

Overall Health

This survey asks questions about your overall health. Your privacy is very important to us. Your answers will only be shared with approved researchers after we have removed your name.

It takes about 5-10 minutes to answer these questions. Please answer each question as honestly as possible. There are no right or wrong answers to any of the questions. It is important that you answer as many questions as you can. We are looking for your own answers, and not what you think your doctors, family, or friends want you to say.

Don't feel like you have to spend a long time over each question. The first answer that comes to you is usually the best one. If you aren't sure how to answer a question, choose the best answer from the options given.

How confident are you filling out medical forms by yourself?¹

[Original Source Question Text: How confident are you filling out medical forms by yourself?]

- Extremely
- Quite a bit
- Somewhat
- A little bit
- Not at all

How often do you have someone help you read health-related materials?¹

[Original Source Question Text: How often do you have someone help you read hospital materials?]

- Always
- Often
- Sometimes
- Occasionally
- Never

How often do you have problems learning about your medical condition because of difficulty understanding written information?¹

[Original Source Question Text: How often do you have problems learning about your medical condition because of difficulty understanding written information?]

- Always
- Often
- Sometimes
- Occasionally
- Never

The next 10 questions ask you how you feel about your health and daily activities.

In general, would you say your health is:²

[Original Source Question Text: In general, would you say your health is:]

- Excellent
- Very Good
- Good
- Fair
- Poor

In general, would you say your quality of life is:²

[Original Source Question Text: In general, would you say your quality of life is:]

- Excellent
- Very Good
- Good
- Fair
- Poor

In general, how would you rate your physical health?²

[Original Source Question Text: In general, how would you rate your physical health?]

- Excellent
- Very Good
- Good
- Fair
- Poor

In general, how would you rate your mental health, including your mood and your ability to think?²

[Original Source Question Text: In general, how would you rate your mental health, including your mood and your ability to think?]

- Excellent
- Very Good
- Good
- Fair
- Poor

In general, how would you rate your satisfaction with your social activities and relationships?²

[Original Source Question Text: In general, how would you rate your satisfaction with your social activities and relationships?]

- Excellent
- Very Good
- Good
- Fair
- Poor

To what extent are you able to carry out your everyday physical activities such as walking, climbing stairs, carrying groceries, or moving a chair?²

[Original Source Question Text: To what extent are you able to carry out your everyday physical activities such as walking, climbing stairs, carrying groceries, or moving a chair?]

- Completely
- Mostly
- Moderately
- A little
- Not at all

In the past 7 days, how would you rate your pain on average?²

[Original Source Question Text: In the past 7 days, how would you rate your pain on average?]

- 0 (No pain)
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 (Worst pain imaginable)

In the past 7 days, how would you rate your fatigue?²

[Original Source Question Text: In the past 7 days, how would you rate your fatigue on average?]

- None
- Mild
- Moderate
- Severe
- Very Severe

In general, please rate how well you carry out your usual social roles. (This includes activities at home, at work and in your community, and responsibilities as a parent, child,

spouse, employee, friend, etc.)²

[Original Source Question Text: In general, please rate how well you carry out your usual social activities and roles. (This includes activities at home, at work and in your community, and responsibilities as a parent, child, spouse, employee, friend, etc.)]

- Excellent
- Very Good
- Good
- Fair
- Poor

In the past 7 days, how often have you been bothered by emotional problems such as feeling anxious, depressed or irritable?²

[Original Source Question Text: In the past 7 days, how often have you been bothered by emotional problems such as feeling anxious, depressed, or irritable?]

- Never
- Rarely
- Sometimes
- Often
- Always

The next few questions are about women’s health issues. Women’s health is very important when considering your overall health. Answering these questions will help us get a more complete picture of your total health.

Branching Logic: These questions will only be asked if in The Basics the questions about sex at birth were answered “Female,” “intersex,” or “Please specify.”

Have your menstrual periods stopped permanently?³

[Original Source Question Text: Have your menstrual periods stopped permanently?]

- No
- Yes, I have no menstrual periods
- Yes, but I have periods induced by hormones
- Not sure
- Prefer not to answer

Branching Logic: when “No” or “Not sure” selected for “Have your menstrual periods stopped permanently?”, then:

Are you currently pregnant?³

[Original Source Question Text: Are you currently pregnant?]

- Yes
- No

- Not sure
- Prefer not to answer

Branching Logic: when “Yes, I have no menstrual periods” or “Yes, but I have periods induced by hormones” selected for “Have your menstrual periods stopped permanently?”, then:

Why did your periods stop?³

[Original Source Question Text: Why did your periods stop?]

- Natural menopause (change of life)
- Surgery (a hysterectomy to remove your uterus and/or an oophorectomy to remove your ovaries)
- Endometrial ablation (removal of the lining of the uterus)
- Medication, chemotherapy, or radiation
- Other
- Not sure
- Prefer not to answer

Branching Logic: when “Yes, I have no menstrual periods,” “Yes, but I have periods induced by hormones,” or “Prefer not to answer” selected for “Have your menstrual periods stopped permanently?”, then:

Have you ever had a hysterectomy (that is, surgery to remove your uterus or womb)?³

[Original Source Question Text: Have you ever had a hysterectomy (that is, surgery to remove your uterus or womb)?]

- No
- Yes

Branching Logic: when “Yes” selected, then:

Age of surgery:³

_____ (age in years)

- Not sure
- Prefer not to answer

Branching Logic: when “No,” “Not Sure,” or “Prefer not to answer” selected, then:

Have you ever had an ovary removed?³

[Original Source Question Text: Have you ever had an ovary removed?]

- No
- Yes, but only one ovary or part of one ovary
- Yes, both ovaries
- Yes, but don’t know whether one or both ovaries
- Not sure
- Prefer not to answer

Branching Logic: when “Yes, but only one ovary or part of one ovary,” “Yes, both ovaries,” or “Yes, but don’t know whether one or both ovaries” selected, then:

Age of surgery:³

_____ (age in years)

A blood sample may be drawn as part of this study. Some conditions or prior procedures, such as a bone marrow transplant, may cause problems in using your blood sample for research. In addition, some information about you, such as your travel history, may not generally be in your medical record but may still be helpful to researchers. Traveling outside the country may increase your risk of coming into contact with certain infections not commonly present in this country. The following questions are asked to address two of these situations.

Have you had a transplant of any type?⁴

[Original Source Question Text: Had a transplant such as organ, tissue, or bone marrow?]

- Yes

Branching Logic: when "Yes" selected, then:

If yes, please check all that apply⁴

- Heart

Branching Logic: when "Heart" selected, then:

Date of heart transplant:⁴

- Kidney

Branching Logic: when "Kidney" selected, then:

Date of kidney transplant:⁴

- Liver

Branching Logic: when "Liver" selected, then:

Date of liver transplant:⁴

- Lung

Branching Logic: when "Lung" selected, then:

Date of lung transplant:⁴

- Pancreas

Branching Logic: when "Pancreas" selected, then:

Date of pancreas transplant:⁴

- Intestine

Branching Logic: when "Intestine" selected, then:

Date of intestine transplant:⁴

- Other organ

Branching Logic: when "Other organ" selected, then:

Please specify organ:⁵

- Cornea
Branching Logic: when "Cornea" selected, then:
Date of cornea transplant:⁴

 - Bone
Branching Logic: when "Bone" selected, then:
Date of bone transplant:⁴

 - Valve
Branching Logic: when "Valve" selected, then:
Date of valve transplant:⁴

 - Skin
Branching Logic: when "Skin" selected, then:
Date of skin transplant:⁴

 - Blood Vessels
Branching Logic: when "Blood vessels" selected, then:
Date of blood vessel transplant:⁴

 - Other Tissue
Branching Logic: when "Other Tissue" selected, then:
Please specify tissue:⁵

Date of other tissue transplant:⁵

- No
 - Don't know

Have you traveled outside of the country within the past 6 months?⁴

[Original Source Question Text: In the past three years, have you: Been outside the United States or Canada?]

- Yes
Branching Logic: when "Yes" selected, then:
Where?⁵

How long were you there? Enter number of days:⁵

- No

Your answers will help researchers to better understand health, and advance how to prevent and treat disease.

Source Information

1. Chew LD, Bradley KA, Boyko EJ. [Brief questions to identify patients with inadequate health literacy](#). Fam Med. 2004 Sep;36(8):588-94. PMID: 15343421.
 - a. Year of Original Source: 2004
 - b. Brief Description of Source: The Brief Health Literacy Screen (BHLS) is a three-item health literacy measure that can be administered in a minute or less. The BHLS, developed in 2004, has been used widely in clinical and research settings.
2. [PROMIS Global Health Scale](#). Evanston, IL: HealthMeasures. Available from: <https://www.healthmeasures.net/explore-measurement-systems/promis>
 - a. Year of Original Source: 2009
 - b. Brief Description of Source: The NIH's Patient Reported Outcomes Measurement Information System (PROMIS) Global Health Scale, developed in 2009, is a ten-item self-report measure that assesses overall physical and mental health in adults and children.
3. [California Teachers Study](#). Monrovia, CA: California Teachers Study. Available from: <https://www.calteachersstudy.org>
 - a. Year of Original Source: 1995
 - b. Brief Description of Source: Since 1995, the California Teachers Study has investigated the incidence and risk factors of breast cancer among more than 130,000 female California teachers and administrators. The longitudinal cohort study is designed to determine the incidence and potential risk factors for breast and other cancers.
4. [Blood Donor History Questionnaires](#). Bethesda, MD: Association for the Advancement of Blood & Biotherapies. Available from: <https://www.aabb.org/news-resources/resources/donor-history-questionnaires/blood-donor-history-questionnaires>
 - a. Year of Original Source: 1992
 - b. Brief Description of Source: The AABB Blood Donor History Questionnaire (DHQ), also referred to as the Uniform Donor History Questionnaire (UDHQ), was developed by the AABB (formerly American Association of Blood Banks) for use by blood centers to meet regulatory requirements for screening potential blood donors. It evaluates prospective donors' history against known blood safety risks following FDA regulations/recommendations and AABB Standards.
5. Developed for use by *All of Us*
 - a. Year of Original Source: Not Applicable
 - b. Brief Description of Source: Not Applicable