or walking for exercise** (e.g. walking with children or pets - **DO NOT** include walking to get from one place to another)  
您多常为了休闲或锻炼身体而散步(如带孩子或宠物散步, 不包括从一个地方步行到另一个地方)?

Week 每周

Month 每月

F1.3.c.1 On average, how long do you do **walking for pleasure or walking for exercise** (e.g. walking with children or pets - **DO NOT** include walking to get from one place to another) each time ?  
您平均每次花多少时间为了休闲或锻炼身体而散步(如带孩子或宠物散步, 不包括从一个地方步行到另一个地方)?

Minutes

分钟

F1.3.b.2 How many times do you do **bicycling for pleasure**?  
您多常为了休闲而骑脚車?

Week 每周

Month 每月

F1.3.c.2 On average, how long do you do **bicycling for pleasure** each time?  
您平均每次花多少时间为了休闲而骑脚車?

Minutes

分钟

F1.3.b.3 How many times do you do **dancing - ballroom, square, line and/or disco**?  
您多常跳舞——标准舞、土风舞、排舞和/或迪斯科?

Week 每周

Month 每月

F1.3.c.3 On average, how long do you do **dancing - ballroom, square, line and/or disco** each time?  
您平均每次花多少时间跳舞——标准舞、土风舞、排舞和/或迪斯科?

Minutes

分钟

F1.3.b.4 How many times do you do **dancing - aerobic, ballet**?  
您多常跳舞——有氧舞蹈、芭蕾舞?

Week 每周

Month 每月

F1.3.c.4 On average, how long do you do **dancing - aerobic, ballet** each time?  
您平均每次花多少时间跳舞——有氧舞蹈、芭蕾舞?

Minutes

分钟

F1.3.b.9 How many times do you do **home exercise (e.g. sit-ups, push-ups, skipping)**?  
您多常做家中运动（如仰卧起坐、俯卧撑、跳绳）?

Week 每周

Month 每月

F1.3.c.9 On average, how long do you do **home exercise (e.g. sit-ups, push-ups, skipping)** each time?  
您平均每次花多少时间做家中运动（如仰卧起坐、俯卧撑、跳绳）?

Minutes

分钟

F1.3.b.10 How many times do you do **health club exercise classes (e.g. aerobics, zumba)**?  
您多常参加健身俱乐部健身课程（如健身操、尊巴）?

Week 每周

Month 每月

F1.3.c.10 On average, how long do you do **health club exercise classes (e.g. aerobics, zumba)** each time?  
您平均每次花多少时间参加健身俱乐部健身课程（如健身操、尊巴）?

Minutes

分钟

F1.3.b.11 How many times do you do **jog/walk combinations**?  
您多常慢跑/散步?

Week 每周

Month 每月

F1.3.c.11 On average, how long do you do **jog/walk combinations** each time?  
您平均每次花多少时间慢跑/散步?

Minutes

分钟

F1.3.b.12 How many times do you do **balance exercises: Taiqi, Qigong, breathing exercises, yoga, pilates**?

您多常做**平衡性运动**: 太极、气功、呼吸练习、瑜伽、普拉提?

Week 每周

Month 每月

F1.3.c.12 On average, how long do you do **balance exercises: Taiqi, Qigong, breathing exercises, yoga, pilates** each time?

您平均每次花多少时间做**平衡性运动**: 太极、气功、呼吸练习、瑜伽、普拉提?

Minutes

分钟

F1.3.b.13 How many times do you do **running**?

您多常**跑步**?

Week 每周

Month 每月

F1.3.c.13 On average, how long do you do **running** each time?

您平均每次花多少时间**跑步**?

Minutes

分钟

F1.3.b.14 How many times do you do **weight lifting**?

您多常**举重**?

Week 每周

Month 每月

F1.3.c.14 On average, how long do you do **weight lifting** each time?

您平均每次花多少时间**举重**?

Minutes

分钟

F1.3.b.18 How many times do you do **canoeing or rowing for pleasure**?

您多常**为了休闲, 划独木舟或划船**?

Week 每周

Month 每月

F1.3.c.18 On average, how long do you do **canoeing or rowing for pleasure** each time?  
您平均每次花多少时间为了休闲, 划独木舟或划船?  
Minutes  
分钟  
\_\_\_\_\_

F1.3.b.19 How many times do you do **canoeing or rowing for competition**?  
您多常为了比赛, 划独木舟或划船?  
 Week 每周

Month 每月

F1.3.c.19 On average, how long do you do **canoeing or rowing for competition** each time?  
您平均每次花多少时间为了比赛, 划独木舟或划船?  
Minutes  
分钟  
\_\_\_\_\_

F1.3.b.20 How many times do you do **swimming (at least 50 m in a pool)**?  
您多常游泳 (在泳池游至少 50 米)?  
 Week 每周

Month 每月

F1.3.c.20 On average, how long do you do **swimming (at least 50 m in a pool)** each time?  
您平均每次花多少时间游泳 (在泳池游至少 50 米)?  
Minutes  
分钟  
\_\_\_\_\_

F1.3.b.21 How many times do you do swimming at the beach?  
您多常在海边游泳?  
 Week 每周

Month 每月

F1.3.c.21 On average, how long do you do **swimming at the beach** each time?  
您平均每次花多少时间在海边游泳?  
Minutes  
分钟  
\_\_\_\_\_

F1.3.b.24 How many times do you do **bowling**?  
您多常打保齡球?

Week 每周

Month 每月

F1.3.c.24 On average, how long do you do **bowling** each time?  
您平均每次花多少时间打保齡球?

Minutes

分钟

F1.3.b.26 How many times do you do **table-tennis**?  
您多常打乒乓球?

Week 每周

Month 每月

F1.3.c.26 On average, how long do you do **table-tennis** each time?  
您平均每次花多少时间打乒乓球?

Minutes

分钟

F1.3.b.27 How many times do you do **tennis-singles**?  
您多常打网球单打?

Week 每周

Month 每月

F1.3.c.27 On average, how long do you do **tennis-singles** each time?  
您平均每次花多少时间打网球单打?

Minutes

分钟

F1.3.b.28 How many times do you do **tennis-doubles**?  
您多常打网球双打?

Week 每周

Month 每月

F1.3.c.28 On average, how long do you do **tennis-doubles** each time?  
您平均每次花多少时间打网球双打?

Minutes

分钟

F1.3.b.32 How many times do you do **badminton**?  
您多常打羽毛球?

Week 每周

Month 每月

F1.3.c.32 On average, how long do you do **badminton** each time?  
您平均每次花多少时间打羽毛球?

Minutes

分钟

F1.3.b.33 How many times do you do **basketball/netball – non-score game i.e. not keeping score**?  
您多常打篮球/英式篮球-非比赛性的,不记分数?

Week 每周

Month 每月

F1.3.c.33 On average, how long do you do **basketball/netball – non-score game i.e. not keeping score** each time?  
您平均每次花多少时间打篮球/英式篮球-非比赛性的,不记分数?

Minutes

分钟

F1.3.b.34 How many times do you do **basketball/netball - game play (keeping score)**?  
您多常打篮球/英式篮球-比赛性的(计分数)?

Week 每周

Month 每月

F1.3.c.34 On average, how long do you do **basketball/netball - game play (keeping score)** each time?  
您平均每次花多少时间打篮球/英式篮球-比赛性的(计分数)?

Minutes

分钟

F1.3.b.37 How many times do you do **soccer (football)**?  
您多常踢足球?

Week 每周

Month 每月

F1.3.c.37 On average, how long do you do **soccer (football)** each time?  
您平均每次花多少时间踢足球?

Minutes  
分钟

F1.3.b.42.1 How many times do you do **golf: riding a power kart /buggy**?  
您多常打高尔夫球: 乘坐电动车/球车?

Week 每周

Month 每月

F1.3.c.42.1 On average, how long do you do **golf: riding a power kart/buggy** each time?  
您平均每次花多少时间打高尔夫球: 乘坐电动车/球车?

Minutes  
分钟

F1.3.b.42.2 How many times do you do **golf: walking and pulling clubs on cart**?  
您多常打高尔夫球: 步行并用手推车拉球杆?

Week 每周

Month 每月

F1.3.c.42.2 On average, how long do you do **golf: walking and pulling clubs on cart** each time?  
您平均每次花多少时间打高尔夫球: 步行并用手推车拉球杆?

Minutes  
分钟

F1.3.b.42.3 How many times do you do **golf: walking and carrying clubs**?  
您多常打高尔夫球: 步行并背着球杆?

Week 每周

Month 每月

F1.3.c.42.3 On average, how long do you do **golf: walking and carrying clubs** each time?  
您平均每次花多少时间**打高尔夫球：步行并背着球杆**？  
Minutes  
分钟  
\_\_\_\_\_

F1.4 Do you do any other leisure time activities regularly that have not been included in the list?  
您有没有进行任何其他不包括在列表中的闲暇活动？  
 1) Yes 1) 是  
 2) No (Go to F2) 2) 否 (跳到 F2)

F1.4.1.a What is the name of the activity?  
活动的名称是什么？ \_\_\_\_\_

F1.4.1.b How many times do you do **other leisure time activities that you have stated above**?  
您多常**进行以上的休闲活动**？  
 Week 每周

Month 每月

F1.4.1.c On average, how long do you do **other leisure time activities that you have stated above** each time?  
您平均每次花多少时间**进行以上的休闲活动**？  
Minutes  
分钟  
\_\_\_\_\_

F1.4.2 Do you do any other leisure time activities regularly that have not been included in the list?  
您有没有进行任何其他不包括在列表中的闲暇活动？  
 1) Yes 1) 是  
 2) No (Go to F2) 2) 否 (跳到 F2)

F1.4.2.a What is the name of the activity?  
活动的名称是什么？ \_\_\_\_\_

F1.4.2.b How many times do you do **other leisure time activities that you have stated above**?  
您多常**进行以上的休闲活动**？  
 Week 每周

Month 每月

F1.4.2.c On average, how long do you do **other leisure time activities that you have stated above** each time?  
您平均每次花多少时间**进行以上的休闲活动**？  
Minutes  
分钟  
\_\_\_\_\_



## F2. Occupational Physical Activity (职业体育活动)

F2.1 In the last **3 months**, did you hold any job that last for **more than 1 month**?  
在过去 **3 个月**，您有没有持续做任何工作**超过 1 个月**？

**Guide** : **Job refers to paid work. This question does not include work (e.g. housework) done at your personal time.**

**指南**: 工作指的是有拿薪水的工作。这不包括个人时间做的工作，例如家务。

- 1) Yes 1) 是  
 2) No (Go to F3) 2) 否 (跳到 F3)

F2.2 I would like you to think about the activities you do at work over the last 3 months.  
我想请您回想一下您在过去 3 个月在工作时间所做的活动。

F2.2.1 What is your job?  
您的工作名称是什么？

**Guide** : **Job name should be descriptive enough to give an idea of the kind of intensity of job activity e.g. document "physical trainer" or "speech trainer", instead of just "trainer" or name of organization.**

**指南**: 工作名称应该是足以描述工作活动的强度。例如记录“体能教练”或“语音教练”，而不是记录“教练”或机构名称。

---

F2.2.2 How many days you work per week?  
您每周工作多少天？

**Guide** : **Record the number of days per week you are required to work.**

**指南**: 记录您每周需要工作的天数。

Days  
天

---

F2.2.3 How many weeks in the last 3 months that you work at the job? (**Min 4, Max 12**)  
您在过去 3 个月的工作周数是什么？（最少 4，最多 12）

Weeks  
星期

---

F2.2.4 On average, how many hours you work per day? (excluding breaktime)  
您每天平均工作多少小时？(不包括休息的时间)

Hours  
小时

---

F2.2.5 Number of hours you spent per day in each categories below while at work:  
您每天工作时花多少小时在以下的每个类别:

**Guide** : **Working hours spent sitting + Working hours spent not sitting = Total working hours**

**指南**: 工作时坐下的时数 + 工作时不坐下的时数 = 总工作时间

F2.2.5.a How many hours do you spent **sitting** per day while at work?  
您每天在工作中坐下的时数是什么？

**Guide** : **Record the number of hours you spent doing your job while in a sitting position. This excludes driving.**

**指南**: 记录您工作时坐着的时数。这不包括驾驶。

Hours  
小时

<p><b>Guide</b> : Please refer to the guide below for examples. 请参阅以下的指南作示例。</p>		
<p><b>Light activities, not sitting (no change in breathing pattern)</b> 轻微活动，不坐下（呼吸模式没有变化）:</p>	<p><b>Moderate activities, not sitting (make you breathe somewhat harder than normal)</b> 中度活动，不坐下（呼吸模式比平常快）:</p>	<p><b>Heavy activities, not sitting (make you breathe much harder than normal)</b> 剧烈活动，不坐下（呼吸模式比平常更快）:</p>
<p>Standing still without heavy lifting 站着不动，没有提重物</p>	<p>Carrying light loads 携带轻物</p>	<p>Carrying moderate to heavy loads 携带或搬运中等及以上重量的重物</p>
<p>Light cleaning - ironing, cooking, washing or dusting 轻微的打扫 - 烫衣服、烹饪、洗涤或扫尘</p>	<p>Continuous walking 连续步行</p>	<p>Heavy construction 吃力的建筑工作</p>
<p>Driving a car, bus, taxi, tractor 驾驶汽车、巴士、德士、拖拉机</p>	<p>Heavy cleaning - mopping, sweeping, scrubbing, vacuuming 大量清洗 - 抹地、扫地、洗刷、吸尘</p>	<p>Farming - hoeing, digging, mowing, raking 耕作 - 锄、挖、割草、耙</p>
<p>Jewelry making/ weaving 首饰制作/编织</p>	<p>Gardening - planting or weeding 园艺 - 种植或除草</p>	<p>Digging ditches/ shovelling 挖沟渠/铲土</p>
<p>General office work 一般办公室工作</p>	<p>Painting / plastering 绘画/粉刷</p>	
<p>Occasional short distance walking 偶尔短距离行走</p>	<p>Electrical work 装修电路</p>	

F2.2.5.b How many hours do you spent **not sitting** and doing **light activities** per day while at work?  
您每天在工作中做**轻微活动**的时数是什么？这**不包括**坐下来的时间。

**Guide** : *Driving a car, bus, taxi or tractor is categorized as "Light Activity". Light activities refer to no change in breathing pattern.*

指南: 驾驶汽车、巴士、德士、拖拉机被分类为“轻微活动”。轻微活动是指呼吸模式没有变化。

Hours  
小时

F2.2.5.c How many hours do you spent **not sitting** and **doing moderate activities** per day while at work?  
您每天在工作中做**中度活动**的时数是什么？这**不包括**坐下来的时间。

**Guide** : *Moderate activities refer to activities that make you breathe somewhat harder than normal.*

指南: 中度活动是指呼吸模式比平常快。

Hours  
小时

F2.2.5.d How many hours do you spent **not sitting** and **doing heavy activities** per day while at work?  
您每天在工作中做**剧烈活动**的时数是什么？这**不包括**坐下来的时间。

**Guide** : *Heavy activities refer to activities that make you breathe much harder than normal.*

指南: 剧烈活动是指呼吸模式比平常更快。

Hours  
小时

### F3. Household activity (家庭活动)

Now I would like you to think about the activities that you perform in order to look after your own home. Please specify the amount of time that you spend on the following activities.

现在，我想请您回想一下您为了照顾自己家里所做的活动。

请注明您花在以下活动的时间。

F3.1.a	Which of the following household activities that you do? Please tick all that applies. 您会为了照顾家里进行下列哪项家庭活动？(请勾选所有适用的活动)
<input type="checkbox"/>	43. Shopping (e.g. groceries, clothes): <b>excluding time to get there.</b> 购物(如日常用品、衣服): 不包括去的时间
<input type="checkbox"/>	44. Stair climbing while carrying a load (e.g. groceries bag). 提着东西(如购物袋)爬楼梯
<input type="checkbox"/>	45. Laundry (time loading, unloading, hanging, or folding only; <b>do not include washing by hand or the time taken to wash using machine.</b> ) 洗衣(放入衣物、拿出衣物、晾晒、或只是折叠; 不包括手洗衣服或洗衣机洗衣服的时间)
<input type="checkbox"/>	46. Light housework - tidying/dusting, sweeping, collecting thrash in the home, polishing, indoor gardening, ironing. 轻松的家务 - 整理/除尘、扫地、收集家中的垃圾、打磨、室内园艺、烫衣服
<input type="checkbox"/>	47. Heavy housework: vacuuming, mopping, scrubbing floors and walls, moving furniture, boxes and garbage cans. 繁重的家务: 吸尘、抹地、刷地板和墙壁、移动家具、箱子和垃圾桶
<input type="checkbox"/>	48. Food preparation ( <b>must be at least 10 minutes</b> ): chopping, stirring, moving about to get food items/pans etc. 准备食物(要至少 10 分钟的时间): 切菜、搅拌、走动拿取食品/锅等
<input type="checkbox"/>	49. Food service ( <b>must be at least 10 minutes</b> ): setting table, carrying food, serving food. 餐饮服务(要至少 10 分钟的时间): 摆桌子、上菜、分菜
<input type="checkbox"/>	50. Dish washing ( <b>must be at least 10 minutes</b> ): clearing table, washing/drying dishes, putting dishes away. 洗碗盘(要至少 10 分钟的时间): 清理桌子、清洗/烘干碗盘、收好碗盘
<input type="checkbox"/>	51. Light home repair: small appliances repair, light home maintenance/repair. 轻微的家居维修: 维修小型电器、轻微的家居维护/维修
<input type="checkbox"/>	52. Heavy home repair: painting, carpentry, washing / polishing car. 繁重的家居维修: 油漆、木工、清洗/打蜡车辆
<b>Yard Work (庭院工作)</b>	
<input type="checkbox"/>	56. Gardening: planting, weeding, digging, or hoeing. 园艺: 种植、除草、翻土、或锄地
<input type="checkbox"/>	57. Lawn mowing (walking only) 草坪割草(只用走的)
<input type="checkbox"/>	58. Clearing walks, driveways: sweeping, shoveling, raking 清理走道、车道: 扫地、铲、耙
<b>Looking After Elderly Persons or Children (照顾老人或儿童)</b>	
<input type="checkbox"/>	59. Older or disabled person (lifting, pushing wheelchair) 老年人或残疾人(抬起, 推轮椅)
<input type="checkbox"/>	60. Childcare (lifting, carrying or pushing stroller)s 托儿服务(抬起、搬运或推婴儿车)
<input type="checkbox"/>	61. Did not do any of the above activities (Go to F3.2) 没有做以上的活动(跳到 F3.2)

F3.1.b.43 How long do you do **shopping (e.g. groceries, clothes): excluding time to get there** each day?

您平均一天花多少时间购物（如日常用品、衣服）：不包括去的时间？

Minutes 分钟

Hours 小时

F3.1.c.43 How many days per week do you do **shopping (e.g. groceries, clothes): excluding time to get there?**

您平均一个星期会花几天购物（如日常用品、衣服）：不包括去的时间？

Days

天

F3.1.b.44 How long do you do **stair climbing while carrying a load (e.g. groceries bag)** each day?

您平均一天花多少时间提着东西（如购物袋）爬楼梯？

Minutes 分钟

Hours 小时

F3.1.c.44 How many days per week do you do **stair climbing while carrying a load (e.g. groceries bag)?**

您平均一个星期会花几天提着东西（如购物袋）爬楼梯？

Days

天

F3.1.b.45 How long do you do **laundry (time loading, unloading, hanging or folding only); do not include washing by hand or the time taken to wash using machine** each day?

您平均一天花多少时间洗衣（放入衣物、拿出衣物、晾晒、或只是折叠；不包括手洗衣服或洗衣机洗衣服的时间）？

Minutes 分钟

Hours 小时

F3.1.c.45 How many days per week do you do **laundry (time loading, unloading, hanging, or folding only; do not include washing by hand or the time taken to wash using the machine)?**

您平均一个星期会花几天洗衣（放入衣物、拿出衣物、晾晒、或只是折叠；不包括手洗衣服或洗衣机洗衣服的时间）？

Days

天

F3.1.b.46 How long do you do **light housework - tidying/dusting, sweeping, collecting thrash in the home, polishing, indoor gardening, ironing** each day?  
您平均一天花多少时间做**轻松的家务 - 整理/除尘、扫地、收集家中的垃圾、打磨、室内园艺、烫衣服**?

Minutes 分钟

Hours 小时

F3.1.c.46 How many days per week do you do **light housework - tidying/dusting, sweeping, collecting thrash in the home, polishing, indoor gardening, ironing**?  
您平均一个星期会花几天做**轻松的家务 - 整理/除尘、扫地、收集家中的垃圾、打磨、室内园艺、烫衣服**?

Days

天

F3.1.b.47 How long do you do **heavy housework: vacuuming, mopping, scrubbing floors and walls, moving furniture, boxes and garbage cans** each day?  
您平均一天花多少时间做**繁重的家务：吸尘、抹地、刷地板和墙壁、移动家具、箱子和垃圾桶**?

Minutes 分钟

Hours 小时

F3.1.c.47 How many days per week do you do **heavy housework: vacuuming, mopping, scrubbing floors and walls, moving furniture, boxes and garbage cans**?  
您平均一个星期会花几天做**繁重的家务：吸尘、抹地、刷地板和墙壁、移动家具、箱子和垃圾桶**?

Days

天

F3.1.b.48 How long do you do **food preparation (must be at least 10 minutes): chopping, stirring, moving about to get food items/pans etc.** each day?  
您平均一天花多少时间**准备食物（要至少 10 分钟的时间）：切菜、搅拌、走动拿取食品/锅等**?

Minutes 分钟

Hours 小时

F3.1.c.48 How many days per week do you do **food preparation (must be at least 10 minutes): chopping, stirring, moving about to get food items/pans etc.**?  
您平均一个星期会花几天**准备食物（要至少 10 分钟的时间）：切菜、搅拌、走动拿取食品/锅等**?

Days

天

F3.1.b.49 How long do you do **food service (must be at least 10 minutes): setting table, carrying food, serving food** each day?

您平均一天花多少时间做**餐饮服务**（要至少 10 分钟的时间）：摆桌子、上菜、分菜？

Minutes 分钟

Hours 小时

F3.1.c.49 How many days per week do you do **food service (must be at least 10 minutes): setting table, carrying food, serving food**?

您平均一个星期会花几天做**餐饮服务**（要至少 10 分钟的时间）：摆桌子、上菜、分菜？

Days

天

F3.1.b.50 How long do you do **dish washing (must be at least 10 minutes): clearing table, washing/drying dishes, putting dishes away** each day?

您平均一天花多少时间**洗碗盘**（要至少 10 分钟的时间）：清理桌子、清洗/烘干碗盘、收好碗盘？

Minutes 分钟

Hours 小时

F3.1.c.50 How many days per week do you do **dish washing (must be at least 10 minutes): clearing table, washing/drying dishes, putting dishes away**?

您平均一个星期会花几天**洗碗盘**（要至少 10 分钟的时间）：清理桌子、清洗/烘干碗盘、收好碗盘？

Days

天

F3.1.b.51 How long do you do **light home repair: small appliances repair, light home maintenance/repair** each day?

您平均一天花多少时间做**轻微的家居维修**：维修小型电器、轻微的家居维护/维修？

Minutes 分钟

Hours 小时

F3.1.c.51 How many days per week do you do **light home repair: small appliances repair, light home maintenance/repair**?

您平均一个星期会花几天做**轻微的家居维修**：维修小型电器、轻微的家居维护/维修？

Days

天

F3.1.b.52 How long do you do **heavy home repair: painting, carpentry, washing/polishing car** each day?

您平均一天花多少时间做**繁重的家居维修：油漆、木工、清洗/打蜡车辆**？

Minutes 分钟

Hours 小时

F3.1.c.52 How many days per week do you do **heavy home repair: painting, carpentry, washing/polishing car**?

您平均一个星期会花几天做**繁重的家居维修：油漆、木工、清洗/打蜡车辆**？

Days

天

F3.1.b.56 How long do you do **gardening: planting, weeding, digging or hoeing** each day?

您平均一天花多少时间做**园艺：种植、除草、翻土、或锄地**？

Minutes 分钟

Hours 小时

F3.1.c.56 How many days per week do you do **gardening: planting, weeding, digging, or hoeing**?

您平均一个星期会花几天做**园艺：种植、除草、翻土、或锄地**？

Days

天

F3.1.b.57 How long do you do **lawn mowing (walking only)** each day?

您平均一天花多少时间做**草坪割草(只用走的)**？

Minutes 分钟

Hours 小时

F3.1.c.57 How many days per week do you do **lawn mowing (walking only)**?

您平均一个星期会花几天做**草坪割草(只用走的)**？

Days

天

F3.1.b.58 How long do you do **clearing walks, driveways: sweeping, shoveling, raking** each day?  
您平均一天花多少时间**清理走道、车道：扫地、铲、耙**？

Minutes 分钟

Hours 小时

F3.1.c.58 How many days per week do you do **clearing walks, driveways: sweeping, shoveling, raking**?

您平均一个星期会花几天**清理走道、车道：扫地、铲、耙**？

Days

天

\_\_\_\_\_

F3.1.b.59 How long do you look after **older or disabled person (lifting, pushing wheelchair)** each day?  
您平均一天花多少时间**照顾老年人或残疾人（抬起，推轮椅）**？

Minutes 分钟

Hours 小时

F3.1.c.59 How many days per week do you look after **older or disabled person (lifting, pushing wheelchair)**?

您平均一个星期会花几天**照顾老年人或残疾人（抬起，推轮椅）**？

Days

天

\_\_\_\_\_

F3.1.b.60 How long do you look after **childcare (lifting, carrying or pushing stroller)s** each day?  
您平均一天花多少时间**做托儿服务（抬起、搬运或推婴儿车）**？

Minutes 分钟

Hours 小时

F3.1.c.60 How many days per week do you do **childcare (lifting, carrying or pushing stroller)s**?

您平均一个星期会花几天**做托儿服务（抬起、搬运或推婴儿车）**？

Days

天

\_\_\_\_\_



F3.2 Do you do any other household activities regularly that have not been included in the list?  
您有没有进行任何其他不包括在列表中的家庭活动?

- 1) Yes 1) 是
- 2) No (Go to F4) 2) 否 (跳到 F4)

F3.2.a What is the name of the activity?  
活动的名称是什么?

---

F3.2.b How long do you do **other household activities that you have stated above** each day?  
您平均一天花多少时间做**以上的家庭活动**?

Minutes 分钟

Hours 小时

F3.2.c How many days per week do you do **other household activities that you have stated above**?  
您平均一个星期会花几天做**以上的家庭活动**?

Days  
天

---

F3.3 Do you do any other household activities regularly that have not been included in the list?  
您有没有进行任何其他不包括在列表中的家庭活动?

- 1) Yes 1) 是
- 2) No (Go to F4) 2) 否 (跳到 F4)

F3.3.a What is the name of the activity?  
活动的名称是什么?

---

F3.3.b How long do you do **other household activities that you have stated above** each day?  
您平均一天花多少时间做**以上的家庭活动**?

Minutes 分钟

Hours 小时

F3.3.c How many days per week do you do **other household activities that you have stated above**?  
您平均一个星期会花几天做**以上的家庭活动**?

Days  
天

---

#### F4. Transportation (交通)

In this context, the sole purpose of walking, cycling or taking motorised transport is to travel from one place to another. It does not refer to walking, cycling or taking motorised transport while on your job.

在这个项目的情况下，步行、骑脚車、駕駛或騎/乘坐交通工具的唯一目的，是為了從一個地方去到另一個地方。這不包括您在工作時需要的步行、騎脚車、駕駛或騎/乘坐交通工具。

F4.1 Do you walk for **at least 10 minutes continuously** to get to and from places?

您有沒有持續步行至少 10 分鐘來回一些地方？

- 1) Yes 1) 是
- 2) No (Go to F4.5) 2) 否 (跳到 F4.5)

F4.2 How much time would you spend walking at least 10 minutes continuously (to get to and from places) on a day?

在平常的一天里，您會花多少時間持續步行至少 10 分鐘來回一些地方？

Hours 小時

Minutes 分鐘

F4.3 In a typical week, how many days do you walk for at least 10 minutes continuously (to get to and from places)?

在平常的一周里，您有多少天持續步行至少 10 分鐘來回一些地方？

Days a Week

每周几天

F4.4 What is the intensity of walking?

您步行的強度是什麼？

- 1) No change in breathing pattern  
呼吸模式沒有變化
- 2) Make you breathe somewhat harder than normal  
您的呼吸會比平常快
- 3) Make you breathe much harder than normal  
您的呼吸比平常更快

F4.5 Do you use a bicycle (pedal cycle) for **at least 10 minutes continuously** to get to and from places?

您有沒有騎一輛脚踏車持續至少 10 分鐘來回一些地方？

**Guide : This does not refer to motorized cycles, whether by electric or engine version.**

**指南：這不包括用電池或摩托發動的電動脚踏車。**

- 1) Yes 1) 是
- 2) No (Go to F4.9) 2) 否 (跳到 F4.9)

F4.6 How much time would you spend bicycling at least 10 minutes continuously (to get to and from places) on a day?

在平常的一天里，您会花多少时间骑脚车持续至少 10 分钟来回一些地方？

Hours 小时

Minutes 分钟

F4.7 In a typical week, how many days do you bicycle for at least 10 minutes continuously (to get to and from places)?

在平常的一周里，您有多少天骑脚车持续至少 10 分钟来回一些地方？

Days a Week

每周几天

---

F4.8 What is the intensity of bicycling?

您骑脚车的强度是什么？



1) No change in breathing pattern

呼吸模式没有变化



2) Make you breathe somewhat harder than normal

您的呼吸会比平常快



3) Make you breathe much harder than normal

您的呼吸比平常更快

F4.9 How much time would you spend sitting during motorized transport (e.g. car, bus or MRT) for travel on a day?

在平常的一天里，您会花多少时间乘坐交通工具（例如驾车、搭巴士或地铁），来回一些地方？

Hours 小时

Minutes 分钟

F4.10 In a typical week, how many days do you drive or ride motorized transport to get to and from places?

在平常的一周里，您有几天是驾驶或骑乘坐交通工具来回一些地方？

Days a Week

每周几天

---

### F5. Total Sitting Time

F5.1 How much time do you usually spend sitting or reclining on a typical **weekday**?  
在平常的周日里，您通常会花多少时间坐着或躺着？

**Guide** : *This exclude the time you were sleeping or napping, but include the time spend sitting during free time, at work and transportation.*

**指南**: 这不包括睡眠或小憩时间, 但请把您在空闲时、工作时、乘坐交通工具时坐着的时间算进去。

Hours 小时

Minutes 分钟

F5.2 How much time do you usually spend sitting or reclining on a typical **weekend day**?  
在平常的周末日里，您通常会花多少时间坐着或躺着？

**Guide** : *This exclude the time you were sleeping or napping, but include the time spend sitting during free time, at work and transportation.*

**指南**: 这不包括睡眠或小憩时间, 但请把您在空闲时、工作时、乘坐交通工具时坐着的时间算进去。

Hours 小时

Minutes 分钟

**Section G – Work Ability (工作能力)**  
**[Only for online survey]**

**G1 Current work ability compared with the lifetime best**

目前的工作能力相比于过往最佳的表现

Assume that your work ability at its best has a value of 10 points. How many points would you give your current work ability? (0 means that you cannot currently work at all)

假设您过往最佳的工作能力是 10 分，您会给您目前的工作能力多少分？

(0 表示您目前不能工作)

▼

**G2 Work ability in relation to the demands of the job**

工作能力相对于该工作的要求

G2.1 How do you rate your current work ability with respect to the physical demands of your work?

您如何评价您目前的工作能力相对于您工作的体力要求？

- |                       |                |         |
|-----------------------|----------------|---------|
| <input type="radio"/> | 1) Very good   | 1) 非常好  |
| <input type="radio"/> | 2) Rather good | 2) 相当不错 |
| <input type="radio"/> | 3) Moderate    | 3) 中度   |
| <input type="radio"/> | 4) Rather poor | 4) 比较差  |
| <input type="radio"/> | 5) Very poor   | 5) 很差   |

G2.2 How do you rate your current work ability with respect to the mental demands of your work?

您如何评价您目前的工作能力相对于您工作的心智要求？

- |                       |                |         |
|-----------------------|----------------|---------|
| <input type="radio"/> | 1) Very good   | 1) 非常好  |
| <input type="radio"/> | 2) Rather good | 2) 相当不错 |
| <input type="radio"/> | 3) Moderate    | 3) 中度   |
| <input type="radio"/> | 4) Rather poor | 4) 比较差  |
| <input type="radio"/> | 5) Very poor   | 5) 很差   |

**G3 Estimated work impairment due to diseases**

Please select the answer that best describes you.

工作因疾病的估计减值

请选择最适合您的答案。

**Is your illness or injury a hindrance to your current job?**

您的疾病或体伤是否是您目前工作的障碍？

G3.1 There is no hindrance / I have no diseases.

没有障碍/我没有病。

- |                       |                   |         |
|-----------------------|-------------------|---------|
| <input type="radio"/> | 1) I agree        | 1) 我同意  |
| <input type="radio"/> | 2) I do not agree | 2) 我不同意 |

G3.2 I am able to do my job, but it causes some symptoms.

我可以做我的工作，但它会造成一些症状。

- |                       |                   |         |
|-----------------------|-------------------|---------|
| <input type="radio"/> | 1) I agree        | 1) 我同意  |
| <input type="radio"/> | 2) I do not agree | 2) 我不同意 |

G3.3 I must sometimes slow down my work pace or change my work methods.  
我有时必须放慢我的工作节奏或改变我的工作方式。

- |                       |                   |         |
|-----------------------|-------------------|---------|
| <input type="radio"/> | 1) I agree        | 1) 我同意  |
| <input type="radio"/> | 2) I do not agree | 2) 我不同意 |

G3.4 I must often slow down my work pace or change my work methods.  
我必须经常放慢我的工作节奏或改变我的工作方式。

- |                       |                   |         |
|-----------------------|-------------------|---------|
| <input type="radio"/> | 1) I agree        | 1) 我同意  |
| <input type="radio"/> | 2) I do not agree | 2) 我不同意 |

G3.5 Because of my disease, I feel I am able to do only part-time work.  
因为我的病，我觉得我只能做兼职工作。

- |                       |                   |         |
|-----------------------|-------------------|---------|
| <input type="radio"/> | 1) I agree        | 1) 我同意  |
| <input type="radio"/> | 2) I do not agree | 2) 我不同意 |

G3.6 In my opinion, I am entirely unable to work.  
以我看来，我完全不能工作。

- |                       |                   |         |
|-----------------------|-------------------|---------|
| <input type="radio"/> | 1) I agree        | 1) 我同意  |
| <input type="radio"/> | 2) I do not agree | 2) 我不同意 |

**G4 Sick leave during the past year (12 months)**  
**过去一年的病假 (12 个月)**

How many whole days have you been off work because of a health problem (disease or health care or for examination) during the past year (12 months)?

在过去一年里 (12 个月)，您有几天因为健康问题 (疾病或医疗保健或检查) 而一整天的没工作?

Days

天

**G5 Own prognosis of work ability two years from now**  
**从现在起至两年内工作能力的自我预测**

Do you believe that - from the standpoint of your health - you will be able to do your current job two years from now?

从您的健康的立场来看，您相信您能从现在起至两年内，做您目前的工作吗?

- |                       |                       |         |
|-----------------------|-----------------------|---------|
| <input type="radio"/> | 1) Unlikely           | 1) 不太可能 |
| <input type="radio"/> | 2) Not certain        | 2) 不确定  |
| <input type="radio"/> | 3) Relatively certain | 3) 相对确定 |

**G6 Mental resources (精神资源)**

G6.1 Have you recently been able to enjoy your regular daily activities?  
您最近能够享受您的日常活动吗?

- |                       |                  |         |
|-----------------------|------------------|---------|
| <input type="radio"/> | 1) Often         | 1) 时常   |
| <input type="radio"/> | 2) Rather often  | 2) 比较经常 |
| <input type="radio"/> | 3) Sometimes     | 3) 有时   |
| <input type="radio"/> | 4) Rather seldom | 4) 比较少  |
| <input type="radio"/> | 5) Never         | 5) 从不   |

G6.2 Have you recently been active and alert?  
您最近会活跃和机警吗?

- |                          |                  |         |
|--------------------------|------------------|---------|
| <input type="checkbox"/> | 1) Often         | 1) 时常   |
| <input type="checkbox"/> | 2) Rather often  | 2) 比较经常 |
| <input type="checkbox"/> | 3) Sometimes     | 3) 有时   |
| <input type="checkbox"/> | 4) Rather seldom | 4) 比较少  |
| <input type="checkbox"/> | 5) Never         | 5) 从不   |

G6.3 Have you recently felt yourself to be full of hope for the future?  
您最近有感到自己对未来充满希望吗?

- |                          |                  |         |
|--------------------------|------------------|---------|
| <input type="checkbox"/> | 1) Continuously  | 1) 一直都有 |
| <input type="checkbox"/> | 2) Rather often  | 2) 比较经常 |
| <input type="checkbox"/> | 3) Sometimes     | 3) 有时   |
| <input type="checkbox"/> | 4) Rather seldom | 4) 比较少  |
| <input type="checkbox"/> | 5) Never         | 5) 从不   |

**Section H – Pittsburgh Sleep Quality Index (匹兹堡睡眠质量指数)**  
**[Only for online survey]**