

## HANDLS Wave01 Audio questionnaire (English)

Q1. Enter neighborhood ID \_\_\_\_\_

Q2. Subject I D \_\_\_\_\_

**If Q2 is equal to -99, then skip to Q60.**

Q3. Enter data collection wave \_\_\_\_\_

In this questionnaire we will ask you some questions about your beliefs and feelings, and about your food shopping and income. Answer each question with the best choice you can find. There are no right or wrong answers. You may read the items to yourself or we can read the items to you using our headphones. Use your finger to press the button on the screen that is your best choice for each question.

Press the next question button to continue.

In the United States, people come from a lot of different cultures. There are many different words to describe the different backgrounds or *ethnic groups* that people come from. Some examples of the names of ethnic groups are Mexican-American, Hispanic, Black, Asian-American, Polish-American, American-Indian, African-American, and White.

Every person is born into an ethnic group - or more than one - but people differ on how important their *ethnicity* is to them, how they feel about it, and how much their behavior is affected by it. These questions are about your ethnicity or your ethnic group and how you feel about it or react to it.

Please press the next question button to continue.

Q4. I have tried to find out more about my ethnic group, such as its history, traditions, and customs. (Choose one)

- 0 Strongly agree
- 1 Somewhat agree
- 2 Somewhat disagree
- 3 Strongly disagree

Q5. I am active in organizations or social groups that include mostly members of my ethnic group. (Choose one)

- 0 Strongly agree
- 1 Somewhat agree
- 2 Somewhat disagree
- 3 Strongly disagree

- Q6. I have a clear sense of my ethnic background and what it means to me. (Choose one)
- 0 Strongly agree
  - 1 Somewhat agree
  - 2 Somewhat disagree
  - 3 Strongly disagree
- Q7. I like meeting and getting to know people from ethnic groups other than my own. (Choose one)
- 0 Strongly agree
  - 1 Somewhat agree
  - 2 Somewhat disagree
  - 3 Strongly disagree
- Q8. I think a lot about how my ethnic group affects my life. (Choose one)
- 0 Strongly agree
  - 1 Somewhat agree
  - 2 Somewhat disagree
  - 3 Strongly disagree
- Q9. I am happy that I am a member of the ethnic group that I belong to. (Choose one)
- 0 Strongly agree
  - 1 Somewhat agree
  - 2 Somewhat disagree
  - 3 Strongly disagree
- Q10. I sometimes feel it would be better if different ethnic groups didn't try to mix together. (Choose one)
- 0 Strongly agree
  - 1 Somewhat agree
  - 2 Somewhat disagree
  - 3 Strongly disagree
- Q11. I am not very clear about the role of my ethnicity in my life. (Choose one)
- 0 Strongly agree
  - 1 Somewhat agree
  - 2 Somewhat disagree
  - 3 Strongly disagree
- Q12. I often spend time with people from ethnic groups other than my own. (Choose one)
- 0 Strongly agree
  - 1 Somewhat agree
  - 2 Somewhat disagree
  - 3 Strongly disagree

- Q13. I really have not spent much time trying to learn more about the culture and history of my ethnic group. (Choose one)
- |   |                   |
|---|-------------------|
| 0 | Strongly agree    |
| 1 | Somewhat agree    |
| 2 | Somewhat disagree |
| 3 | Strongly disagree |
- Q14. I have a strong sense of belonging to my own ethnic group. (Choose one)
- |   |                   |
|---|-------------------|
| 0 | Strongly agree    |
| 1 | Somewhat agree    |
| 2 | Somewhat disagree |
| 3 | Strongly disagree |
- Q15. I understand pretty well what my ethnic group membership means to me and the way I relate to my own group and other groups. (Choose one)
- |   |                   |
|---|-------------------|
| 0 | Strongly agree    |
| 1 | Somewhat agree    |
| 2 | Somewhat disagree |
| 3 | Strongly disagree |
- Q16. To learn more about my ethnic background, I often talk with other people about my ethnic group. (Choose one)
- |   |                   |
|---|-------------------|
| 0 | Strongly agree    |
| 1 | Somewhat agree    |
| 2 | Somewhat disagree |
| 3 | Strongly disagree |
- Q17. I have a lot of pride in my ethnic group and its accomplishments. (Choose one)
- |   |                   |
|---|-------------------|
| 0 | Strongly agree    |
| 1 | Somewhat agree    |
| 2 | Somewhat disagree |
| 3 | Strongly disagree |
- Q18. I don't try to become friends with people from other ethnic groups. (Choose one)
- |   |                   |
|---|-------------------|
| 0 | Strongly agree    |
| 1 | Somewhat agree    |
| 2 | Somewhat disagree |
| 3 | Strongly disagree |

Q19. I participate in cultural practices of my own group, such as special food, music, or customs. (Choose one)

- 0 Strongly agree
- 1 Somewhat agree
- 2 Somewhat disagree
- 3 Strongly disagree

Q20. I am involved in activities with people from other ethnic groups. (Choose one)

- 0 Strongly agree
- 1 Somewhat agree
- 2 Somewhat disagree
- 3 Strongly disagree

Q21. I feel a strong attachment to my own ethnic group. (Choose one)

- 0 Strongly agree
- 1 Somewhat agree
- 2 Somewhat disagree
- 3 Strongly disagree

Q22. I enjoy being around people from ethnic groups other than my own. (Choose one)

- 0 Strongly agree
- 1 Somewhat agree
- 2 Somewhat disagree
- 3 Strongly disagree

Q23. I feel good about my cultural or ethnic background. (Choose one)

- 0 Strongly agree
- 1 Somewhat agree
- 2 Somewhat disagree
- 3 Strongly disagree

Income is important in analyzing the health information we collect. For example, this information helps us to learn whether people in one income group use certain types of medical services or have certain conditions more or less often than those in another group.

Please press the next question button to continue.

Q24. In the past 12 months, did you or any family member living with you receive income from working for an employer or from self-employment? (Choose one)      0 No      1 Yes      7 Don't Know

Q25. In the past 12 months, did you or any family member living with you receive Social Security or Railroad Retirement payments? (Choose one)

- 0 No      1 Yes      7 Don't Know

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- Q26. In the past 12 months, did you or any family member living with you receive any Supplemental Security Income (SSI) payments from the Federal government? (Choose one)      0 No  
1 Yes  
7 Don't Know
- Q27. In the past 12 months, did you or any family member living with you receive any pension or disability payment other than Social Security, Railroad Retirement, or disability pension? (Choose one)      0 No  
1 Yes  
7 Don't Know
- Q28. In the past 12 months, did you or any family member living with you receive Public assistance or welfare payments from the State or Local welfare office? (Choose one)      0 No  
1 Yes  
7 Don't Know
- Q29. In the past 12 months, did you or any family member living with you receive Aid to Families with Dependent Children, sometimes called AFDC or ADC? (Choose one)      0 No  
1 Yes  
7 Don't Know
- Q30. In the past 12 months, did you or any family member living with you receive income from any other source, including veteran's payments, workman's compensation, rental income, or child support and alimony? (Choose one)      0 No  
1 Yes  
7 Don't Know

The next three questions are about total combined income for you and the people living in your household in the last 12 months.

Please press the next question button to continue.

- Q31. Including wages, salaries, self-employment, and any other source of income we just mentioned, what was your total combined family income during the past 12 months? (Choose one)
- 0 \$20,000 or more      1 Less than \$20,000      7 Don't Know

Q32. Of the following income groups, which best represents your total household income in the last 12 months? (Choose one)

- 00 \$0
- 02 \$1-\$1,999
- 03 \$2,000-\$2,999
- 04 \$3,000-\$3,999
- 05 \$4,000-\$4,999
- 06 \$5,000-\$5,999
- 07 \$6,000-\$6,999
- 08 \$7,000-\$7,999
- 09 \$8,000-\$8,999
- 10 \$9,000-\$9,999
- 11 \$10,000-\$10,999
- 12 \$11,000-\$11,999
- 13 \$12,000-\$12,999
- 14 \$13,000-\$13,999
- 15 \$14,000-\$14,999
- 16 \$15,000-\$17,499
- 17 \$17,500-\$19,999
- 18 \$20,000-\$22,499
- 19 \$22,500-\$24,999
- 20 \$25,000-\$29,999
- 21 \$30,000-\$39,999
- 22 \$40,000-\$49,999
- 23 \$50,000-\$74,999
- 24 \$75,000 or more
- 97 Don't Know

Q33. Which of these statements best describe the food eaten by you and your family in the last 12 months? (Choose one)

- 0 I always have enough to eat
- 1 I have enough to eat, but not what I want
- 2 Sometimes I don't have enough to eat
- 3 Often I don't have enough to eat
- 7 Don't Know

***If Q33 is equal to 0, then skip to Q48.***

The next questions are about reasons why people don't always have enough to eat or don't always have the kinds of food they want or need. For each one, please indicate if that is a reason why you don't always have enough to eat or don't always have the kinds of food you want or need.

Please press the next question button to continue.

Q34. I have transportation problems that prevent me from always having enough to eat. (Choose one)

0 No 1 Yes 7 Don't Know

Q35. I have transportation problems that prevent me from always having the kinds of food I want or need. (Choose one)

0 No 1 Yes 7 Don't Know

Q36. I do not have enough money, food stamps, or WIC vouchers to buy enough food to eat. (Choose one)

0 No 1 Yes 7 Don't Know

Q37. I do not have enough money, food stamps, or WIC vouchers to buy the kinds of food I want or need. (Choose one)

0 No 1 Yes 7 Don't Know

Q38. I do not have enough food to eat because I am on a diet. (Choose one)

0 No 1 Yes 7 Don't Know

Q39. I do not have the kinds of food I want or need because I am on a diet (Choose one)

0 No 1 Yes 7 Don't Know

Q40. I do not have enough food to eat because I do not have a working stove or refrigerator. (Choose one)

0 No 1 Yes 7 Don't Know

Q41. I do not have the kinds of food I want or need because I do not have a working stove or refrigerator. (Choose one)

0 No 1 Yes 7 Don't Know

Q42. I do not have enough food to eat because I have health problems that prevent me from cooking or eating. (Choose one)

0 No 1 Yes 7 Don't Know

Q43. I do not always have the kinds of food I want or need because I have health problems that prevent me from cooking or eating. (Choose one)

0 No 1 Yes 7 Don't Know

Q44. I do not have enough food to eat because the kinds of food I want are not available. (Choose one)

0 No 1 Yes 7 Don't Know

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Q45. I do not always have the kinds of food I want or need because the kinds of food I want are not available. (Choose one)

0 No 1 Yes 7 Don't Know

Q46. I do not have enough food to eat because good quality food is not available. (Choose one)

0 No 1 Yes 7 Don't Know

Q47. I do not always have the kinds of food I want or need because good quality food is not available. (Choose one)

0 No 1 Yes 7 Don't Know

Q48. In the last 12 months, did you or your household ever cut the size of your meals or skip meals because there wasn't enough money for food? (Choose one)

0 No 1 Yes 7 Don't Know

**If Q48 is equal to 0, then skip to Q50.**

Q49. In the last 12 months, how often did you or your household cut the size of your meals or skip meals because there wasn't enough money for food? (Choose one)

0 Almost every month  
1 Some months, but not every month  
2 Only 1 or 2 months  
7 Don't Know

Q50. What is your total household bill for food every month?

-----  
99999997 Don't Know  
99999998 Refuse to Answer  
99999999 Not Applicable

Q51. Do you pay for your groceries with cash, check, credit card, or debit card? (Choose one)

0 No 1 Yes 7 Don't Know

Q52. Do you pay for your groceries with food stamps or WIC? (Choose one)

0 No 1 Yes 7 Don't Know

Q53. Do you or anyone in your household **now** receive benefits from the WIC program? (Choose one)

0 No 1 Yes 7 Don't Know

Q54. Have you ever had your utilities turned off? (Choose one)

0 No 1 Yes 7 Don't Know

Q55. Have you ever been homeless? (Choose one)

0 No 1 Yes 7 Don't Know



Q56. How much rent or mortgage do you pay?

\_\_\_\_\_ 999999997 Don't Know

Q57. Is your home in public housing or subsidized housing? (Choose one)

0 No 1 Yes 7 Don't Know

**If Q57 is equal to 0, then skip to Q59.**

Q58. How many years have you been living in public or subsidized housing?

\_\_\_\_\_ 999999997 Don't Know

Q59. Do you have any accounts or savings in a bank, credit union, or savings and loan? (Choose one)

0 No 1 Yes 7 Don't Know

Q60. Including children you have adopted, how many children have you had? If you haven't had any children, please enter zero.

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We are interested in how people respond when they confront difficult or stressful events in their lives. There are lots of ways to deal with stress. The next questions ask you about what you usually do and feel when you experience stressful events. Even though you may do different things and feel different emotions, try to remember what you usually do when you are under a lot of stress.

Press the next question button to continue.

Q61. Are you currently married or living with someone? (Choose one)

0 No 1 Yes

**If Q60 is equal to 0, then skip to Q63.**

Q62. How many of your children do you feel close to? By "close to" we mean you feel at ease with them, can talk to them about private matters, and can call on them for help.

\_\_\_\_\_ 999 Not Applicable **Skip to Q2**

Q63. Other than your children (if you have any), how many other relatives do you have that you feel close to? By "close to" we mean you feel at ease with them, can talk to them about private matters, and can call on them for help.

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Q64. How many close friends do you have? By "close" we mean you feel at ease with them, can talk to them about private matters, and can call on them for help.

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**If Q61 is equal to 0, then skip to instruction before Q66.**

Q65. How often does your spouse or partner make you feel loved and cared for? (Choose one)

0 Never 1 Once in a while 2 Fairly often 3 Very often

**If Q60 is equal to 0, then skip to instruction before Q67.**

Q66. How often do your children make you feel loved and cared for? (Choose one)

- 0 Never                      1 Once in a while                      2 Fairly often                      3 Very often

***If Q63 is equal to 0 and Q64 is equal to 0, then skip to instruction before Q68.***

Q67. How often do your close friends and relatives make you feel loved and cared for? (Choose one)

- 0 Never                      1 Once in a while                      2 Fairly often                      3 Very often

***If Q61 is equal to 0, then skip to instruction before Q69.***

Q68. How often is your spouse or partner willing to listen when you need to talk about your worries or problems? (Choose one)

- 0 Never                      1 Once in a while                      2 Fairly often                      3 Very often

***If Q60 is equal to 0, then skip to instruction before Q70.***

Q69. How often are your children willing to listen when you need to talk about your worries or problems? (Choose one)

- 0 Never                      1 Once in a while                      2 Fairly often                      3 Very often

***If Q63 is equal to 0 and Q64 is equal to 0, then skip to Q71.***

Q70. How often are your close friends and relatives willing to listen when you need to talk about your worries or problems? (Choose one)

- 0 Never                      1 Once in a while                      2 Fairly often                      3 Very often

Q71. In the last section we asked about the amount of emotional support you might have received. Thinking back over the past year, would you say you feel satisfied with the amount of emotional support other people gave you, or do you wish others gave you emotional support more often or less often? (Choose one)

- 0 More often                      1 Satisfied                      2 Less often

***If Q61 is equal to 0, then skip to instruction before Q73.***

Q72. How often does your spouse or partner help with daily tasks like shopping, giving you a ride, or helping you with household tasks? (Choose one)

- 0 Never                      1 Once in a while                      2 Fairly often                      3 Very often

***If Q60 is equal to 0, then skip to instruction before Q74.***

Q73. How often do your children help with daily tasks like shopping, giving you a ride, or helping you with household tasks? (Choose one)

- 0 Never                      1 Once in a while                      2 Fairly often                      3 Very often

***If Q63 is equal to 0, then skip to instruction before Q75.***

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Q74. How often do your close relatives help with daily tasks like shopping, giving you a ride, or helping you with household tasks? (Choose one)

0 Never                      1 Once in a while                      2 Fairly often                      3 Very often

***If Q61 is equal to 0, then skip to instruction before Q76.***

Q75. How often does your spouse or partner give you advice or information about medical, financial, or family problems? (Choose one)

0 Never                      1 Once in a while                      2 Fairly often                      3 Very often

***If Q60 is equal to 0, then skip to instruction before Q77.***

Q76. How often do your children give you advice or information about medical, financial, or family problems? (Choose one)

0 Never                      1 Once in a while                      2 Fairly often                      3 Very often

***If Q63 is equal to 0 and Q64 is equal to 0, then skip to Q78.***

Q77. How often do your close friends and relatives give you advice or information about medical, financial, or family problems? (Choose one)

0 Never                      1 Once in a while                      2 Fairly often                      3 Very often

Q78. In the last section we asked about things that people might have done for you. Thinking back over the past year, would you say you feel satisfied with this type of help, or do you wish others gave you this type of help more often or less often? (Choose one)

0 More often                      1 Satisfied                      2 Less often

***If Q61 is equal to 0, then skip to instruction before Q80.***

Q79. How often does your spouse or partner make too many demands on you? (Choose one)

0 Never                      1 Once in a while                      2 Fairly often                      3 Very often

***If Q60 is equal to 0, then skip to instruction before Q82.***

Q80. How often do your children make too many demands on you? (Choose one)

0 Never                      1 Once in a while                      2 Fairly often                      3 Very often

Q81. How often do your close friends or relatives make too many demands on you? (Choose one)

0 Never                      1 Once in a while                      2 Fairly often                      3 Very often

***If Q61 is equal to 0, then skip to instruction before Q83.***

Q82. How often is your spouse or partner critical of what you do? (Choose one)

0 Never                      1 Once in a while                      2 Fairly often                      3 Very often

***If Q60 is equal to 0, then skip to instruction before Q84.***

- Q83. How often are your children critical of what you do? (Choose one)
- 0 Never                      1 Once in a while                      2 Fairly often                      3 Very often

**If Q63 is equal to 0 and Q64 is equal to 0, then skip to Q85.**

- Q84. How often are your close friends and relatives critical of what you do? (Choose one)
- 0 Never                      1 Once in a while                      2 Fairly often                      3 Very often

- Q85. In the past year, how often has someone depended on you for your guidance and advice? (Choose one)
- 0 Never                      1 Once in a while                      2 Fairly often                      3 Very often

- Q86. In the past year, how often has someone depended on you for financial help? (Choose one)
- 0 Never                      1 Once in a while                      2 Fairly often                      3 Very often

- Q87. In the past year, how often has someone talked over their problems and private feelings with you? (Choose one)
- 0 Never                      1 Once in a while                      2 Fairly often                      3 Very often

- Q88. In the past year, how often has someone depended on you for transportation? (Choose one)
- 0 Never                      1 Once in a while                      2 Fairly often                      3 Very often

- Q89. In the past year, how often has someone depended on you for something they needed that was a physical object other than money? (Choose one)
- 0 Never                      1 Once in a while                      2 Fairly often                      3 Very often

- Q90. In the past year, how often have you helped someone with their household chores? (Choose one)
- 0 Never                      1 Once in a while                      2 Fairly often                      3 Very often

- Q91. In the past year, how often have you helped someone with their shopping? (Choose one)
- 0 Never                      1 Once in a while                      2 Fairly often                      3 Very often

- Q92. In the past year, how often have you been right there with someone when they were experiencing a stressful situation? (Choose one)
- 0 Never                      1 Once in a while                      2 Fairly often                      3 Very often

- Q93. In the past year, how often have you comforted someone by showing them physical affection? (Choose one)
- 0 Never                      1 Once in a while                      2 Fairly often                      3 Very often

- Q94. In the past year, how often have you expressed interest and concern in someone's well-being? (Choose one)
- 0 Never                      1 Once in a while                      2 Fairly often                      3 Very often

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- Q95. In the past year, how often have you told someone what you did in a stressful situation that was similar to the one they were going through? (Choose one)      0 Never      1 Once in a while      2 Fairly often      3 Very often
- Q96. In the past year, how often have you suggested some action someone should take to deal with a problem they were having? (Choose one)
- 0 Never      1 Once in a while      2 Fairly often      3 Very often
- Q97. In the past year, how often have you told someone where they could go for help with a problem they were having? (Choose one)
- 0 Never      1 Once in a while      2 Fairly often      3 Very often
- Q98. In the last section we asked about things that you may or may not have done for others. Thinking back over the past year, are you satisfied with the amount of help you gave to others or do you wish that you had helped others more often or less often? (Choose one)
- 0 More often      1 Satisfied      2 Less often
- Q99. When I am confronted with a difficult or stressful event, I usually turn to work or other activities to take my mind off of things. (Choose one)
- 0 I usually don't do this at all  
1 I usually do this a little bit  
2 I usually do this a medium amount  
3 I usually do this a lot
- Q100. When I am confronted with a difficult or stressful event, I usually concentrate my efforts on doing something about the situation. (Choose one)
- 0 I usually don't do this at all  
1 I usually do this a little bit  
2 I usually do this a medium amount  
3 I usually do this a lot
- Q101. When I am confronted with a difficult or stressful event, I usually say to myself, "This isn't real." (Choose one)
- 0 I usually don't do this at all  
1 I usually do this a little bit  
2 I usually do this a medium amount  
3 I usually do this a lot
- Q102. When I am confronted with a difficult or stressful event, I usually use alcohol or other drugs to make myself feel better. (Choose one)
- 0 I usually don't do this at all  
1 I usually do this a little bit  
2 I usually do this a medium amount  
3 I usually do this a lot

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Q103. When I am confronted with a difficult or stressful event, I usually get emotional support from others. (Choose one)

- 0 I usually don't do this at all
- 1 I usually do this a little bit
- 2 I usually do this a medium amount
- 3 I usually do this a lot

Q104. When I am confronted with a difficult or stressful event, I usually give up trying to deal with it. (Choose one)

- 0 I usually don't do this at all
- 1 I usually do this a little bit
- 2 I usually do this a medium amount
- 3 I usually do this a lot

Q105. When I am confronted with a difficult or stressful event, I usually take action to try to make the situation better. (Choose one)

- 0 I usually don't do this at all
- 1 I usually do this a little bit
- 2 I usually do this a medium amount
- 3 I usually do this a lot

Q106. When I am confronted with a difficult or stressful event, I usually refuse to believe that it has happened. (Choose one)

- 0 I usually don't do this at all
- 1 I usually do this a little bit
- 2 I usually do this a medium amount
- 3 I usually do this a lot

Q107. When I am confronted with a difficult or stressful event, I usually say things to let my unpleasant feelings escape. (Choose one)

- 0 I usually don't do this at all
- 1 I usually do this a little bit
- 2 I usually do this a medium amount
- 3 I usually do this a lot

Q108. When I am confronted with a difficult or stressful event, I usually get help and advice from other people. (Choose one)

- 0 I usually don't do this at all
- 1 I usually do this a little bit
- 2 I usually do this a medium amount
- 3 I usually do this a lot

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- Q109. When I am confronted with a difficult or stressful event, I usually use alcohol or other drugs to help me get through it. (Choose one)
- 0 I usually don't do this at all
  - 1 I usually do this a little bit
  - 2 I usually do this a medium amount
  - 3 I usually do this a lot
- Q110. When I am confronted with a difficult or stressful event, I usually try to see it in a different light to make it seem more positive. (Choose one)
- 0 I usually don't do this at all
  - 1 I usually do this a little bit
  - 2 I usually do this a medium amount
  - 3 I usually do this a lot
- Q111. When I am confronted with a difficult or stressful event, I usually criticize myself. (Choose one)
- 0 I usually don't do this at all
  - 1 I usually do this a little bit
  - 2 I usually do this a medium amount
  - 3 I usually do this a lot
- Q112. When I am confronted with a difficult or stressful event, I usually try to come up with a strategy about what to do. (Choose one)
- 0 I usually don't do this at all
  - 1 I usually do this a little bit
  - 2 I usually do this a medium amount
  - 3 I usually do this a lot
- Q113. When I am confronted with a difficult or stressful event, I usually get comfort and understanding from someone. (Choose one)
- 0 I usually don't do this at all
  - 1 I usually do this a little bit
  - 2 I usually do this a medium amount
  - 3 I usually do this a lot
- Q114. When I am confronted with a difficult or stressful event, I usually give up the attempt to cope. (Choose one)
- 0 I usually don't do this at all
  - 1 I usually do this a little bit
  - 2 I usually do this a medium amount
  - 3 I usually do this a lot

Q115. When I am confronted with a difficult or stressful event, I usually look for something good in what is happening. (Choose one)

- 0 I usually don't do this at all
- 1 I usually do this a little bit
- 2 I usually do this a medium amount
- 3 I usually do this a lot

Q116. When I am confronted with a difficult or stressful event, I usually make jokes about it. (Choose one)

- 0 I usually don't do this at all
- 1 I usually do this a little bit
- 2 I usually do this a medium amount
- 3 I usually do this a lot

Q117. When I am confronted with a difficult or stressful event, I usually do something to think about it less, such as going to the movies, watching TV, reading, daydreaming, sleeping, or shopping. (Choose one) 0 I usu

- 1 I usually do this a little bit
- 2 I usually do this a medium amount
- 3 I usually do this a lot

Q118. When I am confronted with a difficult or stressful event, I usually accept the reality of the fact that it has happened. (Choose one)

- 0 I usually don't do this at all
- 1 I usually do this a little bit
- 2 I usually do this a medium amount
- 3 I usually do this a lot

Q119. When I am confronted with a difficult or stressful event, I usually express my negative feelings. (Choose one)

- 0 I usually don't do this at all
- 1 I usually do this a little bit
- 2 I usually do this a medium amount
- 3 I usually do this a lot

Q120. When I am confronted with a difficult or stressful event, I usually try to find comfort in my religion or spiritual beliefs. (Choose one)

- 0 I usually don't do this at all
- 1 I usually do this a little bit
- 2 I usually do this a medium amount
- 3 I usually do this a lot



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Q121. When I am confronted with a difficult or stressful event, I usually try to get advice or help from other people about what to do. (Choose one)

- 0 I usually don't do this at all
- 1 I usually do this a little bit
- 2 I usually do this a medium amount
- 3 I usually do this a lot

Q122. When I am confronted with a difficult or stressful event, I usually learn to live with it. (Choose one)

- 0 I usually don't do this at all
- 1 I usually do this a little bit
- 2 I usually do this a medium amount
- 3 I usually do this a lot

Q123. When I am confronted with a difficult or stressful event, I usually think hard about what steps to take. (Choose one)

- 0 I usually don't do this at all
- 1 I usually do this a little bit
- 2 I usually do this a medium amount
- 3 I usually do this a lot

Q124. When I am confronted with a difficult or stressful event, I usually blame myself for the things that happened. (Choose one)

- 0 I usually don't do this at all
- 1 I usually do this a little bit
- 2 I usually do this a medium amount
- 3 I usually do this a lot

Q125. When I am confronted with a difficult or stressful event, I usually pray or meditate. (Choose one)

- 0 I usually don't do this at all
- 1 I usually do this a little bit
- 2 I usually do this a medium amount
- 3 I usually do this a lot

Q126. When I am confronted with a difficult or stressful event, I usually make fun of the situation. (Choose one)

- 0 I usually don't do this at all
- 1 I usually do this a little bit
- 2 I usually do this a medium amount
- 3 I usually do this a lot

In the next questions, please answer how much you agree or disagree with each item. Choose your answers thoughtfully, and make your answers as true for you as you can. There are no right or wrong answers so choose the best answer for you.

Please press the next question button to continue.

Q127. I'm on my guard in most situations. (Choose one)

0	Strongly agree
1	Agree
2	Neither agree nor disagree
3	Disagree
4	Strongly disagree

Q128. I feel safe most places without having to be on the lookout for danger. (Choose one)

0	Strongly agree
1	Agree
2	Neither agree nor disagree
3	Disagree
4	Strongly disagree

Q129. I'm always on guard for things that might come at me. (Choose one)

0	Strongly agree
1	Agree
2	Neither agree nor disagree
3	Disagree
4	Strongly disagree

Q130. I'm not someone who worries about who's coming up behind me. (Choose one)

0	Strongly agree
1	Agree
2	Neither agree nor disagree
3	Disagree
4	Strongly disagree

Q131. I am always looking over my shoulder. (Choose one)

0	Strongly agree
1	Agree
2	Neither agree nor disagree
3	Disagree
4	Strongly disagree

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- Q132. I am pretty relaxed in most situations. (Choose one)
- |   |                            |
|---|----------------------------|
| 0 | Strongly agree             |
| 1 | Agree                      |
| 2 | Neither agree nor disagree |
| 3 | Disagree                   |
| 4 | Strongly disagree          |
- Q133. I flare up quickly but get over it quickly. (Choose one)
- |   |                          |
|---|--------------------------|
| 0 | Not at all like me.      |
| 1 | Not much like me         |
| 2 | Not like me or unlike me |
| 3 | Somewhat like me         |
| 4 | Very much like me        |
- Q134. When frustrated, I let my irritation show. (Choose one)
- |   |                          |
|---|--------------------------|
| 0 | Not at all like me.      |
| 1 | Not much like me         |
| 2 | Not like me or unlike me |
| 3 | Somewhat like me         |
| 4 | Very much like me        |
- Q135. I sometimes feel like a powder keg ready to explode. (Choose one)
- |   |                          |
|---|--------------------------|
| 0 | Not at all like me.      |
| 1 | Not much like me         |
| 2 | Not like me or unlike me |
| 3 | Somewhat like me         |
| 4 | Very much like me        |
- Q136. I am an even-tempered person (Choose one)
- |   |                          |
|---|--------------------------|
| 0 | Not at all like me.      |
| 1 | Not much like me         |
| 2 | Not like me or unlike me |
| 3 | Somewhat like me         |
| 4 | Very much like me        |
- Q137. Some of my friends think I am a hot-head. (Choose one)
- |   |                          |
|---|--------------------------|
| 0 | Not at all like me.      |
| 1 | Not much like me         |
| 2 | Not like me or unlike me |
| 3 | Somewhat like me         |
| 4 | Very much like me        |

Q138. Sometimes I fly off the handle for no good reason. (Choose one)

- 0 Not at all like me.
- 1 Not much like me
- 2 Not like me or unlike me
- 3 Somewhat like me
- 4 Very much like me

Q139. I have trouble controlling my temper. (Choose one)

- 0 Not at all like me.
- 1 Not much like me
- 2 Not like me or unlike me
- 3 Somewhat like me
- 4 Very much like me

In the next questions we will ask you about emotions, moods, thoughts, and behaviors during the **past 2 weeks**. For each question, choose YES if the item describes how you have been acting, feeling, or thinking. If the item does not describe you, say NO.

Please press the next question button to continue.

Q140. During the past 2 weeks, did you worry over and over about dirt or germs? (Choose one)

- 0 No
- 1 Yes

Q141. During the past 2 weeks, did you worry over and over that something bad would happen because you forgot to do something important like locking the door, turning off the stove, or unplugging appliances? (Choose one)

- 0 No
- 1 Yes

Q142. During the past 2 weeks, were there things that you felt you had to do over and over that you could not stop doing for at least half an hour when you tried to stop (Choose one)

- 0 No
- 1 Yes

Q143. During the past 2 weeks, were there things you felt you had to do over and over even though they interfered with getting other things done? (Choose one)

- 0 No
- 1 Yes

Q144. During the past 2 weeks, did you wash and clean yourself or things around you over and over? (Choose one)

- 0 No
- 1 Yes

Q145. During the past 2 weeks, did you check things or repeat actions over and over again? (Choose one)

- 0 No
- 1 Yes

Q146. During the past 2 weeks, did you count things over and over? (Choose one)

- 0 No
- 1 Yes

Q147. During the past 2 weeks, did things happen that you knew were true but other people told you were in your imagination? (Choose one)

- 0 No
- 1 Yes

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Q148. During the past 2 weeks, were you convinced that other people were watching you, talking about you, or spying on you? (Choose one)

0 No 1 Yes

Q149. During the past 2 weeks, did you think that you were in danger because someone was plotting to hurt you? (Choose one)

0 No 1 NYD1

Q150. During the past 2 weeks, did things happen that made you think that you had special powers that other people didn't have? (Choose one)

0 No 1 Yes

Q151. During the past 2 weeks, did you think that some outside force or power was controlling your body or mind? (Choose one)

0 No 1 Yes

Q152. During the past 2 weeks, did you hear voices that other people didn't hear, or see things that other people didn't see? (Choose one)

0 No 1 Yes

In the next questions we will ask you about your feelings and thoughts during the **last month**. Please indicate how often you felt or thought a certain way.

Please press the next question button to continue.

Q153. In the last month, how often have you felt unable to control the important things in your life? (Choose one)

0 Never 1 Almost never 2 Sometimes 3 Fairly often 4 Very often

Q154. In the last month, how often have you felt able to handle your personal problems? (Choose one)

0 Never 1 Almost never 2 Sometimes 3 Fairly often 4 Very often

Q155. In the last month, how often have you felt things were going your way? (Choose one)

0 Never 1 Almost never 2 Sometimes 3 Fairly often 4 Very often

Q156. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them? (Choose one)

0 Never 1 Almost never 2 Sometimes 3 Fairly often 4 Very often

In the next questions we will ask you about problems and complaints that people sometimes have in response to stressful life experiences. For each one, indicate how much you have been bothered by that problem in the **last month**.

Please press the next question button to continue.

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- Q157. In the past month, how much have you been bothered by repeated, disturbing memories, thoughts, or images of a stressful experience from the past? (Choose one)
- 0 Not at all      1 A little bit      2 Moderately      3 Quite a bit      4 Extremely
- Q158. In the past month, how much have you been bothered by repeated, disturbing dreams of a stressful experience from the past? (Choose one)
- 0 Not at all      1 A little bit      2 Moderately      3 Quite a bit      4 Extremely
- Q159. In the past month, how much have you been bothered by suddenly acting or feeling as if a stressful event were happening again -- as if you were reliving it? (Choose one)
- 0 Not at all      1 A little bit      2 Moderately      3 Quite a bit      4 Extremely
- Q160. In the past month, how much have you been bothered by feeling very upset when something reminded you of a stressful experience from the past? (Choose one)
- 0 Not at all      1 A little bit      2 Moderately      3 Quite a bit      4 Extremely
- Q161. In the past month, how much have you been bothered by having physical reactions such as your heart pounding, trouble breathing, or breaking into a sweat when something reminded you of a stressful experience from the past? (Choose one)
- 0 Not at all      1 A little bit      2 Moderately      3 Quite a bit      4 Extremely
- Q162. In the past month, how much have you been bothered by avoiding thinking about or talking about a stressful experience from the past or avoiding feelings related to it? (Choose one)
- 0 Not at all      1 A little bit      2 Moderately      3 Quite a bit      4 Extremely
- Q163. In the past month, how much have you been bothered by avoiding activities or situations because they remind you of a stressful experience from the past? (Choose one)
- 0 Not at all      1 A little bit      2 Moderately      3 Quite a bit      4 Extremely
- Q164. In the past month, how much have you been bothered by trouble remembering important parts of a stressful experience from the past? (Choose one)
- 0 Not at all      1 A little bit      2 Moderately      3 Quite a bit      4 Extremely
- Q165. In the past month, how much have you been bothered by losing interest in things that you usually enjoyed? (Choose one)
- 0 Not at all      1 A little bit      2 Moderately      3 Quite a bit      4 Extremely
- Q166. In the past month, how much have you been bothered by feeling distant or cut off from people? (Choose one)
- 0 Not at all      1 A little bit      2 Moderately      3 Quite a bit      4 Extremely

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- Q167. In the past month, how much have you been bothered by feeling emotionally numb or unable to have loving feelings for people close to you? (Choose one)      0 Not at all      1 A little bit      2 Moderately      3 Quite a bit      4 Extremely
- Q168. In the past month, how much have you been bothered by feeling as if your future will somehow be cut short? (Choose one)  
0 Not at all      1 A little bit      2 Moderately      3 Quite a bit      4 Extremely
- Q169. In the past month, how much have you been bothered by trouble falling or staying asleep? (Choose one)  
0 Not at all      1 A little bit      2 Moderately      3 Quite a bit      4 Extremely
- Q170. In the past month, how much have you been bothered by feeling irritable or having angry outbursts? (Choose one)  
0 Not at all      1 A little bit      2 Moderately      3 Quite a bit      4 Extremely
- Q171. In the past month, how much have you been bothered by difficulty concentrating? (Choose one)  
0 Not at all      1 A little bit      2 Moderately      3 Quite a bit      4 Extremely
- Q172. In the past month, how much have you been bothered by being super-alert, watchful, or on guard? (Choose one)  
0 Not at all      1 A little bit      2 Moderately      3 Quite a bit      4 Extremely
- Q173. In the past month, how much have you been bothered by feeling jumpy or easily startled? (Choose one)  
0 Not at all      1 A little bit      2 Moderately      3 Quite a bit      4 Extremely

In the next questions we will ask you about emotions, thoughts, and behaviors during the past 6 months. For each question, choose YES if the item describes how you have been acting, feeling, or thinking. Choose NO if the item does not describe you.

Please press the next question button to continue.

- Q174. During the past 6 months, did you worry a lot about embarrassing yourself in front of others? (Choose one)  
0 No      1 Yes
- Q175. During the past 6 months, did you worry a lot that you might do something to make people think that you were stupid or foolish? (Choose one)  
0 No      1 Yes
- Q176. During the past 6 months, did you feel very nervous in situations where people might pay attention to you? (Choose one)  
0 No      1 Yes
- Q177. During the past 6 months, were you extremely nervous in social situations? (Choose one)  
0 No      1 Yes

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- Q178. During the past 6 months, did you regularly avoid any situations because you were afraid you would do or say something to embarrass yourself? (Choose one) 0 No 1 Yes
- Q179. During the past 6 months, did you worry a lot about doing or saying something to embarrass yourself while speaking in public? (Choose one) 0 No 1 Yes
- Q180. During the past 6 months, did you worry a lot about doing or saying something to embarrass yourself while eating in front of other people? (Choose one) 0 No 1 Yes
- Q181. During the past 6 months, did you worry a lot about doing or saying something to embarrass yourself while using public restrooms? (Choose one) 0 No 1 Yes
- Q182. During the past 6 months, did you worry a lot about doing or saying something to embarrass yourself while writing in front of others? (Choose one) 0 No 1 Yes
- Q183. During the past 6 months, did you worry a lot about doing or saying something to embarrass yourself by saying something stupid when you were with a group of people? (Choose one) 0 No 1 Yes
- Q184. During the past 6 months, did you worry a lot about doing or saying something to embarrass yourself by saying something stupid when you were in a group of people? (Choose one) 0 No 1 Yes
- Q185. During the past 6 months, did you worry a lot about doing or saying something to embarrass yourself at a business meeting? (Choose one) 0 No 1 Yes
- Q186. During the past 6 months, did you worry a lot about doing or saying something to embarrass yourself at parties or social gathering? (Choose one) 0 No 1 Yes
- Q187. During the past 6 months, did you almost always get very anxious as soon as you were in any of the situations mentioned before? (Choose one) 0 No 1 Yes
- Q188. During the past 6 months, did you avoid any of the previously mentioned situations because they made you feel anxious or fearful? (Choose one) 0 No 1 Yes
- Q189. During the past 6 months, were you a nervous person on most days? (Choose one) 0 No 1 Yes



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Q190. During the past 6 months, did you worry a lot that bad things might happen to you or someone close to you? (Choose one)

0 No 1 Yes

Q191. During the past 6 months, did you worry about things that other people said shouldn't worry you? (Choose one)

0 No 1 Yes

Q192. During the past 6 months, were you worried or anxious about a number of things in your daily life on most days? (Choose one)

0 No 1 Yes

Q193. During the past 6 months, did you often feel restless or on edge because you were worrying? (Choose one)

0 No 1 Yes

Q194. During the past 6 months, did you often have problems falling asleep because you were worrying about things? (Choose one)

0 No 1 Yes

Q195. During the past 6 months, did you often feel tension in your muscles because of anxiety or stress? (Choose one)

0 No 1 Yes

Q196. During the past 6 months, did you often have difficulty concentrating because your mind was on your worries? (Choose one)

0 No 1 Yes

Q197. During the past 6 months, were you often snappy or irritable because you were worrying or feeling stressed? (Choose one)

0 No 1 Yes

Q198. During the past 6 months, was it hard for you to control or stop your worrying on most days? (Choose one)

0 No 1 Yes

Q199. Including beer and wine, do you ever drink alcohol? (Choose one)

0 No 1 Yes

***If Q199 is equal to 0, then skip to Q205.***



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Q210. Thinking about the pain in your problem joint during the past 2 days, how much pain have you had at night in bed? (Choose one)

0 None          1 Mild          2 Moderate      3 Severe      4 Extreme

Q211. Thinking about the pain in your problem joint during the past 2 days, how much pain have you had sitting or lying down? (Choose one)

0 None          1 Mild          2 Moderate      3 Severe      4 Extreme

Q212. Thinking about the pain in your problem joint during the past 2 days, how much pain have you had standing upright? (Choose one)

0 None          1 Mild          2 Moderate      3 Severe      4 Extreme

Q213. In the past 2 days have you had stiffness in any of your joints due to arthritis? Stiffness is when you have difficulty moving your joints or when you feel uncomfortable moving your joints. (Choose one) 0

No 1          Yes

***If Q213 is equal to 0, then skip to instruction before Q217.***

Q214. In which joint have you had stiffness due to arthritis? (Choose one)

0          Fingers  
1          Arms  
2          Back  
3          Hips  
4          Knees  
5          Feet  
6          Other

Q215. Thinking about the stiffness you felt in your problem joint due to your arthritis during the last 2 days, how severe is your stiffness after you wake up in the morning? (Choose one)

0 None          1 Mild          2 Moderate      3 Severe      4 Extreme

Q216. Thinking about the stiffness you felt in your problem joint due to your arthritis during the last 2 days, how severe is your stiffness after sitting, lying, or resting later in the day? (Choose one)

0 None          1 Mild          2 Moderate      3 Severe      4 Extreme

***If Q206 is equal to 0 and Q213 is equal to 0, then skip to end of questionnaire.***

The next questions ask about any difficulty you have had in performing daily activities during the last 2 days due to arthritis in your problem joint.

Please press the next question button to continue.

Q217. How difficult has it been to walk down stairs? (Choose one)

0 None          1 Mild          2 Moderate      3 Severe      4 Extreme

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- Q218. How difficult has it been to walk up stairs? (Choose one)  
0 None      1 Mild      2 Moderate      3 Severe      4 Extreme
- Q219. How difficult has it been to stand up after sitting? (Choose one)  
0 None      1 Mild      2 Moderate      3 Severe      4 Extreme
- Q220. How difficult has it been to stand up straight? (Choose one)  
0 None      1 Mild      2 Moderate      3 Severe      4 Extreme
- Q221. How difficult has it been to bend down? (Choose one)  
0 None      1 Mild      2 Moderate      3 Severe      4 Extreme
- Q222. How difficult has it been to walk on a flat surface? (Choose one)  
0 None      1 Mild      2 Moderate      3 Severe      4 Extreme
- Q223. How difficult has it been to get in or out of a car, or on or off the bus? (Choose one)  
0 None      1 Mild      2 Moderate      3 Severe      4 Extreme
- Q224. How difficult has it been going shopping? (Choose one)  
0 None      1 Mild      2 Moderate      3 Severe      4 Extreme
- Q225. How difficult has it been to put on your socks or stockings? (Choose one)  
0 None      1 Mild      2 Moderate      3 Severe      4 Extreme
- Q226. How difficult has it been to get out of bed? (Choose one)  
0 None      1 Mild      2 Moderate      3 Severe      4 Extreme
- Q227. How difficult has it been to take off your socks or stockings? (Choose one)  
0 None      1 Mild      2 Moderate      3 Severe      4 Extreme
- Q228. How difficult has it been to lie in bed? (Choose one)  
0 None      1 Mild      2 Moderate      3 Severe      4 Extreme
- Q229. How difficult has it been to get in or out of your bath? (Choose one)  
0 None      1 Mild      2 Moderate      3 Severe      4 Extreme
- Q230. How difficult has it been to sit? (Choose one)  
0 None      1 Mild      2 Moderate      3 Severe      4 Extreme
- Q231. How difficult has it been to get on or off the toilet? (Choose one)  
0 None      1 Mild      2 Moderate      3 Severe      4 Extreme
- Q232. How difficult has it been to do heavy housework? (Choose one)  
0 None      1 Mild      2 Moderate      3 Severe      4 Extreme

*HANDLS Wave01 Audio questionnaire*

Q233. How difficult has it been to do light housework? (Choose one)

0 None            1 Mild            2 Moderate        3 Severe            4 Extreme

Thank you for completing this questionnaire.

Please tell the HANDLS staff member that you have completed this questionnaire.