MRC NATIONAL SURVEY OF HEALTH AND DEVELOPMENT

University College London Medical School
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SERNB98

WOMEN'S HEALTH IN THE MIDDLE YEARS

Postal Questionnaire 1998

When completing the questionnaire please use a pen to circle the appropriate response to each question and provide further details where requested. Please feel free to add any further explanations or comments which will help us to understand your particular experiences.

All information you give us will be treated in the strictest confidence. If you have any queries please do not hesitate to telephone Diana Kuh or Rebecca Hardy on 0171 391 1720 or write to us at the above address.

When you have finished filling in the questionnaire please use the pre-paid envelope provided to post it back to us. Thank you very much for your time and cooperation.

Address (if different from above)	Please give the date you completed this questionnaire:
	day month 19
	INTD98 INTM98 INTY98
Postcode	

(Ple	ease circle the response th	nat best describes the chan	ges.)		
a.	Your physical health:		РНҮСН98		
	1. Got a lot better	2. Got a little better	3. No change	4. Got a little worse	5. Got a lot worse
b.	Your nervous and emot	ional state:	NERCH98		
	1. Got a lot better	2. Got a little better	3. No change	4. Got a little worse	5. Got a lot worse
c.	Your body weight:		WTCH98		
	Gained a lot of weight	2. Gained a little weight	3. No change	4. Lost a little weight	5. Lost a lot of weight
d.	Your energy level:		ENECH98		
	A lot more energy	2. A little more energy	3. No change	4. A little less energy	5. A lot less energy
e.	Your self confidence:		SECCH98		
	Gained a lot of confidence	2. Gained a little confidence	3. No change	Lost a little confidence	5. Lost a lot of confidence
f.	Your work life:		WKCH98		
	1. Got a lot better	2. Got a little better	3. No change	4. Got a little worse	5. Got a lot worse
g.	Your family life:		FAMCH98		
	1. Got a lot better	2. Got a little better	3. No change	4. Got a little worse	5. Got a lot worse
h.	Your sex life:		SEXCH98		
	1. Got a lot better	2. Got a little better	3. No change	4. Got a little worse	5. Got a lot worse
i.	Time for yourself, your	hobbies and interests:	TIMCH98		
	1. Got a lot better	2. Got a little better	3. No change	4. Got a little worse	5. Got a lot worse
j.	Your ability to make do	ecisions:	DECCH98		
	1. Got a lot better	2. Got a little better	3. No change	4. Got a little worse	5. Got a lot worse
k.	Your ability to concent	rate:	CONCH98		
	1. Got a lot better	2. Got a little better	3. No change	4. Got a little worse	5. Got a lot worse

In the last 12 months have you experienced any changes in the following aspects of your life?

		No Ye	S	Month/ Year	or	Age at
a)	Removal of uterus (womb) and both ovaries (hysterectomy and bilateral oophorectomy)	WOP198 0 1	⇔	WOPM198 WOPY198	or	the time WOPA198 yrs
b)	Removal of uterus (womb) only (hysterectomy)	WOP298 0 1	⇔	WOPM298 WOPY298	or	WOPA298 yrs
c)	Removal of uterus (womb) and one ovary (hysterectomy and oophorectomy)	WOP398 0 1	\$	WOPM398 WOPY398	or	WOPA398 yrs
d)	Removal of both ovaries only (bilateral oophorectomy)	WOP498 0 1	₩ 💠	NOPM498 WOPY498	or	WOPA498 yrs
e)	Removal of one ovary only (oophorectomy)	WOP598 0 1	⇔	WOPM598 WOPY598	or	WOPA598 yrs

THIS NEXT QUESTION IS ONLY FOR WOMEN WHO HAVE HAD A HYSTERECTOMY SINCE OCTOBER 1997

8. What type of hysterectomy did you have?

(the uterus (womb) was removed through a single cut made in the lower part of the tummy)

Vaginal 2 (the uterus was removed through the vagina)

Keyhole surgery 3

Not sure 9

HYSTP98

9.	In the tast 12 months have you taken the oral	PILL98						
	contraceptive pill? No Yes	0						
	If yes, please give the brand name of the most recent contraceptive pillPILLMS							
10.	In the last 2 years have you had a period or menstrual bleeding? No 0 (go to Q1 Yes 1	3L2Y98 5a)						
11.	In the last 12 months have you had a period or menstrual bleeding?	BLY98 0						
	If <i>no</i> , were your periods stopped by	1						
	(circle all that ap							
	i. Surgery?	1 BLEYS						
	ii. Chemotherapy or radiation therapy?iii. No obvious reason/menopause?	3 BLEYN						
	iv. Other reason, please specify:	⁴ BLEYT						
12.	In the last 3 months have you had a period or menstrual bleeding? No Yes	BLQ98 0 1						
13.	When was your last period? (Include current period if bleeding now) month year BLIM98 1 9	eriod LY98						
	If you cannot remember the month and year please give your age at the time	A98 yrs						
14.	In the last 12 months up until your last period							
	a. did your periods (circle o							
	become more regular? BLREG98 become less regular?	2						
	remain about the same? (ie as regular/irregular as before)	3						
	b. did your periods (circle of	one)						
	become more frequent?	1						
	BLYFR98 become less frequent? remain about the same?	2 3						
	c. did the number of days (circle of							
	you bled each month increase? decrease?	1 2						
	BLYDA98 remain about the same?	3						
	d. did your menstrual flow (circle of							
	BLYFL98 become heavier?	1 2						
	remain about the same?	3						
	BLYFL98 become heavier? become lighter?	1 2						

15a. *In the last 12 months* have you had any of these symptoms and how much have they bothered you in everyday life? (circle one response for each symptom)

In the last 12 months have you had any of these symptoms?	Have not had this symptom in last 12 months	Have had this symptom but it didn't bother me	Have had this symptom and it bothered me a little	Have had this symptom and it bothered me a lot
Trouble sleeping SLEPY9	8 0	1	2	3
Aches and pains in the joints ACHY98	0	1	2	3
Breast tenderness BREY98	0	1	2	3
Hot flushes HOTY98	0	1	2	3
Palpitations (rapid heart beat not due to exercise) PALPY98	0	1	2	3
Dizziness DIZY98	0	1	2	3
Pins and needles in hands and feet PINY98	0	1	2	3
Skin-crawling sensations Al	8 2 (TT	1	2	3
Irritability IRRY98	0	1	2	3
Anxiety or depression ANX	Y9 8	1	2	3
Tearfulness TEARY98	0	1	2	3
Feelings of panic PANY 98	0	1	2	3
Forgetfulness FORY98	0	1	2	3
Hair loss HLSSY98	0	1	2	3
Cold sweats/night sweats CN	1SWOY9	8 1	2	3
Skin wrinkling SKWRY98	0	1	2	3
Heavy periods HPEY98	0	1	2	3
Painful periods PPY98	0	1	2	3
Vaginal dryness VAGY98	0	1	2	3
Difficulties with intercourse INTCY98	0	1	2	3
Frequency of passing urine URY98	0	1.	2	3
Lost urine when LURY98 you didn't mean to	0	1	2	3
Pain when passing urine PU	RY 09 8	1	2	3
Frequent severe HAKY98 headaches/migraine	0	1	2	3
Other: SYOTY98	0	1	2	3

b. In the last 12 months have you consulted a doctor or other health professional about any symptoms in question 15a?

SYYDP98

No. 0

D

Doctor 1

Other health professional 2

c. In the last 12 months have you taken any prescribed medicines or tablets for any symptoms in question 15a?

SYYM98

No 0

Yes 1

If yes, what are/were they called?_

SYYM198

SYYM298

16.	On average how often do you pass urine during the day? (circle o	ne)				
	URD98 About every 30 minutes or less	0				
	About every hour	1				
	About every 2 hours	2				
	About every 3 hours or more	3				
7.	On average how often do you get up in the night					
	pass urine? (circle o					
	Never or almost never	0				
	URN98 No more than once a night	1 2				
	No more than twice a night Three times a night or more	3				
18.						
a.	Over the last 12 months how often, if at all, hav					
	you lost any urine when you did not mean to (for					
	whatever reason)? (circle o					
	URLY98 Not at all (go to Q22) Less than once a month	0				
	Once a month	2				
	Twice a month	3				
	Once a week	4				
	Daily	5				
).	On average, how much urine is lost? (circle o	ne)				
	Just a few drops	1				
	URLYA98 A little more than a few drops A lot more than a few drops	3				
c.	Do you use pads or any other sanitary product to	0				
	protect against loss of urine? (circle o	ne)				
	No	0				
	URLYP98 Occasionally	1				
	Frequently	2				
19.	In the last 12 months have you lost any urine we you coughed, sneezed, laughed, ran or exercised	1?				
	(circle o					
	URLEX98 No	0				
	Occasionally Frequently	2				
20.						
a.	In the last 12 months have you had an urgent and strong desire to pass urine which is difficult to control?					
	URU98 (circle o					
	No (go to Q21)	0				
	Occasionally Frequently	1 2				
b.	Have you lost any urine before you reached the					
	toilet? (circle o					
	No Occasionally	1				

	can you remen	moet when you mist ste	ited losing	
	any urine when	n you did not mean to?	(circle o	ne)
		In the last 1	2 months	1
	More	than 12 months ago (go	to Q22)	2
b.	Do you think a	anything in particular c	aused this	URLC98
	problem?		(circle o	ne)
			No	0
			Yes	1
		Do	n't know	9
	If yes, please s	pecify		
	URLC198	URLC298	URLC39	8

Can you remember when you first started losing

21.

Now we would like you to think about how your health has been just recently. Thinking only about the *last 4 weeks* which of these common symptoms have you had?

1	In the last 4 weeks		o) or 1 (yes)
	have you had any of	for each	symptom
	these symptoms?	Not in the last 4 weeks	Yes in the last 4 weeks
	Lack of energy/tiredness	0	1 LENM9
	Aches and pains in the joint	s 0	1 ACHM98
	Diarrhoea	0	1 DIARMS
	Constipation	0	1 CONSM
	Hot flushes	0	1 нотм9
	Persistent cough	0	1 PCOFMS
	Dizziness	0	1DIZM98
	Backache	0	1 BACKM9
	Skin-crawling sensations	0	1 ANTM98
	Loss of appetite	0	1LAPM98
	Anxiety or depression	0	1 _{ANXM98}
	Nausea	0	1NAUM98
	Feelings of panic	0	¹ PANM98
	Difficulty making decisions	0	1 DECM98
	Cold sweats or night sweats	0	¹ CNSWM9
	Frequent headaches/migrain	ne 0	1накм98
	Trouble sleeping	0	1SLEPM9
	Breast tenderness	0	1BREM98
	Palpitations (rapid heartbear not due to exercise)	t 0	1 _{PALPM9}
-	Pins and needles in hands and feet	0	1 PINM98
	Irritability	0	1IRRM98
	Tearfulness	0	¹ TEARM9
	Forgetfulness	0	1FORM98
	Vaginal dryness	0	1VAGM98
	Difficulty concentrating	0	1CONCM9

Frequently

3a	Since October 1997 have you had normone HRTY98	24. Are you currently on FRT?
	replacement therapy (HRT)? No 0 (go to Q29)	No 0 Yes 1
	Yes 1	100 1
	If yes, was this the first time you have taken HRT?	
	No 0 (go to Q24)	25. Since October 1997 how many months have you HRTYM98
	Yes 1 HRTF98	taken HRT?
		months
).	When did you first start HRT?	· 图
	month year HRTSY98	26. Since October 1997 have you stopped HRT and HRTYS98
	HRTSM98 1 9	then started again?
	If you cannot remember the month and HRTSA98	No 0
	year please give your age at the time yrs	Yes 1
	Before you first started HRT had your menstrual BLEH98	If yes, did you have periods after you stopped HRT BLBH98
	periods stopped?	and before you started HRT again?
	No 0	No 0
	Yes 1	Yes 1
	If yes, what was the date of your last period before	
	starting HRT	27. If you stopped taking HRT since October 1997 please
	month year BLHY98	give your three most important reasons for stopping,
	BLHM98 19	ranking them in order of importance.
		(Rank your 3 choices by putting 1, 2, and 3 in the appropriate boxes)
	If you cannot remember the month and BLHA98	I was feeling better HREBT98
	year please give your age at the time yrs	1 was reening better
		IID HAD O O
	and were your periods stopped by: (circle all that apply)	HRT didn't help me feel any better HRENB98
	i. surgery? (circle an man apply)	
	ii. chemotherapy or radiation therapy? 2BLEHC98	I
	iii. no obvious reason/menopause? 3BLEHN98	
	iv. Other reason, please specify: 4BLEHT98	I didn't like taking it any more HRENL98
		I didn't like taking it any more
		Lhad difficulty remembering to take it HREFR98
d.	Please give your three most important reasons for	I had difficulty remembering to take it
	starting HRT, ranking them in order of importance.	
	(Rank your 3 choices by putting 1,2 and 3 in the	I was concerned about possible side-effects HRECN98
	appropriate boxes)	
	To relieve menopausal symptoms HRSMN98	My doctor advised me to stop HREDR98
	(eg hot flushes, night sweats)	wy doctor advised nie to stop
		HRESD98
	To prevent osteoporosis (brittle bones) HRSOS98	I was having side-effects
	To prevent heart disease HRSHD98	Please specify side-effects:
	Because I had an early menopause HRSEM98	Please specify stae-effects:
	Because I had an early menopause HRSEM98	HRSD198 HRSD298 HRSD398
	Because I had my ovaries removed HRSOV98	
		Other reason, please specify: HREOT98
	To regularise monthly periods HRSRE98	
	Because I was having difficulties HRSSX98	
	with sexual intercourse	
	To keep me youthful HRSYT98	
	To keep me youthful HRSYT98	
	My doctor recommended it HRSDR98	
	Other reason, please specify: HRSOT98	

Other reason, please specify: __

28. Please circle the names of all HRT preparations you have used since October 1997 and indicate (by ticking the boxes) which months you used each preparation.

Name of HRT preparation	Oct '97	Nov '97	Dec '97	Jan '98	Feb '98	Mar '98	Apr '98	May '98	June '98	Jul '98	Aug '98	Sep '98
Climagest CLIG98												
Climaval CLIM98				Territa.								
Climesse CLIME98												
Cycloprogynova CYPR	8											
Dermestril DERM98												
Elleste Duet ELLD98												
Elleste Conti ELLC98			19.54			ert spen						
Elleste Solo ELLS98												
Estracombi ESTC98												
Estraderm ESTD98										E STATE		
Estrapak ESTP98												
Ethinyloestradiol ETHII	198									I SET THE		
Evorel EVO98												S SS
Evorel-PakEVOPK98												
Evorel Sequi EVOS 98					1		200					100
Evorel Conti EVOC98												
Femapak FEMAP98												
Fematrix FEMAT98										The con		
Femoston FEMOS98									0.00			
Femseven FEMSE98											P. CAR	
Harmogen HARM98								7.76.2		1.34		
Hormonin HOR98							January 1					
Improvera IMPR98												
Kliofem KLIOF98						100000						188
Livial LIVL98												
Menophase MENPH98					3.00							
Menorest MENOR98												
Nuvelle NUV98												100
Oestrogel OESTG98												
Premarin PREMA98					Avesti	5 56			10000			
Premique PREIQ98												
Premique Cycle PREMC												19
Prempak PREMP98				3172			0.12-1-9					
ProgynovaPROGN98												
Sandrena SANDR98								The same		- 799		AYE
Tridestra TRID98									37.19		100	
Trisequens TRIS98				- 201-5								
Zumenon ZUMEN98												
Oestrogen implant OIMI												
								13-015-0				
Progestogen supplement (give name PROGS 98								Sales S				
Other: HROT19 (give name)	8											

29.	In the last 12 months have any of your childr	en left		37.			
	home? CHLH98 N	0		a.	Is your current job pers		one)
	Ye				WKRK98	Very rewarding	1
	No childre					Somewhat rewarding	2
					Neith	er rewarding or unrewarding	3
						Somewhat unrewarding	4
30.	In the last 12 months have you had a parent, law (or other elderly relative) come and live					Very unrewarding	5
	N				Are you paid about the	right amount for the job that	
	PACL98	es 1		b.		e right amount for the job that (circle	one
					you do?	About right	1
21	Letter last 12 months have you had to go wit	hout th	ninge		WKPY98	Too much	2
31.	In the last 12 months have you had to go wit you really needed because you were short of					Too little	3
		lo 0				100 little	3
	GWINC98 Yes, sometime	es 1			Harry much offert do v	ou put into your current joh?	
	Yes, ofte	en 2		c.	How much effort do yo	ou put into your current job?	one
					WKEF98	(circle A lot of effort	one
22	In the last 12 months have you had serious d	ifficul	ties				2
34.	with your spouse/partner because of their hea		ues			Quite a lot of effort Some effort	2
	behaviour or for other reasons?	,					
		lo 0				Not a lot of effort	4
	SPDF98 Ye			Sec. 1998			7
	No spouse/partne	er 8				1 1 6 1: 1:6	
		276.112.5		38.		whole of your working life:	
33.	In the last 12 months have you had serious d	ifficul	ties	a.	Has your paid work be	een personally rewarding?	
	with any of your children because of their he					(circle	
	behaviour or for other reasons?				WWKRW98	Very rewarding	1
		No 0				Somewhat rewarding	2
	CHELDO	es 1			Neith	er rewarding or unrewarding	3
	No children (go to Q3.	5) 8				Somewhat unrewarding	4
-						Very unrewarding	5
34.					Neve	er had paid work (go to Q39)	8
a.	Has bringing up children been personally rev						
			cle one)	b.		oout right for the jobs that you	
	Very rew CHRW98 Somewhat rew				have done?	(circle o	me)
	Neither rewarding or unrew				WWKPY98	About right	1
	Somewhat unrew					Too much	2
	Very unrew	arding	5			Too little	3
					Sometimes to	oo much, sometimes too little	4
b.	How much effort have you put into bringing						
	CHEF98 A lot o		cle one) t 1	c.	How much effort have	you put into paid work?	
	CHEF98 A lot o Quite a lot o					(circle	one
		e effor			WWKEF98	A lot of effort	1
	Not a lot o	f effor	t 4			Quite a lot of effort	2
						Some effort	3
25	Let the left 12 months have you had serious	lifficul	Ities			Not a lot of effort	4
35.	In the last 12 months have you had serious of with your parents, or parents-in-law (or other						
	because of their health, behaviour or for other						
	ı	No C		39.	On the whole would y	ou describe the last year as	
	PADF98	es 1			LASTY98	(circle	one
-					11.1011.00	a very good year for you	1
26	In the last 12 months have you had serious diffic	ulties o	t work?			quite a good year for you	2
30.	In the last 12 months have you had serious diffic	No (neither a p	particularly good nor bad year	3
	WKI)H'98	es 1				quite a bad year for you	4
	No paid job in last 12 months (go to Q	38) 8	3			a very bad year for you	5

40. This last set of questions deals with how you feel about yourself and your life. Please answer all the questions and remember there are no right or wrong answers

Please circle the number that best describes your present agreement or disagreement with each statement

			Disagree			Agree	
	Str	ongly	Moderately	Slightly	Slightly	Moderately	Strongly
1.	I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people. OPPOS98	1	2	3	4	5	6
2.	I do not fit very well with the people and the community around me. FITIN98	1	2	3	4	5	6
3.	I am not interested in activities that will expand my horizons. HORZ98	1	2	3	4	5	6
4.	Most people see me as loving and LOVG98 affectionate.	1	2	3	4	5	6
5.	I tend to focus on the present, because the FOCU future nearly always brings me problems.	JS98	2	3	4	5	6
6.	In general, I feel confident and positive about myself. CONFD98	1	2	3	4	5	6
7.	My decisions are not usually influenced by what everyone else is doing.	1	2	3	4	5	6
8.	I am quite good at managing the many responsibilities of my daily life.	1	2	3	4	5	6
9.	I don't want to try new ways of doing things - my life is fine the way it is. NWAY98	1	2	3	4	5	6
10.	I often feel lonely because I have few close LOP friends with whom to share my concerns.	1 E98	2	3	4	5	6
11.	My daily activities often seem trivial and TRIV unimportant to me.	<i>1</i> 198	2	3	4	5	6
12.	I feel that many of the people I know have got more out of life than I have. OUTL98	1	2	3	4	5	6
13.	I tend to worry about what other people think of me.	1	2	3	4	5	6
14.	I often feel overwhelmed by my responsibilities. OVRW98	1	2	3	4	5	6
15.	I think it is important to have new EXPER98 experiences that challenge how you think about yourself and the world.	1	2	3	4	5	6
16.	I enjoy personal and mutual conversations with family members or friends. TALK98	1	2	3	4	5	6
17.		1	2	3	4	5	6
18.	I made some mistakes in the past, but feel that all in all everything has worked out for the best. MSTK98	1	2	3	4	5	6
19.	Being happy with myself is more important to me than having others approve of me. HAPY	1 98	2	3	4	5	6
20.	어느 것은 그런 아이를 보면 하는 것은 것이 되었다. 그렇게 되는 것은 것은 것은 것이 없는 것이 없었다.	1	2	3	4	5	6
21.	When I think about it, I haven't really IMPRV9 improved much as a person over the years.	B	2	3	4	5	6

		Disagree Agree					
	S	trongly		Slightly	Slightly	Moderately	Strongly
	ال	irongry	Moderatery	Slightly	Slightly	Moderately	Strongly
22.	I don't have many people who want to listen when I need to talk. LISTN98	1	2	3	4	5	6
23.	I used to set goals for myself, but that now seems like a waste of time. GOAL98	1	2	3	4	5	6
24.	In many ways, I feel disappointed about my achievements in life. DISPT98	1	2	3	4	5	6
25.	I have confidence in my opinions, even CONT if they are contrary to the general consensus.	TR 9 8	2	3	4	5	6
26.	I am good at juggling my time so that I can fit everything in that needs to get done. JUGO	1 398	2	3	4	5	6
27.	I have the sense that I have developed a lot as a person over time.	1	2	3	4	5	6
28.	It seems to me that most other people have more friends than I do. NOFRD98	1	2	3	4	5	6
29.	I enjoy making plans for the future and working to make them a reality. PLANS98	1	2	3	4	5	6
30.	My attitude about myself is probably not as positive as most people feel about themselves. NTPOS98	1	2	3	4	5	6
31.	It's difficult for me to voice my own opinion on controversial matters. DFOPN98	1	2	3	4	5	6
32.	I have difficulty arranging my life in a way that is satisfying to me. DFPLN98	1	2	3	4	5	6
33.	I do not enjoy being in new situations that require me to change my old familiar ways of doing things. OLDWY98	1	2	3	4	5	6
34.	People would describe me as a giving person, willing to share my time with others. GIVG9	8	2	3	4	5	6
35.	I am an active person in carrying out the plans I set for myself. ACTPL98		2	3	4	5	6
36.	The past had its ups and downs, but in general I wouldn't want to change it. UPDWN98	1	2	3	4	5	6
37.	I often change my mind about decisions if my friends or family disagree. MNDCH98	1	2	3	4	5	6
38.	I have been able to build a home and a lifestyl for myself that is much to my liking.LIKHMS		2	3	4	5	6
39.	There is truth to the saying you can't teach an old dog new tricks. OLDOG98	1	2	3	4	5	6
40.	I know that I can trust my friends, and they know they can trust me. TRUST98	1	2	3	4	5	6
41.	I sometimes feel as if I've done all there is to do in life. DNALL98	1	2	3	4	5	6
42.	When I compare myself with friends and acquaintances, it makes me feel good about who I am. GDME 9 8	1	2	3	4	5	6

	SECTION B
PLEASE RETURN THE QUESTIONNAIRE TO US	S IN THE PRE-PAID ENVELOPE PROVIDED.
	NOTE98
0.	

If you are unable to complete the questionnaire we would be grateful if you could give the following information:

a) Please give below the reasons for not completing the questionnaire:

b) May we send you a similar questionnaire next year? No 0 PQNY98 BATCH98
Yes 1