

File Name	Data as of	Population	Data collected	One row per	Rows	File Created
lilac_quality_of_life_inv.dat	2/19/2023	LILAC	Baseline, Main, Ext1, Ext2	Assessment Date	985,653	8/25/2023

This data dictionary can be used to prepare or evaluate feasibility of ancillary study proposals and paper proposals, but is NOT intended for publication.

ID WHI Participant Common ID Col 1

N	Missing
985,653	0

CASEFLAG Case or control Col 2

Value	Description	N	%
0	No	819,833	83.2
1	Yes	165,820	16.8

MATCHNUM Matched set number Col 3

N	Missing	Min	Max	Mean	StdDev
985,653	0	1	13,412	6,695.19	3,871.358

CONTROLNUM Control number within the matched set Col 4

N	Missing	Min	Max	Mean	StdDev
819,833	165,820	1	5	2.931	1.41

CTFLAG CT Participant Col 5

Indicates if a participant has been randomized to one or more of the Clinical Trial components (HRT, CAD, DM).

Value	Description	N	%
0	No	504,774	51.2
1	Yes	480,879	48.8

LLSPPT Long life study (I) participant Col 6

Value	Description	N	%
0	No	919,923	93.3
1	Yes	65,730	6.7

CANCER1 Cancer site

Col 7

Value	Description	N	%
1	Breast	87,399	8.9
2	Colorectal	18,327	1.9
3	Endometrial	14,097	1.4
4	Lung	13,968	1.4
5	Ovarian/Fallopian tube/Primary peritoneum	6,422	0.7
6	Leukemia	4,996	0.5
7	Lymphoma/Mycosis fungoides	10,281	1
8	Melanoma	10,330	1
	Missing	819,833	83.2

CANCER2 Second cancer site (double primary)

Col 8

Value	Description	N	%
1	Breast	0	0
2	Colorectal	0	0
3	Endometrial	0	0
4	Lung	0	0
5	Ovarian/Fallopian tube/Primary peritoneum	182	0
6	Leukemia	0	0
7	Lymphoma/Mycosis fungoides	35	0
8	Melanoma	0	0
	Missing	985,436	100

ASSESSDY Days from diagnosis (cases)/ reference (controls)

Col 9

N	Missing	Min	Max	Mean	StdDev
985,653	0	-8,052	9,707	1,088.619	3,003.497

WHIVY WHI visit year

Col 10

N	Missing	Min	Max	Mean	StdDev
985,653	0	0	29	13.582	7.068

WHIVTYP WHI visit type

Col 11

Value	Description	N	%
1	Screening visit	79,547	8.1
2	Semi-Annual visit	17,118	1.7
3	Annual visit	888,988	90.2

GENHEL In general, health is

Col 12

In general, would you say your health is (Mark one oval.)

Value	Description	N	%
1	Excellent	120,355	12.2
2	Very good	394,179	40
3	Good	332,799	33.8
4	Fair	86,049	8.7
5	Poor	9,515	1
	Missing	42,756	4.3

SICKEASY I get sick easier

Col 13

Of these statements, how true or false is each for you? I seem to get sick a little easier than other people.

Value	Description	N	%
1	Definitely true	1,593	0.2
2	Mostly true	4,649	0.5
3	Not sure	14,009	1.4
4	Mostly false	42,979	4.4
5	Definitely false	127,650	13
	Missing	794,773	80.6

HLTHYANY I am as healthy as anybody

Col 14

Of these statements, how true or false is each for you? I am as healthy as anybody I know.

Value	Description	N	%
1	Definitely true	70,875	7.2
2	Mostly true	75,947	7.7
3	Not sure	22,385	2.3
4	Mostly false	11,968	1.2
5	Definitely false	9,686	1
	Missing	794,792	80.6

HLTHWORS I expect health to get worse

Col 15

Of these statements, how true or false is each for you? I expect my health to get worse.

Value	Description	N	%
1	Definitely true	3,999	0.4
2	Mostly true	18,579	1.9
3	Not sure	55,629	5.6
4	Mostly false	48,829	5
5	Definitely false	63,547	6.4
	Missing	795,070	80.7

HLTHEXCL My health is excellent

Col 16

Of these statements, how true or false is each for you? My health is excellent.

Value	Description	N	%
1	Definitely true	51,440	5.2
2	Mostly true	96,504	9.8
3	Not sure	18,562	1.9
4	Mostly false	14,813	1.5
5	Definitely false	9,452	1
	Missing	794,882	80.6

GENHLTH General Health Construct

Col 17

Computed variable. See <https://www.whi.org/doc/behavioral-constructed-variables.pdf> for information about how the computed variables on Form 37, Form 38, Form 151, Form 151b, Form 155, Form 157, and Form 159 were constructed.

N	Missing	Min	Max	Mean	StdDev
189,289	796,364	0	100	74.144	17.711

LIFEQUAL Rate quality of life

Col 18

Overall, how you would rate your quality of life? (Mark one oval in the box below.)

Value	Description	N	%
0	Worst	924	0.1
1	1	1,425	0.1
2	2	3,819	0.4
3	3	9,109	0.9
4	4	15,196	1.5
5	Halfway	72,164	7.3
6	6	49,526	5
7	7	125,960	12.8
8	8	285,057	28.9
9	9	241,237	24.5
10	Best	149,313	15.1
	Missing	31,923	3.2

NERVOUS Have you been a very nervous person

Col 19

These questions are about how you feel and how things have been during the past 4 weeks. Give the one answer that comes closest to the way you have been feeling. Have you been a very nervous person?

Value	Description	N	%
1	All of the time	1,185	0.1
2	Most of the time	3,544	0.4
3	A good bit of the time	8,085	0.8
4	Some of the time	30,933	3.1
5	A little bit of the time	81,089	8.2
6	None of the time	113,401	11.5
	Missing	747,416	75.8

DWNDUMPS Felt down in dumps

Col 20

These questions are about how you feel and how things have been during the past 4 weeks. Give the one answer that comes closest to the way you have been feeling. Have you felt so down in the dumps that nothing could cheer you up?

Value	Description	N	%
1	All of the time	564	0.1
2	Most of the time	1,197	0.1
3	A good bit of the time	3,426	0.3
4	Some of the time	14,408	1.5
5	A little bit of the time	39,863	4
6	None of the time	178,685	18.1
	Missing	747,510	75.8

CALM Felt calm and peaceful

Col 21

These questions are about how you feel and how things have been during the past 4 weeks. Give the one answer that comes closest to the way you have been feeling. Have you felt calm and peaceful?

Value	Description	N	%
1	All of the time	15,111	1.5
2	Most of the time	118,648	12
3	A good bit of the time	51,601	5.2
4	Some of the time	36,096	3.7
5	A little bit of the time	12,927	1.3
6	None of the time	3,506	0.4
	Missing	747,764	75.9

FELTBLUE Felt downhearted and blue

Col 22

These questions are about how you feel and how things have been during the past 4 weeks. Give the one answer that comes closest to the way you have been feeling. Have you felt downhearted and blue?

Value	Description	N	%
1	All of the time	792	0.1
2	Most of the time	2,420	0.2
3	A good bit of the time	6,626	0.7
4	Some of the time	31,478	3.2
5	A little bit of the time	90,526	9.2
6	None of the time	106,120	10.8
	Missing	747,691	75.9

HAPPY Have you been happy

Col 23

These questions are about how you feel and how things have been during the past 4 weeks. Give the one answer that comes closest to the way you have been feeling. Have you been happy?

Value	Description	N	%
1	All of the time	27,532	2.8
2	Most of the time	138,434	14
3	A good bit of the time	36,205	3.7
4	Some of the time	25,526	2.6
5	A little bit of the time	8,335	0.8
6	None of the time	2,308	0.2
	Missing	747,313	75.8

EMOWELL Emotional Well-being

Col 24

Computed variable. See <https://www.whi.org/doc/behavioral-constructed-variables.pdf> for information about how the computed variables on Form 37, Form 38, Form 151, Form 151b, Form 155, Form 157, and Form 159 were constructed.

N	Missing	Min	Max	Mean	StdDev
235,500	750,153	0	100	80.004	14.229

FULLPEP Did you feel full of pep

Col 25

These questions are about how you feel and how things have been during the past 4 weeks. Give the one answer that comes closest to the way you have been feeling. Did you feel full of pep?

Value	Description	N	%
1	All of the time	7,235	0.7
2	Most of the time	84,924	8.6
3	A good bit of the time	60,823	6.2
4	Some of the time	52,292	5.3
5	A little bit of the time	23,048	2.3
6	None of the time	9,871	1
	Missing	747,460	75.8

ENERGY Had lots of energy

Col 26

These questions are about how you feel and how things have been during the past 4 weeks. Give the one answer that comes closest to the way you have been feeling. Did you have a lot of energy?

Value	Description	N	%
1	All of the time	10,859	1.1
2	Most of the time	82,050	8.3
3	A good bit of the time	53,662	5.4
4	Some of the time	50,656	5.1
5	A little bit of the time	27,286	2.8
6	None of the time	13,374	1.4
	Missing	747,766	75.9

WORNOUT Did you feel worn out

Col 27

These questions are about how you feel and how things have been during the past 4 weeks. Give the one answer that comes closest to the way you have been feeling. Did you feel worn out?

Value	Description	N	%
1	All of the time	2,072	0.2
2	Most of the time	7,537	0.8
3	A good bit of the time	17,285	1.8
4	Some of the time	61,831	6.3
5	A little bit of the time	101,855	10.3
6	None of the time	47,229	4.8
	Missing	747,844	75.9

TIRED Did you feel tired

Col 28

These questions are about how you feel and how things have been during the past 4 weeks. Give the one answer that comes closest to the way you have been feeling. Did you feel tired?

Value	Description	N	%
1	All of the time	4,088	0.4
2	Most of the time	13,278	1.3
3	A good bit of the time	26,345	2.7
4	Some of the time	84,988	8.6
5	A little bit of the time	96,265	9.8
6	None of the time	13,438	1.4
	Missing	747,251	75.8

ENERFAT Energy/Fatigue

Col 29

Computed variable. See <https://www.whi.org/doc/behavioral-constructed-variables.pdf> for information about how the computed variables on Form 37, Form 38, Form 151, Form 151b, Form 155, Form 157, and Form 159 were constructed.

N	Missing	Min	Max	Mean	StdDev
235,908	749,745	0	100	63.082	19.564

BODPAIN How much body pain

Col 30

During the past four weeks, how much bodily pain have you had? (Mark one oval.)

Value	Description	N	%
0	None	45,410	4.6
2	Very mild	86,375	8.8
3	Mild	51,631	5.2
4	Moderate	45,945	4.7
5	Severe	9,240	0.9
	Missing	747,052	75.8

PAININT How much did pain interfere

Col 31

During the past four weeks, how much did pain interfere with your normal work (both outside your home and at home)? (Mark one oval.)

Value	Description	N	%
1	Not at all	135,431	13.7
2	A little bit	58,852	6
3	Moderately	26,746	2.7
4	Quite a bit	14,041	1.4
5	Extremely	3,603	0.4
	Missing	746,980	75.8

PAIN Pain Construct

Col 32

Computed variable. See <https://www.whi.org/doc/behavioral-constructed-variables.pdf> for information about how the computed variables on Form 37, Form 38, Form 151, Form 151b, Form 155, Form 157, and Form 159 were constructed.

N	Missing	Min	Max	Mean	StdDev
238,386	747,267	0	100	72.071	24.358

VIGACT Vigorous activities

Col 33

The following are questions about a typical (or usual) day's activities. Does your health now limit you in these activities and, if so, how much? (Mark one oval for each question.) Vigorous activities, such as running, lifting heavy objects, or strenuous sports

Value	Description	N	%
1	Yes, limited a lot	412,544	41.9
2	Yes, limited a little	382,022	38.8
3	No, not limited at all	143,374	14.5
	Missing	47,713	4.8

MODACT Moderate activities

Col 34

The following are questions about a typical (or usual) day's activities. Does your health now limit you in these activities and, if so, how much? (Mark one oval for each question.) Moderate activities, such as moving a table, vacuuming, bowling, or golfing

Value	Description	N	%
1	Yes, limited a lot	130,535	13.2
2	Yes, limited a little	283,925	28.8
3	No, not limited at all	529,604	53.7
	Missing	41,589	4.2

LIFTGROC Lifting or carrying groceries

Col 35

The following are questions about a typical (or usual) day's activities. Does your health now limit you in these activities and, if so, how much? (Mark one oval for each question.) Lifting or carrying groceries

Value	Description	N	%
1	Yes, limited a lot	68,037	6.9
2	Yes, limited a little	220,463	22.4
3	No, not limited at all	652,238	66.2
	Missing	44,915	4.6

STAIRS Climbing several flights

Col 36

The following are questions about a typical (or usual) day's activities. Does your health now limit you in these activities and, if so, how much? (Mark one oval for each question.) Climbing several flights of stairs

Value	Description	N	%
1	Yes, limited a lot	192,734	19.6
2	Yes, limited a little	331,812	33.7
3	No, not limited at all	414,805	42.1
	Missing	46,302	4.7

STAIR Climbing one flight of stairs

Col 37

The following are questions about a typical (or usual) day's activities. Does your health now limit you in these activities and, if so, how much? (Mark one oval for each question.) Climbing one flight of stairs

Value	Description	N	%
1	Yes, limited a lot	71,208	7.2
2	Yes, limited a little	186,421	18.9
3	No, not limited at all	678,294	68.8
	Missing	49,730	5

BENDING Bending, kneeling, stooping

Col 38

The following are questions about a typical (or usual) day's activities. Does your health now limit you in these activities and, if so, how much? (Mark one oval for each question.) Bending, kneeling, stooping

Value	Description	N	%
1	Yes, limited a lot	125,207	12.7
2	Yes, limited a little	391,612	39.7
3	No, not limited at all	425,135	43.1
	Missing	43,699	4.4

WALK1M Walking more than one mile

Col 39

The following are questions about a typical (or usual) day's activities. Does your health now limit you in these activities and, if so, how much? (Mark one oval for each question.) Walking more than a mile

Value	Description	N	%
1	Yes, limited a lot	246,608	25
2	Yes, limited a little	245,154	24.9
3	No, not limited at all	445,945	45.2
	Missing	47,946	4.9

WALKBLKS Walking several blocks

Col 40

The following are questions about a typical (or usual) day's activities. Does your health now limit you in these activities and, if so, how much? (Mark one oval for each question.) Walking several blocks

Value	Description	N	%
1	Yes, limited a lot	156,277	15.9
2	Yes, limited a little	185,020	18.8
3	No, not limited at all	599,014	60.8
	Missing	45,342	4.6

WALK1BLK Walking one block

Col 41

The following are questions about a typical (or usual) day's activities. Does your health now limit you in these activities and, if so, how much? (Mark one oval for each question.) Walking one block

Value	Description	N	%
1	Yes, limited a lot	60,982	6.2
2	Yes, limited a little	121,968	12.4
3	No, not limited at all	753,286	76.4
	Missing	49,417	5

BATHING Bathing or dressing yourself

Col 42

The following are questions about a typical (or usual) day's activities. Does your health now limit you in these activities and, if so, how much? (Mark one oval for each question.) Bathing or dressing yourself

Value	Description	N	%
1	Yes, limited a lot	16,970	1.7
2	Yes, limited a little	54,899	5.6
3	No, not limited at all	872,692	88.5
	Missing	41,092	4.2

PHYSFUN Physical functioning construct

Col 43

Computed variable. See <https://www.whi.org/doc/behavioral-constructed-variables.pdf> for information about how the computed variables on Form 37, Form 38, Form 151, Form 151b, Form 155, Form 157, and Form 159 were constructed.

N	Missing	Min	Max	Mean	StdDev
878,393	107,260	0	100	72.188	26.155

LESSWRKE Emot/cut down on time spent

Col 44

In the past four weeks, as a result of any emotional problem (feeling depressed or anxious), have any of the following occurred? You cut down on the amount of time spent on work or other activities

Value	Description	N	%
0	No	168,305	17.1
1	Yes	22,379	2.3
	Missing	794,969	80.7

LESSACCE Emot/Accomplished less

Col 45

In the past four weeks, as a result of any emotional problem (feeling depressed or anxious), have any of the following occurred? You accomplished less than you would have liked

Value	Description	N	%
0	No	143,871	14.6
1	Yes	46,718	4.7
	Missing	795,064	80.7

LESSCARE Emot/Worked less carefully

Col 46

In the past four weeks, as a result of any emotional problem (feeling depressed or anxious), have any of the following occurred? You did work or other things less carefully than usual.

Value	Description	N	%
0	No	169,187	17.2
1	Yes	21,192	2.2
	Missing	795,274	80.7

EMOLIMIT Role Limitations Due to Emotional Problems

Col 47

Computed variable. See <https://www.whi.org/doc/behavioral-constructed-variables.pdf> for information about how the computed variables on Form 37, Form 38, Form 151, Form 151b, Form 155, Form 157, and Form 159 were constructed.

N	Missing	Min	Max	Mean	StdDev
189,890	795,763	0	100	84.262	29.648

LESSWRKP Phys/cut down on time spent

Col 48

The next questions are about your regular daily activities like work, child care, or community activities. As a result of you physical health, have any of the following problems occurred during the past 4 weeks? You cut down on the amount of time you spent on work or other activities

Value	Description	N	%
0	No	157,256	16
1	Yes	33,665	3.4
	Missing	794,732	80.6

LESSACCP Phys/Accomplished less

Col 49

The next questions are about your regular daily activities like work, child care, or community activities. As a result of your physical health, have any of the following problems occurred during the past 4 weeks? You accomplished less than you would have liked

Value	Description	N	%
0	No	115,541	11.7
1	Yes	75,251	7.6
	Missing	794,861	80.6

LESSKNDP Phys/limited kind of work

Col 50

The next questions are about your regular daily activities like work, child care, or community activities. As a result of your physical health, have any of the following problems occurred during the past 4 weeks? You were limited in the kind of work or other activities you did

Value	Description	N	%
0	No	140,493	14.3
1	Yes	50,026	5.1
	Missing	795,134	80.7

WRKDIFFP Phys/difficulty perform work

Col 51

The next questions are about your regular daily activities like work, child care, or community activities. As a result of your physical health, have any of the following problems occurred during the past 4 weeks? You had difficulty performing work or other activities (it took extra effort)

Value	Description	N	%
0	No	137,884	14
1	Yes	52,655	5.3
	Missing	795,114	80.7

PHYLIMIT Role Limitations Due to Physical Health

Col 52

Computed variable. See <https://www.whi.org/doc/behavioral-constructed-variables.pdf> for information about how the computed variables on Form 37, Form 38, Form 151, Form 151b, Form 155, Form 157, and Form 159 were constructed.

N	Missing	Min	Max	Mean	StdDev
189,701	795,952	0	100	72.332	36.658

INTSOC Phys or emotional probs interfere

Col 53

During the past 4 weeks, to what extent has your physical health or emotional problems interfered with your normal social activities with family, neighbors, friends or groups? (Mark one oval.)

Value	Description	N	%
1	Not at all	140,082	14.2
2	Slightly	29,262	3
3	Moderately	12,827	1.3
4	Quite a bit	7,081	0.7
5	Extremely	1,870	0.2
	Missing	794,531	80.6

INTSOC2 Physical or emotional problem

Col 54

During the past 4 weeks, how much of the time has your physical health or emotional problems interfered with your social activities (like visiting with friends and relatives)?

Value	Description	N	%
1	All of the time	1,409	0.1
2	Most of the time	4,065	0.4
3	Some of the time	17,450	1.8
4	A little bit of the time	29,254	3
5	None of the time	138,873	14.1
	Missing	794,602	80.6

SOCFUNC Social Functioning

Col 55

Computed variable. See <https://www.whi.org/doc/behavioral-constructed-variables.pdf> for information about how the computed variables on Form 37, Form 38, Form 151, Form 151b, Form 155, Form 157, and Form 159 were constructed.

N	Missing	Min	Max	Mean	StdDev
190,517	795,136	0	100	89.185	18.825

FEEDSELF Can you feed yourself

Col 56

These next questions ask about how much help (if any) you need to do routine activities for yourself. Help can be defined as getting assistance from another person or using a device. (Mark one circle for each question.) Can you feed yourself?

Value	Description	N	%
1	By myself without help	932,925	94.7
2	With some help	4,827	0.5
3	Completely unable to do this by myself	3,263	0.3
	Missing	44,638	4.5

DRESS Can you dress and undress yourself

Col 57

These next questions ask about how much help (if any) you need to do routine activities for yourself. Help can be defined as getting assistance from another person or using a device. (Mark one circle for each question.) Can you dress and undress yourself?

Value	Description	N	%
1	By myself without help	919,727	93.3
2	With some help	15,543	1.6
3	Completely unable to do this by myself	5,698	0.6
	Missing	44,685	4.5

INOUTBED Can you get in and out of bed yourself

Col 58

These next questions ask about how much help (if any) you need to do routine activities for yourself. Help can be defined as getting assistance from another person or using a device. (Mark one circle for each question.) Can you get in and out of bed yourself?

Value	Description	N	%
1	By myself without help	925,673	93.9
2	With some help	7,958	0.8
3	Completely unable to do this by myself	5,656	0.6
	Missing	46,366	4.7

SHOWER Can you take a bath or shower

Col 59

These next questions ask about how much help (if any) you need to do routine activities for yourself. Help can be defined as getting assistance from another person or using a device. (Mark one circle for each question.) Can you take a bath or shower?

Value	Description	N	%
1	By myself without help	904,878	91.8
2	With some help	23,516	2.4
3	Completely unable to do this by myself	10,357	1.1
	Missing	46,902	4.8

ACTDLY Activities of Daily Living Construct

Col 60

Computed variable. See <https://www.whi.org/doc/behavioral-constructed-variables.pdf> for information about how the computed variables on Form 37, Form 38, Form 151, Form 151b, Form 155, Form 157, and Form 159 were constructed.

N	Missing	Min	Max	Mean	StdDev
932,702	52,951	4	12	4.105	0.659

FELTDEP You felt depressed

Col 61

These are questions about your feelings during the past week. For each of the statements, please indicate the choice that tells how often you felt that way. You felt depressed (blue or down)

Value	Description	N	%
0	Rarely or none of the time	200,119	20.3
1	Some or a little of the time	52,645	5.3
2	Occasionally or a moderate amount	16,312	1.7
3	Most or all of the time	4,211	0.4
	Missing	712,366	72.3

RESTSLP Your sleep was restless

Col 62

These are questions about your feelings during the past week. For each of the statements, please indicate the choice that tells how often you felt that way. Your sleep was restless

Value	Description	N	%
0	Rarely or none of the time	120,450	12.2
1	Some or a little of the time	96,630	9.8
2	Occasionally or a moderate amount	37,473	3.8
3	Most or all of the time	18,588	1.9
	Missing	712,512	72.3

ENJLIF You enjoyed life

Col 63

These are questions about your feelings during the past week. For each of the statements, please indicate the choice that tells how often you felt that way. You enjoyed life

Value	Description	N	%
0	Rarely or none of the time	20,144	2
1	Some or a little of the time	18,838	1.9
2	Occasionally or a moderate amount	38,016	3.9
3	Most or all of the time	194,664	19.7
	Missing	713,991	72.4

CRYSPELL You had crying spells

Col 64

These are questions about your feelings during the past week. For each of the statements, please indicate the choice that tells how often you felt that way. You had crying spells

Value	Description	N	%
0	Rarely or none of the time	250,268	25.4
1	Some or a little of the time	15,932	1.6
2	Occasionally or a moderate amount	5,097	0.5
3	Most or all of the time	1,566	0.2
	Missing	712,790	72.3

FELTSAD You felt sad

Col 65

These are questions about your feelings during the past week. For each of the statements, please indicate the choice that tells how often you felt that way. You felt sad

Value	Description	N	%
0	Rarely or none of the time	176,674	17.9
1	Some or a little of the time	75,978	7.7
2	Occasionally or a moderate amount	15,844	1.6
3	Most or all of the time	4,511	0.5
	Missing	712,646	72.3

PEOPDIS You felt people disliked you

Col 66

These are questions about your feelings during the past week. For each of the statements, please indicate the choice that tells how often you felt that way. You felt that people disliked you

Value	Description	N	%
0	Rarely or none of the time	247,735	25.1
1	Some or a little of the time	20,588	2.1
2	Occasionally or a moderate amount	3,747	0.4
3	Most or all of the time	1,393	0.1
	Missing	712,190	72.3

SAD2WK Felt sad for two weeks

Col 67

In the past year, have you had two weeks or more during which you felt sad, blue, or depressed, or lost pleasure in things that you usually cared about or enjoyed?

Value	Description	N	%
0	No	224,325	22.8
1	Yes	48,954	5
	Missing	712,374	72.3

SAD2YRS Felt sad two or more years Col 68

Have you had two years or more in your life when you felt depressed or sad on most days, even if you felt okay sometimes?

Value	Description	N	%
0	No	219,126	22.2
1	Yes	53,702	5.4
	Missing	712,825	72.3

SADMUCH Felt sad much of past year Col 69

Have you felt depressed or sad much of the time in the past year?

Usage Notes: Sub-question of F37 V6 Q110 "Felt sad two or more years". Not collected on all versions of Form 37.

Value	Description	N	%
0	No	38,846	3.9
1	Yes	14,322	1.5
	Missing	932,485	94.6

PSHTDEP Shortened CES-D/DIS Screening Instrument Col 70

Computed variable. See <https://www.whi.org/doc/behavioral-constructed-variables.pdf> for information about how the computed variables on Form 37, Form 38, Form 151, Form 151b, Form 155, Form 157, and Form 159 were constructed. A cutoff value of .06 can be used to identify women experiencing symptoms consistent with clinical depression.

N	Missing	Min	Max	Mean	StdDev
264,097	721,556	0	0.959	0.032	0.114

TRBSLEEP Did you have trouble sleeping Col 71

These next questions are about your sleep habits. Please mark one of the answers for each of the following questions. Pick the answer that best describes how often you experienced the situation in the past 4 weeks. Did you have trouble falling asleep?

Value	Description	N	%
1	No, not in past 4 weeks	151,396	15.4
2	Yes, less than once a week	51,659	5.2
3	Yes 1 or 2 times a week	37,833	3.8
4	Yes, 3 or 4 times a week	17,500	1.8
5	Yes, 5 or more times a week	11,956	1.2
	Missing	715,309	72.6

WAKENGHT Did you wake up several times

Col 72

These next questions are about your sleep habits. Please mark one of the answers for each of the following questions. Pick the answer that best describes how often you experienced the situation in the past 4 weeks. Did you wake up several times at night?

Value	Description	N	%
1	No, not in past 4 weeks	55,977	5.7
2	Yes, less than once a week	43,361	4.4
3	Yes 1 or 2 times a week	57,081	5.8
4	Yes, 3 or 4 times a week	49,785	5.1
5	Yes, 5 or more times a week	64,200	6.5
	Missing	715,249	72.6

UPEARLY wake up earlier than planned

Col 73

These next questions are about your sleep habits. Please mark one of the answers for each of the following questions. Pick the answer that best describes how often you experienced the situation in the past 4 weeks. Did you wake up earlier than you planned

Value	Description	N	%
1	No, not in past 4 weeks	113,247	11.5
2	Yes, less than once a week	57,302	5.8
3	Yes 1 or 2 times a week	50,894	5.2
4	Yes, 3 or 4 times a week	29,482	3
5	Yes, 5 or more times a week	19,846	2
	Missing	714,882	72.5

BACKSLP trouble getting back to sleep

Col 74

These next questions are about your sleep habits. Please mark one of the answers for each of the following questions. Pick the answer that best describes how often you experienced the situation in the past 4 weeks. Did you have trouble getting back to sleep after you woke up too early?

Value	Description	N	%
1	No, not in past 4 weeks	128,120	13
2	Yes, less than once a week	54,918	5.6
3	Yes 1 or 2 times a week	46,476	4.7
4	Yes, 3 or 4 times a week	25,089	2.5
5	Yes, 5 or more times a week	15,850	1.6
	Missing	715,200	72.6

QUALSLP Typical night's sleep

Col 75

Overall, was your typical night's sleep during the past 4 weeks:

Value	Description	N	%
1	Very restless	5,701	0.6
2	Restless	37,013	3.8
3	Average quality	115,131	11.7
4	Sound or restful	79,470	8.1
5	Very sound or restful	34,715	3.5
	Missing	713,623	72.4

SLPDSTRB Sleep Disturbance Construct

Col 76

Computed variable. See <https://www.whi.org/doc/behavioral-constructed-variables.pdf> for information about how the computed variables on Form 37, Form 38, Form 151, Form 151b, Form 155, Form 157, and Form 159 were constructed.

N	Missing	Min	Max	Mean	StdDev
264,579	721,074	0	20	6.821	4.509

SPOUSDIE Did your spouse die

Col 77

Below are some hard things that sometimes happen to people. Please try to think back over the past year to remember if any of these things happened. Mark the answer that seems best. Over the past year: Did your spouse or partner die?

Value	Description	N	%
0	No	260,068	26.4
1	Yes and upset me: Not too much	753	0.1
2	Yes and upset me: Moderately	1,907	0.2
3	Yes and upset me: Very much	6,570	0.7
	Missing	716,355	72.7

FRIENDIE Did a close friend die

Col 78

Below are some hard things that sometimes happen to people. Please try to think back over the past year to remember if any of these things happened. Over the past year: Did a close friend or family member die or have a serious illness (other than your spouse or partner)?

Value	Description	N	%
0	No	149,044	15.1
1	Yes and upset me: Not too much	27,067	2.7
2	Yes and upset me: Moderately	53,865	5.5
3	Yes and upset me: Very much	43,717	4.4
	Missing	711,960	72.2

MONPROB Major problems with money

Col 79

Below are some hard things that sometimes happen to people. Please try to think back over the past year to remember if any of these things happened. Mark the answer that seems best. Over the past year: Did you have any major problems with money?

Value	Description	N	%
0	No	216,329	21.9
1	Yes and upset me: Not too much	29,813	3
2	Yes and upset me: Moderately	19,546	2
3	Yes and upset me: Very much	9,259	0.9
	Missing	710,706	72.1

DIVORCE Have a divorce or break-up

Col 80

Below are some hard things that sometimes happen to people. Please try to think back over the past year to remember if any of these things happened. Mark the answer that seems best. Over the past year: Did you have a divorce or break-up with a spouse or partner?

Value	Description	N	%
0	No	269,192	27.3
1	Yes and upset me: Not too much	1,175	0.1
2	Yes and upset me: Moderately	1,393	0.1
3	Yes and upset me: Very much	2,116	0.2
	Missing	711,777	72.2

FRNDIV Close friend had a divorce

Col 81

Below are some hard things that sometimes happen to people. Please try to think back over the past year to remember if any of these things happened. Mark the answer that seems best. Over the past year: Did a family member or close friend have a divorce or break-up?

Value	Description	N	%
0	No	240,481	24.4
1	Yes and upset me: Not too much	11,999	1.2
2	Yes and upset me: Moderately	12,814	1.3
3	Yes and upset me: Very much	9,339	0.9
	Missing	711,020	72.1

CHILCON Major conflict with children

Col 82

Below are some hard things that sometimes happen to people. Please try to think back over the past year to remember if any of these things happened. Mark the answer that seems best. Over the past year: Did you have a major conflict with children or grandchildren?

Value	Description	N	%
0	No	231,594	23.5
1	Yes and upset me: Not too much	17,801	1.8
2	Yes and upset me: Moderately	14,658	1.5
3	Yes and upset me: Very much	10,667	1.1
	Missing	710,933	72.1

MAJACC Major accident or disaster

Col 83

Below are some hard things that sometimes happen to people. Pls try to think back over the past yr to remember if any of these things happened. Over the past year: Did you have any major accidents, disasters, muggings, unwanted sexual experiences, robberies or similar events?

Value	Description	N	%
0	No	260,460	26.4
1	Yes and upset me: Not too much	4,209	0.4
2	Yes and upset me: Moderately	5,507	0.6
3	Yes and upset me: Very much	5,085	0.5
	Missing	710,392	72.1

FRNJOB Close friend lost job

Col 84

Below are some hard things that sometimes happen to people. Please try to think back over the past year to remember if any of these things happened. Mark the answer that seems best. Over the past year: Did a family member or close friend lose their job or retire?

Value	Description	N	%
0	No	220,973	22.4
1	Yes and upset me: Not too much	26,852	2.7
2	Yes and upset me: Moderately	17,091	1.7
3	Yes and upset me: Very much	9,926	1
	Missing	710,811	72.1

PHYAB You were physically abused

Col 85

Below are some hard things that sometimes happen to people. Please try to think back over the past year to remember if any of these things happened. Mark the answer that seems best. Over the past year: Were you physically abused by being hit, slapped, pushed, shoved, punched or threatened with a weapon by a family member or close friend?

Value	Description	N	%
0	No	273,364	27.7
1	Yes and upset me: Not too much	651	0.1
2	Yes and upset me: Moderately	517	0.1
3	Yes and upset me: Very much	781	0.1
	Missing	710,340	72.1

VERBAB You were verbally abused

Col 86

Below are some hard things that sometimes happen to people. Please try to think back over the past year to remember if any of these things happened. Mark the answer that seems best. Over the past year: . Were you verbally abused by being made fun of, severely criticized, told you were a stupid or worthless person, or threatened with harm to yourself, your possessions, or your pets, by a family member or close friend?

Value	Description	N	%
0	No	254,687	25.8
1	Yes and upset me: Not too much	8,850	0.9
2	Yes and upset me: Moderately	6,479	0.7
3	Yes and upset me: Very much	5,108	0.5
	Missing	710,529	72.1

PETDIE Did a pet die

Col 87

Below are some hard things that sometimes happen to people. Please try to think back over the past year to remember if any of these things happened. Mark the answer that seems best. Over the past year: Did a pet die?

Value	Description	N	%
0	No	252,571	25.6
1	Yes and upset me: Not too much	4,242	0.4
2	Yes and upset me: Moderately	7,988	0.8
3	Yes and upset me: Very much	9,298	0.9
	Missing	711,554	72.2

LFEVENT1 Life Event Construct #1 (0,1 scoring)

Col 88

Computed variable. See <https://www.whi.org/doc/behavioral-constructed-variables.pdf> for information about how the computed variables on Form 37, Form 38, Form 151, Form 151b, Form 155, Form 157, and Form 159 were constructed.

N	Missing	Min	Max	Mean	StdDev
262,243	723,410	0	11	1.41	1.308

LFEVENT2 Life Event Construct #2 (0-3 scoring)

Col 89

Computed variable. See <https://www.whi.org/doc/behavioral-constructed-variables.pdf> for information about how the computed variables on Form 37, Form 38, Form 151, Form 151b, Form 155, Form 157, and Form 159 were constructed.

N	Missing	Min	Max	Mean	StdDev
262,243	723,410	0	33	2.738	2.855

EXPCTBST Usually expect the best

Col 90

In unclear times, I usually expect the best.

Value	Description	N	%
1	Strongly disagree	2,457	0.2
2	Disagree	12,019	1.2
3	Neutral (In-between)	64,847	6.6
4	Agree	86,392	8.8
5	Strongly agree	22,033	2.2
	Missing	797,905	81

WRONG Expect something that can will go wrong

Col 91

If something can go wrong for me, it will.

Value	Description	N	%
1	Strongly disagree	46,563	4.7
2	Disagree	85,923	8.7
3	Neutral (In-between)	41,251	4.2
4	Agree	12,442	1.3
5	Strongly agree	1,859	0.2
	Missing	797,615	80.9

HOPEFUL Always hopeful about future

Col 92

I'm always hopeful about my future.

Value	Description	N	%
1	Strongly disagree	2,092	0.2
2	Disagree	6,336	0.6
3	Neutral (In-between)	32,869	3.3
4	Agree	100,352	10.2
5	Strongly agree	46,146	4.7
	Missing	797,858	80.9

NOTMYWAY Hardly ever expect things to go my way

Col 93

I hardly ever expect things to go my way.

Value	Description	N	%
1	Strongly disagree	56,996	5.8
2	Disagree	90,061	9.1
3	Neutral (In-between)	31,931	3.2
4	Agree	7,556	0.8
5	Strongly agree	1,510	0.2
	Missing	797,599	80.9

COUNTGD Rarely count on good things happening

Col 94

I rarely count on good things happening to me.

Value	Description	N	%
1	Strongly disagree	66,266	6.7
2	Disagree	84,172	8.5
3	Neutral (In-between)	25,053	2.5
4	Agree	9,385	1
5	Strongly agree	2,901	0.3
	Missing	797,876	80.9

MOREGOOD Expect more good things than bad

Col 95

Overall, I expect more good things to happen to me than bad.

Value	Description	N	%
1	Strongly disagree	4,549	0.5
2	Disagree	6,050	0.6
3	Neutral (In-between)	19,155	1.9
4	Agree	102,721	10.4
5	Strongly agree	55,862	5.7
	Missing	797,316	80.9

OPTIMISM Optimism Construct

Col 96

Computed variable. See <https://www.whi.org/doc/behavioral-constructed-variables.pdf> for information about how the computed variables on Form 37, Form 38, Form 151, Form 151b, Form 155, Form 157, and Form 159 were constructed.

N	Missing	Min	Max	Mean	StdDev
181,584	804,069	6	30	23.614	3.486

LISTEN Someone to listen when need to talk

Col 97

People sometimes look to to others for help, friendship, or other types of support. Next are some questions about the support that you have. How often is each of the following kinds of support available to you if you need it? Someone you can count on to listen to you when you need to talk.

Value	Description	N	%
1	None of the time	2,033	0.2
2	A little of the time	7,824	0.8
3	Some of the time	19,191	1.9
4	Most of the time	56,762	5.8
5	All of the time	72,231	7.3
	Missing	827,612	84

GOODADVC Someone to give good advice

Col 98

People sometimes look to to others for help, friendship, or other types of support. Next are some questions about the support that you have. How often is each of the following kinds of support available to you if you need it? Someone to give you good advice about a problem

Value	Description	N	%
1	None of the time	3,964	0.4
2	A little of the time	10,517	1.1
3	Some of the time	26,540	2.7
4	Most of the time	59,380	6
5	All of the time	57,384	5.8
	Missing	827,868	84

TAKEDR Someone can take to the doctor

Col 99

People sometimes look to to others for help, friendship, or other types of support. Next are some questions about the support that you have. How often is each of the following kinds of support available to you if you need it? Someone to take you to the doctor if you need it

Value	Description	N	%
1	None of the time	6,456	0.7
2	A little of the time	7,124	0.7
3	Some of the time	10,743	1.1
4	Most of the time	34,004	3.4
5	All of the time	98,795	10
	Missing	828,531	84.1

GOODTIME Someone to have a good time with

Col 100

People sometimes look to to others for help, friendship, or other types of support. Next are some questions about the support that you have. How often is each of the following kinds of support available to you if you need it? Someone to have a good time with

Value	Description	N	%
1	None of the time	1,761	0.2
2	A little of the time	7,818	0.8
3	Some of the time	24,962	2.5
4	Most of the time	54,377	5.5
5	All of the time	68,669	7
	Missing	828,066	84

HLPPROB Someone to help understand a problem

Col 101

People sometimes look to to others for help, friendship, or other types of support. Next are some questions about the support that you have. How often is each of the following kinds of support available to you if you need it? Someone to help you understand a problem when you need it

Value	Description	N	%
1	None of the time	3,311	0.3
2	A little of the time	9,187	0.9
3	Some of the time	23,489	2.4
4	Most of the time	58,525	5.9
5	All of the time	62,898	6.4
	Missing	828,243	84

HLPCHORS Someone to help with daily chores

Col 102

People sometimes look to to others for help, friendship, or other types of support. Next are some questions about the support that you have. How often is each of the following kinds of support available to you if you need it? Someone to help with daily chores if you are sick

Value	Description	N	%
1	None of the time	12,254	1.2
2	A little of the time	16,769	1.7
3	Some of the time	23,515	2.4
4	Most of the time	39,357	4
5	All of the time	65,784	6.7
	Missing	827,974	84

SHARE Someone to share private worries/fears

Col 103

People sometimes look to to others for help, friendship, or other types of support. Next are some questions about the support that you have. How often is each of the following kinds of support available to you if you need it? Someone to share your most private worries and fears

Value	Description	N	%
1	None of the time	9,264	0.9
2	A little of the time	15,333	1.6
3	Some of the time	22,937	2.3
4	Most of the time	45,481	4.6
5	All of the time	64,525	6.5
	Missing	828,113	84

FUN Someone to do something fun with

Col 104

People sometimes look to to others for help, friendship, or other types of support. Next are some questions about the support that you have. How often is each of the following kinds of support available to you if you need it? Someone to do something fun with

Value	Description	N	%
1	None of the time	2,228	0.2
2	A little of the time	9,643	1
3	Some of the time	26,918	2.7
4	Most of the time	54,708	5.6
5	All of the time	64,283	6.5
	Missing	827,873	84

LOVE Someone to love you/make you feel wanted

Col 105

People sometimes look to to others for help, friendship, or other types of support. Next are some questions about the support that you have. How often is each of the following kinds of support available to you if you need it? Someone to love you and make you feel wanted

Value	Description	N	%
1	None of the time	4,813	0.5
2	A little of the time	9,552	1
3	Some of the time	16,994	1.7
4	Most of the time	38,154	3.9
5	All of the time	88,086	8.9
	Missing	828,054	84

SOCSUPP Social support construct

Col 106

Usage Notes: Computed variable. See <https://www.whi.org/doc/behavioral-constructed-variables.pdf> for information about how the computed variables on Form 37, Form 38, Form 151, Form 151b, Form 155, Form 157, and Form 159 were constructed. Please note that LILAC Form 340 also has a social support construct based on the Medical Outcomes Study, but the set of questions and construct used were different. Two variables, TAKEDR and GOODTIME, were included in both constructs.

N	Missing	Min	Max	Mean	StdDev
153,668	831,985	9	45	36.852	7.57

SOURCE Source of data for this record

Col 107

Value	Description	N	%
37	Form 37	112,206	11.4
38	Form 38	79,924	8.1
151	Form 151	630,809	64
155	Form 155	48,518	4.9
157	Form 157	3,243	0.3
159	Form 159	15,844	1.6
151/157	Form 151 and Form 157	39,358	4
151/159	Form 151 and Form 159	18,135	1.8
151b	Form 151b	37,616	3.8