

**SINGAPORE POPULATION HEALTH STUDIES – FIRST FOLLOW-UP (MECT)  
 WEBSURVEY 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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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 according to the order of preference
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: \_\_\_\_\_

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

Study ID:

**SECTION A – LIFESTYLE FACTORS**

**生活方式**

**Smoking**

**吸烟**

A1 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)?

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

- |      |                  |                 |
|------|------------------|-----------------|
| 1)   | Yes              | 有               |
| 2)   | No (Go to A1.6)  | 没有 (Go to A1.6) |
| 888) | Refuse to answer | 拒绝回答            |

A1.2 Do you smoke cigarettes currently? 您目前是否有吸烟?

- |      |                  |                 |
|------|------------------|-----------------|
| 1)   | Yes              | 有               |
| 2)   | No (Go to A1.5)  | 没有 (Go to A1.5) |
| 888) | Refuse to answer | 拒绝回答            |

A1.3 Do you smoke cigarettes...? 您是否...吸烟?

**Interviewers' Guide:** "Currently" refers to period around time of interview

- |      |                               |                  |
|------|-------------------------------|------------------|
| 1)   | Everyday                      | 每天               |
| 2)   | Occasionally (Go to A1.5)     | 偶尔 (Go to A1.5)  |
| 888) | Refuse to answer (Go to A1.5) | 拒绝回答(Go to A1.5) |

A1.4 When did you start smoking cigarettes daily? 您什么时候开始每天吸烟?

- |                        |       |               |                  |
|------------------------|-------|---------------|------------------|
| Age when started       | 开始的年龄 | _____         | } → (Go to A1.6) |
| (or) Year when started | 开始的年份 | _ _ _ _ _ _ _ |                  |
| (or) years ago         | 年前    | _____         |                  |
| 888) Refuse to answer  | 拒绝回答  |               |                  |
| 999) Do not know       | 不知道   |               |                  |

A1.5 When did you last stop smoking cigarettes regularly? 您最后一次停止经常吸烟, 是什么时候?

**Interviewers' Guide:** Participant might have tried to quit repeatedly. Ask for the last quit year. "Stop smoking" means a total cessation in smoking.

- |                                    |                   |               |
|------------------------------------|-------------------|---------------|
| Age when stopped                   | 停止时的年龄            | _____         |
| (or) Year when stopped             | 停止时的年份            | _ _ _ _ _ _ _ |
| (or) years ago                     | 年前                | _____         |
| 888) Refuse to answer (Go to A1.7) | 拒绝回答 (Go to A1.7) |               |
| 999) Do not know (Go to A1.7)      | 不知道 (Go to A1.7)  |               |

A1.6 Have you ever smoked any of the following other tobacco products besides cigarettes? **[SHOWCARD]**

除了香烟以外，您是否曾吸过以下的其他烟草产品？

	List of other tobacco products	其他烟草产品列表	Yes 是			No 否
			Daily 每天	Occasionally 偶尔	Have stopped using other smoked tobacco products 已停止吸其他烟草产品	
a	Cigars	雪茄	1	2	3	4
b	Cigarillos	小雪茄	1	2	3	4
c	Shisha (waterpipe)	水烟	1	2	3	4
d	Beedis	比迪烟	1	2	3	4
e	Rolled cigarettes / Ang Hun (loose tobacco)	手卷香烟(散烟草)	1	2	3	4
f	Others (Please specify: _____)	其他 (请注明: _____)	1	2	3	4

**A2 PHYSICAL ACTIVITY**

**体能活动**

I 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

**Leisure Time Activity**

**休闲活动**

I 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。

On average,

平均次数,

A2.1 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 or \_\_\_\_\_ minutes

\_\_\_\_\_ 小时或 \_\_\_\_\_ 分钟

A2.2 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 or \_\_\_\_\_ minutes

\_\_\_\_\_ 小时或 \_\_\_\_\_ 分钟

A2.3 Which of the following do you do in your spare time (outside working hours)? **[SHOWCARD]**

您在空余时间（工作时间以外）进行下列哪项？  
**[SHOWCARD]**

Activities 活动	How many times per week 每周有多少次	How many times per month 每月有多少次	On average, how long do you do this activity each time? (duration in minutes) 您平均每次做这个活动多久？ (持续时间以分钟为单位)
<b>Walking and Miscellaneous</b> 步行和其他			
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)			
2. Bicycling for pleasure			
3. Dancing-ballroom, square, line and / or disco			
4. Dancing-aerobic, ballet			
<b>Conditioning Exercise</b> 运动训练			
9. Home exercise (e.g. sit-ups, push-ups)			
10. Health club exercise classes (e.g. aerobics)			
11. Jog/walk combinations			
12. Balance exercises: Taiqi, Qigong, breathing exercises			
13. Running			
14. Weight lifting			

<p><b>Activities</b></p> <p>活动</p>	<p><b>How many times per week</b></p> <p>每周有多少次</p>	<p><b>How many times per month</b></p> <p>每月有多少次</p>	<p><b>On average, how long do you do this activity each time? (duration in minutes)</b></p> <p>您平均每次做这个活动多久？(持续时间以分钟为单位)</p>
<p><b>Water Activities</b></p> <p>水上运动</p>			
<p>18. Canoeing or rowing for pleasure</p>	<p>为了休闲, 划独木舟或划船</p>		
<p>19. Canoeing or rowing for competition</p>	<p>为了比赛, 划独木舟或划船</p>		
<p>20. Swimming (at least 50 m in a pool)</p>	<p>游泳(在泳池游至少 50 米)</p>		
<p>21. Swimming at the beach</p>	<p>在海边游泳</p>		
<p><b>Sports Activities</b></p> <p>体育运动</p>			
<p>24. Bowling</p>	<p>保龄球</p>		
<p>26. Table tennis</p>	<p>乒乓球</p>		
<p>27. Tennis-singles</p>	<p>网球单打</p>		
<p>28. Tennis-doubles</p>	<p>网球双打</p>		
<p>32. Badminton</p>	<p>羽毛球</p>		
<p>33. Basketball/netball - non score game i.e. not keeping score</p>	<p>篮球/英式篮球-非比赛性的,不记分数</p>		
<p>34. Basketball/netball - game play (keeping score)</p>	<p>篮球/英式篮球-比赛性的,计分数</p>		
<p>37. Soccer (football)</p>	<p>足球</p>		
<p>42.1 Golf: riding a powerkart /buggy</p>	<p>高尔夫球:乘坐电动车/球车</p>		
<p>42.2 Golf: walking and pulling clubs on cart</p>	<p>高尔夫球:步行并用手推车拉球杆</p>		
<p>42.3 Golf: walking and carrying clubs</p>	<p>高尔夫球:步行并背着球杆</p>		
<p><b>A2.4 Please list any other leisure time activities that you do regularly that have not been included in the list.</b></p> <p>列出您定期进行的任何其他不包括在列表中的闲暇活动。</p>			
<p>A2.4.1</p>			
<p>A2.4.2</p>			

**A3 Occupational Physical Activity**

**职业体育活动**

A3.1 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？

- 1) Yes
- 2) No
- 888) Refuse to answer

是  
否  
拒绝回答

} → (Go to A4)

A3.2 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 个月在工作时间您所做的活动。

Under Hours of work per day, ask “....on average, how many hours a day do you work?” Then minus the time taken for breaks. If overtime is a regular feature in this participant’s work, include this in the number of hours done in an average day.

在每天工作的时数，问：“.....平均来说，您每天工作多少小时？然后减去休息的时间。如果参与者的工作需要常常加班，则将加班时数包括在每天平均的工作时数。

Under Days of work per week, record how many days per week the participant is required to work. This includes overtime, if it is a regular feature of this job.

在每周工作的天数，记录参与者每周需要工作的天数。如果参与者的这项工作需要常常加班，将加班的天数也包括在每天平均加班工作的天数。

Under Hours spent sitting per day while at work, record the number of hours spent doing his/her job while in a sitting position.

每天在工作中坐下的时间，记录他/她工作时坐着的时数。

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.

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。

N/S	Job Name 工作名称	Hours of work per day 每天工作多少小时	Days of work per week 每周工作多少天	Number of weeks in the last 3 months at the job 在过去 3 个月的工作周数	Hours spent sitting per day while at work 每天在工作中坐下的时数	Number of hours spent per day in each categories below when you are not sitting 当您不坐着时，您每天花多少时间在以下的每个类别 [SHOWCARD]		
						Light activity 轻微活动	Moderate activity 中度活动	Vigorous activity 剧烈活动
1								
2								
3								
4								
				Min 4 Max 12	Sum total no. of hours = hours of work per day			

**A4 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、骑脚车、驾驶或骑/乘坐交通工具的唯一目的, 是为了从一个地方去到另一个地方。这包括您在工作时需要的步行、骑脚车、驾驶或骑/乘坐交通工具。

A4.1 Do you walk for at least 10 minutes continuously to get to and from places?

您有没有持续步行至少 10 分钟来回一些地方?

- 1) Yes
- 2) No (Go to A4.5)

- 是
- 否 (Go to A4.5)

A4.2 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, 您有几天持续至少走 **10 分钟** 来回一些地方?

\_\_\_\_\_ days a week

每周\_\_\_\_\_天

A4.3 On one of those days that you walk for at least 10 mins continuously, how much time would you typically walk for travel?

在持续步行至少 10 分钟的一天里, 您会花多少时间步行来回一些地方??

\_\_\_\_\_ hours or \_\_\_\_\_ minutes

\_\_\_\_\_ 小时 (或) \_\_\_\_\_ 分钟

A4.4 What is the intensity of walking?

您步行的强度是什么?

**GUIDE: Ask the participant in terms of breathing intensity as described in the parentheses. Do not suggest "light", "moderate", or "vigorous" to the participant.**

- 1) Light (no change in breathing pattern)
- 2) Moderate (make you breathe somewhat harder than normal)
- 3) Vigorous (make you breathe much harder than normal)

- 轻微(呼吸没有变化)
- 中度(呼吸会比平常快)
- 剧烈(呼吸比平常更快)



A4.5 Do you use a bicycle (pedal cycle) for at least 10 minutes continuously to get to and from places?

您有没有骑一辆脚踏车持续至少 10 分钟来回一些地方？

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

- |    |                 |                |
|----|-----------------|----------------|
| 1) | Yes             | 是              |
| 2) | No (Go to A4.9) | 否 (Go to A4.9) |

A4.6 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，您有几天骑脚踏车持续至少 10 分钟来回一些地方？

\_\_\_\_\_ days a week

每周\_\_\_\_\_天

A4.7 On one of those days that you bicycle for at least 10 mins continuously, how much time would you typically bicycle for travel?

持续骑脚踏车至少 10 分钟的一天里，您会花多少时间骑脚踏车？

\_\_\_\_\_ hours or \_\_\_\_\_ minutes

\_\_\_\_\_ 小时 (或) \_\_\_\_\_ 分钟

A4.8 What is the intensity of bicycling?

您骑脚踏车的强度是什么？

**GUIDE:** *Ask the participant in terms of breathing intensity as described in the parentheses. Do not suggest "light", "moderate", or "vigorous" to the participant.*

- |    |   |             |
|----|---|-------------|
| 1) | Light (no change in breathing pattern)                  | 轻微(呼吸没有变化)  |
| 2) | Moderate (make you breathe somewhat harder than normal) | 中度(呼吸会比平常快) |
| 3) | Vigorous (make you breathe much harder than normal)     | 剧烈(呼吸比平常更快) |

**Shareable bicycle use**

A4.9 Do you use sharable bicycles (E.g. 'oBike', 'moBike', 'ofo' bicycles)?

您是否有使用共享自行车（例如“oBike 自行车”，“moBike 摩拜单车”，“ofo 自行车”）？

- 1) Yes
- 2) No (Go to A4.15)

是  
否 (Go to A4.15)

A4.10 Over the past three months, how many times per week have you typically used these bikes?

在过去三个月里，您每星期有几次使用共享脚踏车？

On average, \_\_\_\_\_ times per week

一个星期平均 \_\_\_\_ 次

A4.11 On a day that you use a shareable bicycle, how much time would you typically spend riding the shareable bicycle?

在使用共享脚踏车的一天里，您会花多少时间骑共享脚踏车？

\_\_\_\_\_ hours or \_\_\_\_\_ minutes

\_\_\_\_\_ 小时 (或) \_\_\_\_\_ 分钟

A4.12 What is the intensity of bicycling when you ride a shareable bicycle?

使用共享脚踏车时，您骑脚车的强度是什么？

**GUIDE: Ask the participant in terms of breathing intensity as described in the parentheses. Do not suggest “light”, “moderate”, or “vigorous” to the participant.**

- 1) Light (no change in breathing pattern)
- 2) Moderate (make you breathe somewhat harder than normal)
- 3) Vigorous (make you breathe much harder than normal)

轻微(呼吸没有变化)  
中度(呼吸会比平常快)  
剧烈(呼吸比平常更快)

A4.13 When you use a shareable bicycle, which option best represents the typical purpose of most trips:

使用共享脚踏车时，以下哪项最能代表您通常骑脚车的目的？

- 1) Travel to the bus stop or MRT/LRT station.
- 2) Travel from home to your place of work.
- 3) Travel from home to your place of study.
- 4) Travel to the shops.

去巴士车站或地铁/轻轨列车车站  
从家里去到工作场所  
从家里去到学习场所  
去商店

A4.14 Do you use a shareable bicycle for trip purposes other than transport (e.g. for leisure time activity)?

除了交通目的以外，您有没有为了其他目的而使用共享脚踏车（例如：为了休闲活动）？

- 1) Yes
- 2) No

是  
否

A4.15 How much time would you spend sitting during motorized transport (e.g. car, bus or MRT) for travel on a day?

\_\_\_\_\_ hours or \_\_\_\_\_ minutes

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?

\_\_\_\_\_ 小时 (或) \_\_\_\_\_ 分钟

A4.16 In a typical week, how many days do you drive or ride motorized transport to get to and from places?

\_\_\_\_\_ days a week

在平常的一个星期中, 您有几天是驾驶或骑乘坐交通工具来回一些地方?

每周\_\_\_\_\_天

**A5 Total Sitting Time**

**坐下的总时间**

**[SHOWCARD]**

A5.1 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？

\_\_\_\_\_ hours or \_\_\_\_\_ minutes

\_\_\_\_\_ 小时 (或) \_\_\_\_\_ 分钟

A5.2 How much time do you usually spend sitting in your free time on a typical weekday?

在平常的周日里，您通常会花多少空闲时间坐着？

\_\_\_\_\_ hours or \_\_\_\_\_ minutes

\_\_\_\_\_ 小时 (或) \_\_\_\_\_ 分钟

A5.3 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？

\_\_\_\_\_ hours or \_\_\_\_\_ minutes

\_\_\_\_\_ 小时 (或) \_\_\_\_\_ 分钟

A5.4 How much time do you usually spend sitting in your free time on a typical weekend day?

在平常的周末日里，您通常会花多少空闲时间坐着？

\_\_\_\_\_ hours or \_\_\_\_\_ minutes

\_\_\_\_\_ 小时 (或) \_\_\_\_\_ 分钟

## A6 General

A6.1 How many flights of stairs (not individual steps) do you climb daily?

- 1) 2 flights or less
- 2) 3-4
- 3) 5-9
- 4) 10-14
- 5) 15 or more flights

您每天会爬几段（不是个别梯级）楼梯？

- 1) 两段或更少
- 2) 三到四
- 3) 五到九
- 4) 十到十四
- 5) 十五段或更多

A6.2 Think about your physical activity in the past 1 month, excluding the time you spent working at a job.

想想你过去 1 个月的体力运动，不包括你在工作中工作的时间。

Which of the 6 statements below best describes the physical activity you usually did in the past 1 month?

以下 6 个语句中的哪一个最能描述您过去 1 个月通常所做的体力活动？

1) I did not do much physical activity. I mostly did things like watching television, reading, playing cards, or playing computer games. Only occasionally, no more than once or twice a month did I do anything more active such as going for a walk or playing tennis.

我不太做体力运动。我通常会看电视，阅读，玩牌，或玩电子游戏等活动。偶尔每个月我会从事一次或最多两次较动态的活动像散步或打网球。

2) Once or twice a week, I did light activities such as getting outdoors on the weekends for an easy walk or stroll. Or once or twice a week, I did chores around the house such as sweeping floors or vacuuming.

每一星期我会从事一到两次轻度的体力活动，像到户外去散步。或是扫地或吸尘等家务。

3) About three times a week, I did moderate activities such as brisk walking, swimming, or riding a bike for about 15-20 minutes each time. Or about once a week, I did moderately difficult chores such as scrubbing floors or handwashing clothes for about 45-60 minutes or played sports such as badminton, basketball, or soccer for about 45-60 minutes.

大约每周三次，我会从事中等强度的体力活动，如快步走，游泳或骑脚踏车每次约 15-20 分钟。或者每周一次，我做了一些中等强度的家务，如刷地或用手洗衣服约 45-60 分钟。或者每周一次，我玩羽毛球，篮球或足球等运动约 45-60 分钟

4) Almost daily, that is five or more times a week, I did moderate activities such as brisk walking, swimming, or riding a bike for 30 minutes or more each time. Or about once a week, I did moderately difficult chores or played sports for 2 hours or more.

几乎每天，也就是每周五次或更多次，我会从事中等强度的体力活动，如快步走，游泳，或骑脚踏车每次 30 分钟或以上。或者每周一次，我做了中等强度的家务，或运动 2 小时或以上。

5) About three times a week, I did vigorous activities such as running or riding hard on a bike for 30 minutes or more each time.

每周约三次，我做了重度强度的体力活动，如跑步或骑脚踏车 30 分钟或更长时间。

6) Almost daily, that is five or more times a week, I did vigorous activities such as running or riding hard on a bike for 30 minutes or more each time.

几乎每天，也就是每周五次或更多次，我做了重度强度的体力活动，如跑步或骑脚踏车 30 分钟或更长的时间。

**A7 – PITTSBURGH SLEEP QUALITY INDEX  
(ONLY FOR ONLINE SURVEY)**

**匹兹堡睡眠质量指数**

**University of Pittsburgh (owner) & MAPI Research Trust (for translations)**

A7.10. In general how is your energy level in the morning? 一般来说，您早上时的精力如何？

- |              |        |
|--------------|--------|
| 1) Very low  | 1) 非常差 |
| 2) Low       | 2) 差   |
| 3) Moderate  | 3) 中等  |
| 4) High      | 4) 好   |
| 5) Very High | 5) 非常好 |

A7.11. In general how is your energy level in the evening? 一般来说，您傍晚时候的精力如何？

- |              |        |
|--------------|--------|
| 1) Very low  | 1) 非常差 |
| 2) Low       | 2) 差   |
| 3) Moderate  | 3) 中等  |
| 4) High      | 4) 好   |
| 5) Very High | 5) 非常好 |

**SECTION B – PERSONAL AND SOCIAL BACKGROUND 个人与社会背景**

- B1 Gender: 性别:
- 1) Male 男
  - 2) Female 女
- B2 What is your current ethnicity according to your NRIC? 您目前身份证上所写的种族是什么?
- 1) Chinese 华人
  - 2) Malay 马来人
  - 3) Indian 印度人
  - 4) Others, please specify \_\_\_\_\_ 其他, 请列明: \_\_\_\_\_
- B3 What is your current marital status? 您目前的婚姻状况是什么?
- 1) Never married 从未结婚
  - 2) Currently married 已婚
  - 3) Separated but not divorced 分居但没有离婚
  - 4) Divorced 离婚
  - 5) Widowed 丧偶
  - 888) Refuse to answer 拒绝回答

**Question B4 to B4.5: ONLY FOR ONLINE SURVEY**

B4 Do you have any children? Include those living with you and not living with you.

您有孩子吗？包括那些与您一起生活及不一起生活的孩子。

**Interviewers' Guide:** *Include biological and adopted children*

- |      |                             |                 |
|------|-----------------------------|-----------------|
| 1)   | Yes                         | 有               |
| 2)   | No (Go to B5)               | 没有 (Go to B5)   |
| 888) | Refuse to answer (Go to B5) | 拒绝回答 (Go to B5) |

B4.1 How many children do you have under 5 years of age?

您有几位 5 岁以下的孩子？

Answer: \_\_\_\_\_

B4.2 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？

Answer: \_\_\_\_\_

B4.3 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？

Answer: \_\_\_\_\_

B4.4 How many children do you have age 21 years and older?

您有几位 21 岁以上的孩子？

Answer: \_\_\_\_\_

B4.5 Do you have any grandchildren?

您有孙子吗？

- |      |                  |      |
|------|------------------|------|
| 1)   | Yes              | 有    |
| 2)   | No               | 没有   |
| 888) | Refuse to answer | 拒绝回答 |



B5 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？

**Interviewers' Guide:**

*If participant works intermittently and is unable to commit to any of the choices, classify him 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. Prisoners, patients of mental hospitals, inmates of homes for the aged as well as those who are awaiting call-up for National Service are included in this category.*

- |      |                             |               |                |
|------|-----------------------------|---------------|----------------|
| 1)   | Working                     | 工作            | } → (Go to B6) |
| 2)   | Student (full-time)         | 学生 (全职)       |                |
| 3)   | Homemaker/Housewife         | 主妇/家庭主妇       |                |
| 4)   | Retired                     | 退休            |                |
| 5)   | Unemployed (able to work)   | 未被雇用 (有工作能力)  |                |
| 6)   | Unemployed (unable to work) | 未被雇用 (没有工作能力) |                |
| 7)   | Others*                     | 其他*           |                |
| 888) | Refuse to answer            | 拒绝回答          |                |

B5.1 How satisfied are you with your job?

您对您的工作有多满意？

- |    |                      |       |
|----|----------------------|-------|
| 1) | Not at all satisfied | 完全不满意 |
| 2) | Not too satisfied    | 不太满意  |
| 3) | Somewhat satisfied   | 还算满意  |
| 4) | Very satisfied       | 非常满意  |

B6 Thinking over the past year, can you tell me what the average earnings of the household have been per month?  
**[SHOWCARD]**

在过去的一年, 您每月的平均家庭收入是多少? **[SHOWCARD]**

**Interviewers' 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.*

*Circle "less than \$2000" if the entire household is not receiving any income and is dependent on savings.*

- |      |                      |                     |
|------|----------------------|---------------------|
| 1)   | Less than \$ 2 000   | 少于\$ 2 000          |
| 2)   | \$ 2 000 to \$ 3 999 | \$ 2 000 到 \$ 3 999 |
| 3)   | \$ 4 000 to \$ 5 999 | \$ 4 000 到 \$ 5 999 |
| 4)   | \$ 6 000 to \$ 9 999 | \$ 6 000 到 \$ 9 999 |
| 5)   | More than \$ 10 000  | 多于 \$ 10 000        |
| 888) | Refuse to answer     | 拒绝回答                |
| 999) | Do not know          | 不知道                 |

B7 What type of house do you live in?

您居住于哪一种住宅？

**Interviewers' Guide:**

*If participant is a tenant of a rented property, classify him as "Others" and specify, e.g. "renting 1 room in a 4 room HDB flat". "Others" may include nursing home, hostel, barracks, workplace etc.*

- |      |                                 |                |
|------|---------------------------------|----------------|
| 1)   | HDB 1 – 2 room flat             | HDB 1 – 2 房    |
| 2)   | HDB 3 room flat                 | HDB 3 房        |
| 3)   | HDB 4 room flat                 | HDB 4 房        |
| 4)   | HDB 5 room or executive flat    | HDB 5 房或执行公寓   |
| 5)   | Private condominium             | 私人公寓           |
| 6)   | Private house (landed property) | 私人住宅 (有地住宅)    |
| 7)   | Others, please specify: _____   | 其它, 请注明: _____ |
| 888) | Refuse to answer                | 拒绝回答           |
| 999) | Do not know                     | 不知道            |

B8 What is the highest level of education that you have attained? **[SHOWCARD]**

您接受过的最高等级的教育是什么？ **[SHOWCARD]**

**Interviewers' Guide:** *This question is designed to find out about the formal education. Probe the response if it seems that the participant's answer is reporting the highest level of school attended, not necessary completed.*

- |      |  |                   |
|------|--|-------------------|
| 1)   | No formal qualifications/lower primary | 未接受正规教育/小学教育      |
| 2)   | Primary (PSLE)                         | 小学 (PSLE)         |
| 3)   | Secondary ('O'/'N' Level)              | 中学 ('O' / 'N' 水准) |
| 4)   | ITE/NTC                                | ITE/NTC           |
| 5)   | 'A' level/Polytechnic/Diploma          | 'A' 水准 / 理工学院文凭   |
| 6)   | University                             | 大学和以上学历           |
| 888) | Refuse to answer                       | 拒绝回答              |
| 999) | Do not know                            | 未接受正规教育/小学教育      |

The following questions are about your cultural background and preferences for other cultures. Research has shown that other cultures can influence one's lifestyle, diet, physical activity – behaviors that affect health. These questions will give us an idea how much influence there is from other cultures. There are questions about the ethnicity of the people you socialize with.

接下来的问题是有关您本身的文化背景和比较喜欢的文化。研究显示，其他文化可以影响个人的生活方式、饮食习惯、体力活动等会关系到健康的行为。这些问题可以让我们了解其他文化有多少的影响。我们也会问关于您社交圈里其他种族的人。

B9. What generation Singapore resident are you?

您是第几代新加坡公民？

- 1) First generation: I was born in a country other than Singapore
- 2) Second generation: I was born in Singapore, either parent was born in another country (go to B12)
- 3) Third generation: I was born in Singapore, both parents were born in Singapore and all grandparents were born in another country (go to B12)
- 4) Fourth generation: I was born in Singapore, both parents were born in Singapore and at least one grandparent was born in Singapore and at least one grandparent in another country (go to B12)
- 5) Older generation: I was born in Singapore, both parents were born in Singapore, and all grandparents were also born in Singapore (go to B12)

- 第一代：我在新加坡以外的国家出世。
- 第二代：我在新加坡出世，父母其中一位在新加坡以外的国家出世。(go to B12)
- 第三代：我在新加坡出世，父母双方都在新加坡出世。祖父母全部在新加坡以外的国家出世。(go to B12)
- 第四代：我在新加坡出世，父母双方都在新加坡出世。祖父母至少一位在新加坡出世和一位在新加坡以外的国家出世。(go to B12)
- 更上一代：我在新加坡出世，父母双方都在新加坡出世。祖父母全部也在新加坡出世。(go to B12)

B10. In what country were you born?

您在哪一个国家出世？

- 1) Malaysia
- 2) Indonesia
- 3) Other Southeast Asian countries (e.g. Vietnam, Thailand, Philippines)
- 4) China
- 5) Hong Kong, Taiwan, Japan or South Korea
- 6) India
- 7) Other Asian countries
- 8) Australia, New Zealand, Europe, USA or Canada
- 9) Latin America
- 10) Africa
- 11) Others, please specify.....

- 1) 马来西亚
- 2) 印度尼西亚
- 3) 其他东南亚国家 (例如: 越南、泰国、菲律宾)
- 4) 中国
- 5) 香港、台湾、日本、韩国
- 6) 印度
- 7) 其他亚洲国家
- 8) 澳大利亚、纽西兰、欧洲、美国、加拿大
- 9) 拉丁美洲
- 10) 非洲
- 11) 其他, 请注明.....

B11. How many years have you lived in Singapore?

您在新加坡居住了几年？

- 1) Less than 5 years
- 2) 5-9 years
- 3) 10-19 years
- 4) 20-29 years
- 5) 30-39 years
- 6) 40 years or longer

- 1) 少过五年
- 2) 五到九年
- 3) 十到十九年
- 4) 二十到二十九年
- 5) 三十到三十九年
- 6) 四十年或更久

B12. What languages do you speak?	您会说什么语言?	Yes	No
1) Mandarin	1) 华语	1	2
2) Cantonese	2) 广东话	1	2
3) Hokkien	3) 福建话	1	2
4) Teochew	4) 潮州话	1	2
5) Other Chinese dialect	5) 其他华籍方言	1	2
6) Malay	6) 马来语	1	2
7) Tamil	7) 淡米尔语	1	2
8) Other Indian language	8) 其他印度语言	1	2
9) English	9) 英语	1	2
10) Other	10) 其他语言	1	2

B13. What is your mother tongue?	您的母语是什么?
1) Mandarin	1) 华语
2) Cantonese	2) 广东话
3) Hokkien	3) 福建话
4) Teochew	4) 潮州话
5) Other Chinese dialect	5) 其他华籍方言
6) Malay	6) 马来语
7) Tamil	7) 淡米尔语
8) Other Indian language	8) 其他印度语言
9) English [skip to B22]	9) 英语 [skip to B22]
10) Other, namely .....	10) 其他语言, 请注明: .....

			Never	Rarely	Sometimes	Often	Always
			从不	很少	有时	时常	总是
B14.1b	How often do you <b>think</b> in <u>your mother tongue (non-English)</u> ?	您多常用 <u>母语（不是英语）</u> 思考？	1	2	3	4	5
B14.2b	How often do you <b>think</b> in <u>other Asian languages</u> ?	您多常用 <u>其他亚洲语言</u> 思考？	1	2	3	4	5
B14.3b	How often do you <b>think</b> in <u>English</u> ?	您多常用 <u>英语</u> 思考？	1	2	3	4	5
B15.1b	How often do you <b>read and speak</b> in <u>your mother tongue (non-English)</u> ?	您多常 <u>阅读和说</u> 母语（不是英语）？	1	2	3	4	5
B15.2b	How often do you <b>read and speak</b> in <u>other Asian languages</u> ?	您多常 <u>阅读和说</u> 其他亚洲语言？	1	2	3	4	5
B15.3b	How often do you <b>read and speak</b> in <u>English</u> ?	您多常 <u>阅读和说</u> 英语？	1	2	3	4	5
B16.1b	<b>When you were a child</b> , how often you used <u>your mother tongue (non-English)</u> ?	您小时候多常使用 <u>母语（不是英语）</u> ？	1	2	3	4	5
B16.2b	<b>When you were a child</b> , how often you used <u>other Asian languages</u> ?	您小时候多常使用 <u>其他亚洲语言</u> ？	1	2	3	4	5
B16.3b	<b>When you were a child</b> , how often you used <u>English</u> ?	您小时候多常使用 <u>英语</u> ？	1	2	3	4	5
B17.1b	How often do you <b>speak at home</b> in <u>your mother tongue (non-English)</u> ?	您多常 <u>在家说</u> 母语（不是英语）？	1	2	3	4	5
B17.2b	How often do you <b>speak at home</b> in <u>other Asian languages</u> ?	您多常 <u>在家说</u> 其他亚洲语言？	1	2	3	4	5
B17.3b	How often do you <b>speak at home</b> in <u>English</u> ?	您多常 <u>在家说</u> 英语？	1	2	3	4	5
B18.1b	When you <b>speak with your friends</b> , how often you used <u>your mother tongue (non-English)</u> ?	您和 <u>朋友交谈</u> 时会多常使用 <u>母语（不是英语）</u> ？	1	2	3	4	5
B18.2b	When you <b>speak with your friends</b> , how often you used <u>other Asian languages</u> ?	您和 <u>朋友交谈</u> 时会多常使用 <u>其他亚洲语言</u> ？	1	2	3	4	5
B18.3b	When you <b>speak with your friends</b> , how often you used <u>English</u> ?	您和 <u>朋友交谈</u> 时会多常使用 <u>英语</u> ？	1	2	3	4	5

			Never	Rarely	Sometimes	Often	Always
			从不	很少	有时	时常	总是
B19.1b	How often do you <b>watch TV programs</b> in <u>mother tongue (non-English)</u> ?	您多常 <b>观看</b> 母语（不是英语）的 <b>电视节目</b> ？	1	2	3	4	5
B19.2b	How often do you <b>watch TV programs</b> in <u>other Asian languages</u> ?	您多常 <b>观看</b> 其他亚洲语言的 <b>电视节目</b> ？	1	2	3	4	5
B19.3b	How often do you <b>watch TV programs</b> in <u>English</u> ?	您多常 <b>观看</b> 英语的 <b>电视节目</b> ？	1	2	3	4	5
B20.1b	How often do you <b>read newspapers or magazines</b> in <u>mother tongue (non-English)</u> ?	您多常 <b>阅读</b> 母语（不是英文）的 <b>报纸或杂志</b> ？	1	2	3	4	5
B20.2b	How often do you <b>read newspapers or magazines</b> in <u>other Asian languages</u> ?	您多常 <b>阅读</b> 其他亚洲语言的 <b>报纸或杂志</b> ？	1	2	3	4	5
B20.3b	How often do you <b>read newspapers or magazines</b> in <u>English</u> ?	您多常 <b>阅读</b> 英文的 <b>报纸或杂志</b> ？	1	2	3	4	5
B21.1b	How often do you <b>watch movies</b> in <u>mother tongue (non-English)</u> ?	您多常 <b>观看</b> 母语（不是英语）的 <b>电影</b> ？	1	2	3	4	5
B21.2b	How often do you <b>watch movies</b> in <u>other Asian languages</u> ?	您多常 <b>观看</b> 其他亚洲语言的 <b>电影</b> ？	1	2	3	4	5
B21.3b	How often do you <b>watch movies</b> in <u>English</u> ?	您多常 <b>观看</b> 英语的 <b>电影</b> ？	1	2	3	4	5

The next few questions are about how much the people that you meet are of the same or different ethnicity as you.

接下来几个问题是有关与您见面的人是否与您同一个种族。

- B22. Your close friends are?
- 1) All from your ethnicity
  - 2) More from your ethnicity
  - 3) About half from your ethnicity and half from other ethnicity
  - 4) More from other ethnicities
  - 5) All from other ethnicities
- B23. You prefer going to social gatherings/parties at which people are ...?
- 1) All from your ethnicity
  - 2) More from your ethnicity
  - 3) About half from your ethnicity and half from other ethnicity
  - 4) More from other ethnicities
  - 5) All from other ethnicities
- B24. The persons you visit or who visit you are ...?
- 1) All from your ethnicity
  - 2) More from your ethnicity
  - 3) About half from your ethnicity and half from other ethnicities
  - 4) More from other ethnicities
  - 5) All from other ethnicities
- B25. What is your religion?
- 1) No religion
  - 2) Buddhism
  - 3) Taoism/Chinese Traditional Beliefs
  - 4) Islam
  - 5) Hinduism
  - 6) Sikhism
  - 7) Christianity, Roman Catholic
  - 8) Christianity, other denomination
  - 9) Other religion
- 您的好朋友们  
都和您同一个种族  
比较多和您同一个种族  
大约一半和您是同一个种族另一半是别的种族  
比较多是别的种族  
全部是别的种族
- 您偏好参加的社交场合/派对的其他宾客  
都和您同一个种族  
比较多和您同一个种族  
大约一半和您是同一个种族另一半是别的种族  
比较多是别的种族  
全部是别的种族
- 您会拜访的人或会拜访您的人  
都和您同一个种族  
比较多和您同一个种族  
大约一半和您是同一个种族另一半是别的种族  
比较多是别的种族  
全部是别的种族
- 您的宗教信仰是什么?  
没有宗教信仰  
佛教  
道教/华人传统信仰  
伊斯兰教  
印度教  
锡克教  
基督教, 天主教  
基督教, 其他派系  
其他宗教

**SECTION C – PERSONAL MEDICAL HISTORY**

**个人医疗史**

**C1. Heart Disease**

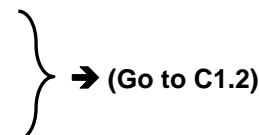
**心脏疾病**

C1.1 Has a Western-trained doctor ever told you that you have blockage of the arteries to your heart?

西医是否曾经告诉过您、您患有心脏动脉阻塞?

**Interviewers' Guide:** Participant 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.

- |      |                  |      |
|------|------------------|------|
| 1)   | Yes              | 是    |
| 2)   | No               | 否    |
| 888) | Refuse to answer | 拒绝回答 |
| 999) | Do not know      | 不知道  |



C1.1.1 When did it first occur?

请问您第一次发生心脏动脉阻塞是什么时候?

- |                       |      |         |
|-----------------------|------|---------|
| Age                   | 年龄   | _____   |
| (or) Year             | 年份   | _ _ _ _ |
| (or) years ago        | 年前   | _____   |
| 888) Refuse to answer | 拒绝回答 |         |
| 999) Do not know      | 不知道  |         |

C1.1.2 Which hospital/clinic?

在哪一间医院、诊所?

**Interviewers' Guide:** Write the hospital name in full or in common abbreviations e.g. SGH, TTSH, AH and CGH. If it was an overseas hospital/clinic, document the country and name of the hospital/clinic.

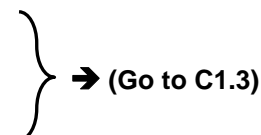
- |                       |       |
|-----------------------|-------|
| 1.                    | _____ |
| 2.                    | _____ |
| 3.                    | _____ |
| 888) Refuse to answer | 拒绝回答  |
| 999) Do not know      | 不知道   |

C1.2 Have you ever had a heart attack?

您是否曾经心脏病发作过?

**Interviewers' 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.

- |      |                  |      |
|------|------------------|------|
| 1)   | Yes              | 是    |
| 2)   | No               | 否    |
| 888) | Refuse to answer | 拒绝回答 |
| 999) | Do not know      | 不知道  |





C1.2.1 When did it first occur?

请问您第一次心脏病发作是什么时候？

Age 年龄 \_\_\_\_\_

(or) Year 年份 |\_|\_|\_|\_|\_|\_|\_|\_|

(or) years ago 年前 \_\_\_\_\_

888) Refuse to answer 拒绝回答

999) Do not know 不知道

C1.2.2 Which hospital/clinic?

在哪一间医院、诊所？

**Interviewers' Guide:** Write the hospital name in full or in common abbreviations e.g. SGH, TTSH, AH and CGH. If it was an overseas hospital/clinic, document the country and name of the hospital/clinic.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

888) Refuse to answer 拒绝回答

999) Do not know 不知道

C1.3 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 是

2) No 否

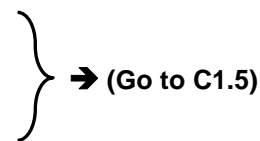
888) Refuse to answer 拒绝回答

C1.4 Have you ever had an angiogram?

您是否进行过血管造影检查？

**Interviewers' 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.

- 1) Yes 是
- 2) No 否
- 888) Refuse to answer 拒绝回答
- 999) Do not know 不知道



C1.4.1 If Yes, which year was it first done and at which hospital?

如果‘是’，您是哪一年在哪一间医院进行的？

Year 年份

888) Refuse to answer 拒绝回答

999) Do not know 不知道

C1.4.2 Hospital: \_\_\_\_\_

医院: \_\_\_\_\_

888) Refuse to answer 拒绝回答

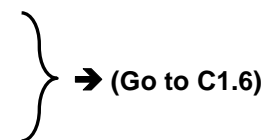
999) Do not know 不知道

C1.5 Have you ever had an angioplasty-ballooning?

您是否进行过心血管扩张手术？

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

- 1) Yes 是
- 2) No 否
- 888) Refuse to answer 拒绝回答
- 999) Do not know 不知道



C1.5.1 If Yes, which year was it first done and at which hospital?

如果‘是’，您是哪一年在哪一间医院进行的？

Year Tahun

888) Refuse to answer 拒绝回答

999) Do not know 不知道

C1.5.2 Hospital: \_\_\_\_\_

医院: \_\_\_\_\_

888) Refuse to answer 拒绝回答

999) Do not know 不知道

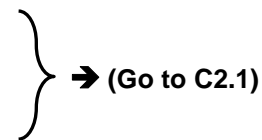
C1.6 Have you ever had a heart bypass operation?

您是否进行过心脏绕道手术？

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

- 1) Yes
- 2) No
- 888) Refuse to answer
- 999) Do not know

- 是
- 否
- 拒绝回答
- 不知道



C1.6.1 If Yes, which year was it first done and at which hospital?

如果‘是’，您是哪一年在哪一间医院进行的？

- Year 年份
- 888) Refuse to answer 拒绝回答
- 999) Do not know 不知道

|\_|\_|\_|\_|\_|\_|\_|

C1.6.2 Hospital: \_\_\_\_\_

医院: \_\_\_\_\_

- 888) Refuse to answer
- 999) Do not know

- 拒绝回答
- 不知道

**C2. Peripheral Arterial Disease**

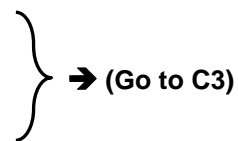
**周边动脉疾病**

C2.1 Has a Western-trained doctor ever told you that you have blockage of the arteries in your legs?

Pernahkah doktor berlatih secara barat memberitahu anda bahawa anda mengalami arteri tersumbat di kaki?

- 1) Yes
- 2) No
- 888) Refuse to answer
- 999) Do not know

- 是
- 否
- 拒绝回答
- 不知道



C2.1.1 When did it first occur?

请问第一次发生是什么时候？

- |                       |      |         |
|-----------------------|------|---------|
| Age                   | 年龄   | _____   |
| (or) Year             | 年份   | _ _ _ _ |
| (or) years ago        | 年前   | _____   |
| 888) Refuse to answer | 拒绝回答 |         |
| 999) Do not know      | 不知道  |         |

C2.1.2 Which hospital/clinic?

在哪一间医院、诊所？

**Interviewers' Guide:** Write the hospital name in full or in common abbreviations e.g. SGH, TTSH, AH and CGH. If it was an overseas hospital/clinic, document the country and name of the hospital/clinic.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

- 888) Refuse to answer
- 999) Do not know

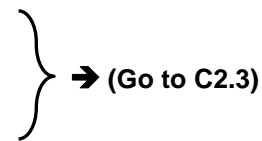
- 拒绝回答
- 不知道

C2.2 Have you ever had an angiogram?

您是否进行过血管造影检查？

**Interviewers' Guide:** An angiogram is a diagnostic procedure performed to find out (not to cure) if there are 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.

- 1) Yes 是
- 2) No 否
- 888) Refuse to answer 拒绝回答
- 999) Do not know 不知道



C2.2.1 If Yes, which year was it first done and at which hospital?

如果‘是’，您是哪一年在哪一间医院进行的？

Year 年份

888) Refuse to answer 拒绝回答

999) Do not know 不知道

C2.2.2 Hospital: \_\_\_\_\_

医院: \_\_\_\_\_

888) Refuse to answer 拒绝回答

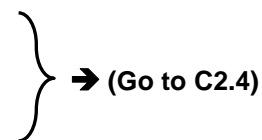
999) Do not know 不知道

C2.3 Have you ever had an angioplasty-ballooning?

您是否进行过心血管扩张手术？

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

- 1) Yes 是
- 2) No 否
- 888) Refuse to answer 拒绝回答
- 999) Do not know 不知道



C2.3.1 If Yes, which year was it first done and at which hospital?

如果‘是’，您是哪一年在哪一间医院进行的？

Year 年份

888) Refuse to answer 拒绝回答

999) Do not know 不知道

C2.3.2 Hospital: \_\_\_\_\_

医院: \_\_\_\_\_

888) Refuse to answer 拒绝回答

999) Do not know 不知道

C2.4 Have you ever had a bypass operation?

您是否进行过绕道手术？

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

1) Yes

是

2) No

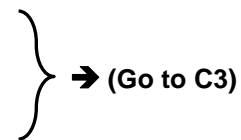
否

888) Refuse to answer

拒绝回答

999) Do not know

不知道



C2.4.1 If Yes, which year was it first done and at which hospital?

如果‘是’，您是哪一年在哪一间医院进行的？

Year

年份

|\_|\_|\_|\_|\_|

888) Refuse to answer

拒绝回答

999) Do not know

不知道

C2.4.2 Hospital: \_\_\_\_\_

医院: \_\_\_\_\_

888) Refuse to answer

拒绝回答

999) Do not know

不知道

**C3. Stroke**

**中风**

C3.1 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?

**Interviewers' 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.

- |      |                  |                |                |
|------|------------------|----------------|----------------|
| 1)   | Yes              | 是              |                |
| 2)   | No (Go to C3.2)  | 否 (Go to C3.2) |                |
| 888) | Refuse to answer | 拒绝回答           | } → (Go to C4) |
| 999) | Do not know      | 不知道            |                |

C3.1.1 When did it first occur?

请问第一次发生是什么时候?

- |                       |      |           |
|-----------------------|------|-----------|
| Age                   | 年龄   | _____     |
| (or) Year             | 年份   | _ _ _ _ _ |
| (or) years ago        | 年前   | _____     |
| 888) Refuse to answer | 拒绝回答 |           |
| 999) Do not know      | 不知道  |           |

C3.1.2 Which hospital/clinic?

在哪一间医院、诊所?

**Interviewers' Guide:** Write the hospital name in full or in common abbreviations e.g. SGH, TTSH, AH and CGH. If it was an overseas hospital/clinic, document the country and name of the hospital/clinic.

1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
- |                       |      |
|-----------------------|------|
| 888) Refuse to answer | 拒绝回答 |
| 999) Do not know      | 不知道  |

C3.2 Has a Western-trained doctor ever told you that you had a **TIA** or transient ischemic attack, or a **mini stroke**?

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?

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

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              | 是    |                |
| 2)   | No               | 否    |                |
| 888) | Refuse to answer | 拒绝回答 | } → (Go to C4) |
| 999) | Do not know      | 不知道  |                |

C3.2.1 When did it first occur?

请问第一次发生是什么时候？

Age 年龄 \_\_\_\_\_

(or) Year 年份 |\_|\_|\_|\_|\_|

(or) years ago 年前 \_\_\_\_\_

888) Refuse to answer 拒绝回答

999) Do not know 不知道

C3.1.2 Which hospital/clinic?

在哪一间医院、诊所？

**Interviewers' Guide:** Write the hospital name in full or in common abbreviations e.g. SGH, TTSH, AH and CGH. If it was an overseas hospital/clinic, document the country and name of the hospital/clinic.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

888) Refuse to answer 拒绝回答

999) Do not know 不知道



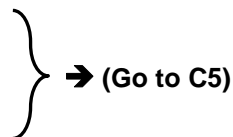
**C4. High Blood Pressure (Hypertension) 高血压**

C4.1 Has a Western-trained doctor, nurse, or other healthcare professional 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
- 2) No
- 888) Refuse to answer
- 999) Do not know

- 是
- 否
- 拒绝回答
- 不知道



C4.2 At what age were you diagnosed to have high blood pressure?

您几岁时被诊断患有高血压？

- Age 年龄 \_\_\_\_\_
- (or) Year 年份 |\_|\_|\_|\_|\_|
- (or) years ago 年前 \_\_\_\_\_
- 888) Refuse to answer 拒绝回答
- 999) Do not know 不知道

C4.3 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
- 2) No
- 888) Refuse to answer
- 999) Do not know

- 有
- 没有
- 拒绝回答
- 不知道

**C5. Diabetes Mellitus**

**糖尿病**

C5.1 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？

- 1) 1 year ago or less
- 2) More than 1 year to 2 years
- 3) More than 2 years to 3 years
- 4) More than 3 years to 5 years
- 5) More than 5 years
- 6) Never been checked

- 一年前或更少
- 多过一年至两年前
- 多过两年至三年前
- 多过三年至五年前
- 多过五年前
- 从来没检查

C5.2 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？

[If "Yes" and respondent is female, prompt "Was this only when you are pregnant"?]

[如果回答“有”且受访者是女性，提示“是您怀孕的时候吗”？]

- 1) Yes
- 2) Yes, but only during pregnancy
- 3) No
- 888) Refuse to answer
- 999) Do not know

- 是
- 是，但只有在怀孕期间
- 否
- 拒绝回答
- 不知道

} → (Go to C5)

C5.3 How old were you when the doctor first told you had diabetes?

您几岁时第一次被诊断患有糖尿病？

- Age 年龄 \_\_\_\_\_
- (or) Year 年份 |\_|\_|\_|\_|\_|
- (or) years ago 年前 \_\_\_\_\_
- 888) Refuse to answer 拒绝回答
- 999) Do not know 不知道

C5.3.1 Which hospital/clinic?

在哪一间医院、诊所？

**Interviewers' Guide:** Write the hospital name in full or in common abbreviations e.g. SGH, TTSH, AH and CGH. If it was an overseas hospital/clinic, document the country and name of the hospital/clinic.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

- 888) Refuse to answer
- 999) Do not know

- 拒绝回答
- 不知道

C5.3.2 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？

- 1) Yes, insulin injections
- 2) Yes, tablets
- 3) Yes, insulin injections and tablets
- 4) No
- 999) Do not know

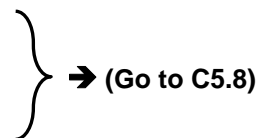
- 是, 注射胰岛素
- 是, 口服降糖药
- 是, 注射胰岛素和口服降糖药
- 否
- 拒绝回答

C5.4 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？

- 1) Yes
- 2) No
- 888) Refuse to answer
- 999) Do not know

- 是
- 否
- 拒绝回答
- 不知道



C5.5 When did the doctor first tell you had diabetic eye disease?

您几岁时第一次被被诊断患上了由糖尿病引起的眼部疾病？

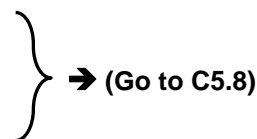
- Age 年龄 \_\_\_\_\_
- (or) Year 年份 |\_|\_|\_|\_|\_|
- (or) years ago 年前 \_\_\_\_\_
- 888) Refuse to answer 拒绝回答
- 999) Do not know 不知道

C5.6 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者是激光治疗？

- 1) Yes
- 2) No
- 888) Refuse to answer
- 999) Do not know

- 是
- 否
- 拒绝回答
- 不知道



C5.7 Do you know if the surgery or laser procedure was for: 您是否知道这个手术或激光治疗是为了治疗.....吗？

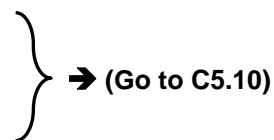
		Yes	No	Refuse to answer	Do not know
		是	否	拒绝回答	不知道
C5.7.1	Retinopathy? 视网膜病变	1	2	888	999
C5.7.2	Cataract? 白内障	1	2	888	999
C5.7.3	Others? 其它	1	2 (Go to C5.8)	888	999
C5.7.3.1	Please specify: 请说明:				

C5.8 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
- 2) No
- 888) Refuse to answer
- 999) Do not know

- 是
- 否
- 拒绝回答
- 不知道



C5.9 When did the doctor first tell you had kidney problems caused by your diabetes (including proteinuria)?

西医什么时候首次告诉您，您因为糖尿病而引起肾脏问题(包括蛋白尿)？

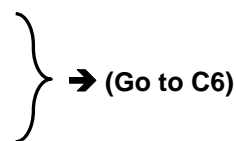
- Age 年龄 \_\_\_\_\_
- (or) Year 年份 |\_|\_|\_|\_|\_|
- (or) years ago 年前 \_\_\_\_\_
- 888) Refuse to answer 拒绝回答
- 999) Do not know 不知道

C5.10 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
- 2) No
- 888) Refuse to answer
- 999) Do not know

- 是
- 否
- 拒绝回答
- 不知道



C5.11 When did the doctor first tell you had nerve problems in your arms or legs caused by your diabetes?

西医什么时候首次告诉您，您因为糖尿病而导致您的手臂或是腿部的神经有问题？

Age	年龄	_____
(or) Year	年份	_ _ _ _ _
(or) years ago	年前	_____
888) Refuse to answer	拒绝回答	
999) Do not know	不知道	

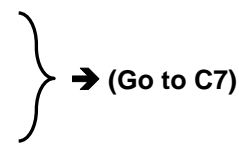
**C6. High Cholesterol**

**高胆固醇**

C6.1 Have you ever been told by a Western-trained doctor you have high cholesterol?

Pernahkah anda diberitahu oleh doktor berlatih secara barat bahawa anda mempunyai kolestrol tinggi?

1) Yes	是
2) No	否
888) Refuse to answer	拒绝回答
999) Do not know	不知道



C6.2 When did the doctor first tell you had high cholesterol?

西医什么时候第一次告诉您，您患有高胆固醇？

Age	年龄	_____
(or) Year	年份	_ _ _ _ _
(or) years ago	年前	_____
888) Refuse to answer	拒绝回答	
999) Do not know	不知道	

C6.3 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	是
2) No	否
999) Do not know	不知道

**C7. Other Chronic Disease** **其它慢性疾病**

**Lower back pain**

C7.1 In the past 1 month (30 days), have you had low back pain that lasted a whole day or more?

- 1) Yes
- 2) No
- 888) Refuse to answer
- 999) Do not know

C7.2 About how many days did you experience this pain in the past 1 month?

Days \_\_\_\_\_ 天

- 888) Refuse to answer
- 999) Do not know

C7.3 Were you limited in your usual activities because of low back pain?

- 1) Yes
- 2) No
- 888) Refuse to answer
- 999) Do not know

**Asthma**

C7.4 Have you ever been told by a Western-trained doctor that you have asthma?

- 1) Yes
- 2) No (Go to C7.10)
- 888) Refuse to answer
- 999) Do not know

C7.5 How old were you when you were first told you had asthma?

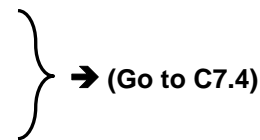
Years old \_\_\_\_\_ 岁

- 888) Refuse to answer
- 999) Do not know

**腰疼**

在过去的 1 个月内 ( 30 天 ) , 您是否有腰疼长达一整天或更久 ?

- 是
- 否
- 拒绝回答
- 不知道



在过去的 1 个月 , 您大约几天有这种疼痛 ?

\_\_\_\_\_

- 拒绝回答
- 不知道

您是否会因为腰痛而限制您平时的活动 ?

- 是
- 否
- 拒绝回答
- 不知道

**哮喘病**

西医是否曾经告诉过您 , 您患有哮喘病 ?

- 是
- 否 (Go to C7.10)
- 拒绝回答
- 不知道

您几岁时 , 第一次被诊断患有哮喘病 ?

\_\_\_\_\_

- 拒绝回答
- 不知道

C7.6 Do you still have asthma?

您还有哮喘病吗？

- 1) Yes
- 2) No (Go to C7.10)
- 888) Refuse to answer
- 999) Do not know

- 是
- 否 (Go to C7.10)
- 拒绝回答
- 不知道

C7.7 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
- 2) No (Go to C7.12)
- 888) Refuse to answer
- 999) Do not know

- 是
- 否 (Go to C7.10)
- 拒绝回答
- 不知道

C7.8 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 ...次

\_\_\_\_\_

C7.9 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？

**Interviewers' Guide:** Preventive medication is one taken daily for the purpose of preventing asthma attacks.

- 1) Yes
- 2) No
- 888) Refuse to answer
- 999) Do not know

- 是
- 否
- 拒绝回答
- 不知道

C7.10 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）？

	Chronic Diseases	慢性疾病	Yes 是	No 否	If YES, at what age diagnosed 诊断时的年龄	Do not know 不知道
C7.10.1	Arthritis (rheumatoid / osteoarthritis)	关节炎（类风湿性/骨关节炎）	1	2		999
C7.10.2	Rheumatism	风湿	1	2		999
C7.10.3	Hyper- / hypo-thyroidism	甲状腺功能亢进症/甲状腺功能减退症	1	2		999
C7.10.4	Gastritis	胃炎	1	2		999
C7.10.5	Chronic Bronchitis	慢性支气管炎	1	2		999
C7.10.6	Emphysema	肺气肿	1	2		999
C7.10.7	Gout	痛风	1	2		999
C7.10.8	Cataract	白内障	1	2		999
C7.10.9	Cancer	癌症	1	2 (Go to C7.10.10)		999
C7.10.9.1	Type of cancer:	癌症类型:				
C7.10.10	Chronic Kidney Disease	慢性肾脏病	1	2		999
C7.10.14	Liver disease e.g. hepatitis B or C, fatty liver, liver cirrhosis, liver surgery [USE SHOWCARD]	肝病 例如 B/乙型肝炎或 C/丙型肝炎, 脂肪肝, 肝硬化, 肝脏手术 [USE SHOWCARD]	1	2 (Go to C7.10.11)		999 (Go to C7.10.11)
C7.10.14.1	Please specify:	请说明:				
C7.10.11	Depression	忧郁症/抑郁症	1	2		999
C7.10.12	Other	其它	1	2 (Female: Go to D1; Male: End survey)		999
C7.10.12.1	Please specify:	请说明:				
C7.10.13	Other	其它	1	2 (Female: Go to D1; Male: End survey)		999
C7.10.13.1	Please specify:	请说明:				



SECTION D – WOMEN'S HEALTH

女性健康

(FOR MEN, END SURVEY)

D1.1 Are you currently pregnant?

您现在是否怀孕？

1) Yes (Go to D1.7)

是 (Go to D1.7)

2) No

否

888) Refuse to answer

拒绝回答

999) Do not know

不知道

D1.2 Have you stopped having your periods?

您的月经是否停止了？

1) Yes

是

2) No

否

888) Refuse to answer

拒绝回答

999) Do not know

不知道

} → (Go to D1.7)

D1.3 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？

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

1) Naturally

自然停经

2) Hysterectomy

子宫切除术

888) Refuse to answer

拒绝回答

999) Do not know

不知道

} → (Go to D1.7)

D1.4 At what age did your periods stop?

您的月经在几岁时停止？

Years old

岁

\_\_\_\_\_

D1.5 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

是

2) No

否

888) Refuse to answer

拒绝回答

999) Do not know

不知道

} → (Go to D1.7)

D1.6 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

是

2) No

否

888) Refuse to answer

拒绝回答

999) Do not know

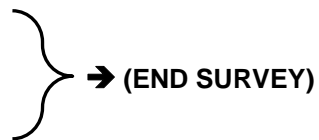
不知道

D1.7 Have you given birth to any children?

您有生过孩子吗？

- 1) Yes
- 2) No
- 888) Refuse to answer
- 999) Do not know

- 是
- 否
- 拒绝回答
- 不知道



D1.8 How many children have you given birth to?

您生过几位孩子？

\_\_\_\_\_

- 888) Refuse to answer
- 999) Do not know

- 拒绝回答
- 不知道