

DUKE LONGITUDINAL STUDIES OF NORMAL AGING (DLSNA)

The DLSNA comprised two major studies. The first looked at a full range of topics using a study sample which included a full range of income levels, equal numbers of males and females, aged 60-94, 65% white and 35% of African-American ethnic origins. The second study which focused on the process of normal aging restricted itself in only examining a younger, white cohort (45-69 years) of middle/upper class.

Listing of study variables & measurement of variables

FIRST STUDY

Sociodemographic:

- social history and information
- marital and family relations
- work status and history
- retirement activities and attitudes

Self-reported health:

- lifestyle- activities and satisfactions
- health and illness behaviors
- use of free time

Functional health:

- sexual behavior
- audition; pure tone and speech threshold
- reaction time
- ophthalmological; visual fields, acuity, colour perception, colour photographs

Psychological:

- intelligence
- sleep patterns
- memory

- emotional security
- aspiration level
- depression, hypochondriasis
- usefulness and work satisfaction
- happiness

Bio-clinical:

- physical health
- physiological functioning
- psychomotor and perceptual functioning
- systolic and diastolic blood pressure
- extent of obesity
- serum cholesterol level
- cardiovascular impairment
- urea nitrogen, urinalysis
- blood chemistry
- immunology
- serologic test (syphilis)
- blood morphology
- neurological examination
- chest X-ray

SECOND STUDY

Sociodemographic:

- marital and family relations
- work status and history
- financial, social independence

Self-reported health:

- lifestyle- activities and satisfactions
- health and illness behaviours
- hypertension
- self-concepts
- psychosomatic
- life satisfaction

Functional health:

- sexual enjoyment, feeling, frequency of relations
- audition
- reaction time and accuracy
- vibratory threshold
- performance

Psychological:

- intelligence
- driving habits and propensity toward drowsiness while driving
- personality
- self-concept
- stressors and locus of control
- drug-use personality factors
- continuous performance

Bio-clinical:

- presence of absence of arteriosclerosis
- physical health - summary of symptoms
- physiological functioning,
- psychomotor and perceptual functioning
- cardiovascular impairment
- visual acuity
- auditory acuity
- chest X-ray
- urinalysis
- blood analysis
- immunology

Lifestyle:

- use of drugs, alcohol and tobacco