

QUESTIONNAIRE

Depression assessment in elderly population of Karachi, Pakistan: A cross sectional survey

Student of MSc. Epidemiology and Biostatistics
Class of 2009
Community Health Sciences, The Aga Khan University, Karachi
Phone #: 4864857

Questionnaire Number

Name of Household Head: _____

Address: _____

Name of Locality / Area: _____

Cluster Number: _____

Household Number: _____

INTERVIEWER'S VISITS				
	1	2	3	Final Visit
Date	_____	_____	_____	Day _____
Interviewer Name	_____	_____	_____	Month _____
				Year _____
				Inte # _____
Result	_____	_____	_____	Result _____
Next Visit Date:				Total Number
Time:	_____	_____	_____	of Visits _____

Result Codes:

1. Completed
2. No household member at home or no competent respondent at home at time of visit
3. Entire household absent for extended period of time
4. Postponed
5. Refused
6. House vacant or address not a house
7. House destroyed
8. House not found
9. Others-----

FIELD SUPERVISOR	FIELD MANAGER	PRINCIAL INVESTIGATOR	DATA ENTRY
NAME_____	NAME_____	NAME_____	NAME_____
_____	_____	_____	_____
DATE_____	DATE_____	DATE_____	DATE_____

HOUSEHOLD QUESTIONNAIRE				
S.No.	Questions	Code	Skip	Response
A1	How many persons usually live in this household?	88 = Don't know 99 = No response		-----
A2	What is the type of family you have? Is it joint or nuclear or other than these mentioned?	1 = Joint, 2 = Nuclear 3 = Alone Others (specify)		-----
A3	Is it your own or rented accommodation?	1 = Family owned, 2 = Rented, 3 = Owned by other relative, 4 = Official residence, Others (specify)		-----
A4	What is your Religion?	1=Muslim, 2=Hindu, 3=Christian, 4=Parsi, Other (specify)		-----

HOUSEHOLD SCHEDULE

We would like to obtain information about the people who usually live in this household

Line No.	Usual Residents	Relationship with the head of household (see codes below)	Sex	Age	Education (See codes below)	Marital Status	Occupation (See codes below)	Ask if not working (retired) For past how many years is he/she not working?
	Please give me the names of persons who usually live in the household	What is the relationship to the head of household?	1=Male. 2=Female	In completed years		1=Married 2=Widowed 3=Separated 4=Divorced 5=Never married	If working skip to C1	
B1	B2	B3	B4	B5	B6	B7	B8	B9
i								
ii								
iii								
iv								
v								
vi								
vii								
viii								

Codes Relationship to Head of Household:

1=Head, 2=Wife or husband, 3=Son or daughter,
4=Son in law or daughter in law, 5=Grandchild,
6=Parent, 7=Parent in law, 8=Brother or sister,
9=Other relative, 10=-Adopted/step child,
11=Not related, Others specify,
88=Don't know, 99= No response

Codes for Education:

1=Illiterate, 2=Literate (no formal schooling),
3=Upto 5th, 4=Upto Matric, 5=11-14 class,
6=MA/MSc./MBBS/MBA or above,
Others specify,88= Don't know, 99=No response.

Codes for Occupation:

Working:

1=Professional/Executive, 2=Manager/Supervisor,
3=Office/clerk work, 4=Sales workers, 5=Skilled factory worker,
6=Skilled non factory worker, 7=Labourer, 8=Household helpers
(drivers, cook, chawkidaar), 9=Commercial vehicle operators,
10=Self employed, 11=Small venders, 12=Agriculturist,
13=Business, Others specify, 88= Don't know, 99=No response

Non working:

15=retired and gets pension, 16= retired and doesn't get pension,
17=too old/ill to work, 18=disabled, 19=Unemployed,
20=housewife, 77=Others specify,
88= Don't know, 99=No response.

HOUSING CHARACTERISTICS & LIVING STANDARDS				
S.No	Questions	Coding	Skip	Response
C1	What is the main source of drinking water in this household?	1 = Independent tap 2 = Public tap 3 = Own hand pump 4 = Public hand pump 5 = Public well 6 = Tanker 7 = Mineral water bottle 88 = Don't know 99 = No response Others specify		-----
C2	How many rooms are in this house? (excluding verandah and kitchen)	88 = Don't know 99 = No response		-----
C3	What toilet facility is available to you?	1=Flush toilet 2=Traditional dry toilet 3=Public latrine 4=No facility on Premises 88=Don't know 99=No response Others specify		-----
C4	Does your household have any of the following for self use: A. Air conditioner	1 = Yes 2 = No If yes, how many		_____ _____
	B. Personal Computer	1 = Yes 2 = No If yes, how many		_____ _____
	C. Internet	1 = Yes 2 = No		_____
	D. Car/Van/Suzuki for commercial use	1 = Yes 2 = No If yes, how many		_____ _____

E. Car for personal use	1 = Yes 2 = No If yes, how many		<hr/> <hr/>
F. Motor cycle/scooter	1 = Yes 2 = No If yes, how many		<hr/> <hr/>
G. Video player/VCD	1 = Yes 2 = No If yes, how many		<hr/> <hr/>
H. Television	1 = Yes 2 = No If yes, how many		<hr/> <hr/>
I. TV cable	1 = Yes 2 = No		<hr/>
J. Refrigerator	1 = Yes 2 = No If yes, how many		<hr/> <hr/>
K. Washing Machine	1 = Yes 2 = No If yes, how many		<hr/> <hr/>
L. Telephone	1 = Yes 2 = No If yes, how many		<hr/> <hr/>
P. Electric Fan	1 = Yes		<hr/>

		2 = No If yes, how many		_____
	N. Electric Iron	1 = Yes 2 = No If yes, how many		_____ _____
C5	What type of fuel does your household mainly use for cooking?	1=Electricity 2=Sui gas 3=Burshane 4=Kerosene 5=Coal 6=Charcoal 7=Firewood 8=Cow dung 9=Food from hotel Others(specify)		-----
C6	How is your house constructed?	1=Cemented 2=Wall cemented but roof uncemented 3=Uncemented 4=Wooden house 5=Slum		-----
C7	What is the temporary source of light in the absence of electricity in your house?	1=Generator 2=UPS 3=Emergency light 4=Gas light 5=Lantern 6=Candle 7=Nothing Others specify		-----

PERSONAL INFORMATION				
S.No	Questions	Coding	Skip	Response
D1	What is your age in years? (Give them hint like how older were you at the time of independence)			Confirm with B5 as well -----
D2	What is your birth place?	1=Karachi 2=Interior Sindh 3=Punjab 4=NWFP		-----

		5=Balochistan 6=Kashmir 7=Tribal areas 8=Northern areas 9=India 10=Abroad (other than India)		
D3	What is your Education level?	1=Illiterate 2=Literate (no formal schooling) 3=Upto 5 th 4=Upto Matric 5=11-14 class 6=MA/MSc./MBBS/ MBA or above 88= don't know 99=no response Others specify		-----
D4	How many live births you/ your wife got?		If none than skip to D6	-----
D5	How many children are still alive?			-----
D6	Do you think children are security for future?	1=Yes 2=No 88=Don't know		- -----
D7	With whom you live whether nuclear or extended?	1=Extended (with married son/sons 2=Extended (with married daughter/daughters 3= Extended (with other relatives-not own children) 4= Extended (with own children and other relatives) 5= Extended (with unmarried children) 6=With spouse 7=Alone Other specify		-----
D8	Do you have separate room	1 = Yes		-----

	for sleeping purposes just for you and/or your spouse (if present)	2 = No 99 = No response		
D9	What is your mother tongue?	1=Urdu 2=Sindhi 3=Punjabi 4=Balochi 5=Pashto 6=Hindko 7=Saarki 8=Gujrati 9=Memon 10=Katchi 11=Gorshi 12=Marwari 13=Rajhistani Others (specify)		-----
D10	Do you work to earn money?	1=Yes 2=No 88=Don't know 99=No response	If no, then skip to D12	-----
D11	If working to earn, what is your total monthly income from all sources?	88 = Don't know 99 =No response	Skip to D13	-----
D12	If not working to earn, what is your total monthly income from all sources? (e.g.: pension, from children, home rentals, business income etc.)	88 = Don't know 99 =No response		-----
D13	Have you ever been married?	1=Yes, 2=No	If no, then skip to D37	-----
D14	How many years you have been or were married?	88 = Don't know 99 =No response		-----
D15	What is your current Marital Status?	1=Married 2=Widowed 3=Separated 4=Divorced	If answer other than married skip to D17	-----

D16	If married how long you have been married with your present spouse? (years)	88 = Don't know 99 =No response	Skip to D18	-----
D17	If widowed or separated or divorced, how long you have been widowed/widower or separated or divorced? (years)	88 = Don't know 99 =No response		-----
D18	How many adult (above 18 years) children do you have who are alive?		If none, then skip to D37	-----
D19	How many are sons that are above 18 years?			-----
D20	How many are daughters that are above 18 years?			-----
D21	How many of your adult (above 18 years) children are living with you?			-----
D22	Do you have any of your adult (above 18 years) children who are living in this moholla but not with you?	1 = Yes 2 = No	If no or skip to D24	-----
D23	How many of your adult (above 18 years) children are living in this Moholla but not with you?			-----
D24	Do you have any of your adult (above 18 years) children who are living else where in Karachi but not with you?	1 = Yes 2 = No	If no skip to D26	-----
D25	How many of your adult (above 18 years) children are living else where in Karachi but not with you?			-----
D26	Do you have any of your adult (above 18 years) children who are living else where in Pakistan?	1 = Yes 2 = No	If no skip to D28	-----
D27	How many of your adult (above 18 years) children are living else where in Pakistan?			-----
D28	Do you have any of your adult (above 18 years) children who are living abroad?	1 = Yes 2 = No	If no skip to D35	-----
D29	How many of your adult			-----

	(above 18 years) children are living abroad?			-----
D30	Do you miss your adult (above 18 years) children who are living outside Pakistan?	1=Yes 2=No	If No skip to D32	-----
D31	If yes, how much do you miss them?	1=Very often 2=Whenever I am lonely 3=Rarely 88=Don't know/can't say		-----
D32	Do you get telephone calls from them or you call them?	1 = I neither call them nor they do 2 = I call them 3 = They call me 4 = We both call each other	If 2 or 4 then ask D33, If 3 skip to D34, If 1 skip to D35	-----
D33	How often do you call them?	1=Daily 2= Weekly 3=Twice a week 4=Once in a month 5=Once in 3 months 6=Once in 6 months 7=Once in a year 8=Not done Other specify		-----
D34	How often do they call you?	1=Daily 2= Weekly 3=Twice a week 4=Once in a month 5=Once in 3 months 6=Once in 6 months 7=Once in a year 8=Not done Other specify		-----
D35	How often your children living inside moholla our elsewhere in Karachi pay visit to you?	1=Daily 2= Weekly 3=Twice a week 4=Once in a month 5=Once in 3 months 6=Once in 6 months 7=Once in a year 8=Not done Other specify		Moholla ----- Karachi -----
D36	How often do you pay visit to	1=Daily		

	your children living inside moholla our elsewhere in Karachi?	2= Weekly 3=Twice a week 4=Once in a month 5=Once in 3 months 6=Once in 6 months 7=Once in a year 8=Not done Other specify		Moholla ----- Karachi -----
D37	How would you rate your health at present time?	1=Very good 2=Fairly good 3=Good 4=Poor 88=Can't say/don't know 99=No response		-----
D38	How your functional Health is today compared to what it was last year?	1=Better 2=About the same 3=Worse 88=Can't say/don't know 99=No response		-----

ASSESSMENT OF PHYSICAL ACTIVITY				
Upper Extremity Domain				
S.No	Questions	Coding	Skip	Response
E1	By yourself do you have any difficulty raising your arms up over your head? If yes since how long? (mention in days, weeks, months)	1= Yes 2= No 88= Don't Know 99= No Response		-----
E2	By yourself do you have any difficulty using your fingers to grasp or handle? If yes since how long? (mention in days, weeks, months)	1= Yes 2= No 88= Don't Know 99= No Response		-----
E3	By yourself do you have any difficulty lifting or carrying something as heavy as 5 kilogrammes? If yes since how long? (mention in days, weeks, months)	1= Yes 2= No 88= Don't Know 99= No Response		-----
Lower Extremity Domain				
S.No	Questions	Coding	Skip	Response
E4	By yourself do you have any difficulty walking for about 200-250 yards? If yes since how long? (mention in days, weeks, months)	1= Yes 2= No 88= Don't Know 99= No Response		-----
E5	By yourself do you have any difficulty walking up to 10-15 steps without resting? If yes since how long? (mention	1= Yes 2= No 88= Don't Know		-----

	in days, weeks, months)	99= No Response		
E6	By yourself do you have any difficulty getting in and out of bed or chairs/table? If yes since how long? (mention in days, weeks, months)	1= Yes 2= No 88= Don't Know 99= No Response		-----
ADL Domain				
S.No	Questions	Coding	Skip	Response
E7	By yourself that is without help from others or special equipment do you have any difficulty in bathing or showering? If yes since how long? (mention in days, weeks, months)	1= Yes 2= No 88= Don't Know 99= No Response		-----
E8	By yourself that is without help from others or special equipment do you have any difficulty in dressing? If yes since how long? (mention in days, weeks, months)	1= Yes 2= No 88= Don't Know 99= No Response		-----
E9	By yourself that is without help from others or special equipment do you have any difficulty in eating, for example: holding folk or spoon, cutting your food or drinking from a glass? If yes since how long? (mention in days, weeks, months)	1= Yes 2= No 88= Don't Know 99= No Response		-----
E10	By yourself that is without help from others or special equipment do you have any difficulty using the toilet, including getting up from the toilet seat or commode? If yes since how long? (mention in days, weeks, months)	1= Yes 2= No 88= Don't Know 99= No Response		-----
IADL Domain				
S.No	Questions	Coding	Skip	Response
E11	Because of your health status do you have difficulty in using telephone? If yes since how long? (mention in days, weeks, months)	1= Yes 2= No 88= Don't Know 99= No Response		-----
E12	Because of your health status do you have difficulty doing light house work like washing dishes, light cleaning etc? If yes since how long? (mention in days, weeks, months)	1= Yes 2= No 88= Don't Know 99= No Response		-----
E13	Because of your health status do you have difficulty doing heavy household work like washing clothes or cleaning floor etc? If yes since how long? (mention in days, weeks, months)	1= Yes 2= No 88= Don't Know 99= No Response		-----
E14	Do you have difficulty preparing your own meal? If yes since how long? (mention in days, weeks, months)	1= Yes 2= No 88= Don't Know		-----

		99= No Response		
E15	Will (Do) you have difficulty if need to go for (going for) shopping for your personal items including vegetables or medicine etc? If yes since how long? (mention in days, weeks, months)	1= Yes 2= No 88= Don't Know 99= No Response		-----
Other Activities				
S.No	Questions	Coding	Skip	Response
E16	Do you go to walk for pleasure or exercise?	1= Yes 2= No	If No, skip to E20	
E17	During an average week, how many hours do you spend walking for pleasure or exercise?			_____
				Hrs
E18	Since how long you have been going for walking?	88=Don't know		_____
				Months

				Years
E19	When you walk for pleasure or exercise what usually happens to the rate or depth of your breathing?	1= No change 2= Slight increase 3=Moderate increase 4=Severe increase	Skip to E21	_____
E20	Since how long you have not been going for walking?	88=Don't know		_____
				Months

				Years
E21	Do you lift or carry objects that are as heavy as 5 kg? (do not include lifting or carrying objects at work place)	1= Yes 2= No	If no then skip to E23	_____
E22	During an average week, how much time do you spend lifting or carrying objects as heavy as 5 kg? (do not include time spent lifting or carrying objects at work place)			_____
				Min

				Hrs
E23	Which of the following four activity classes best describes your present activity outside? Please consider to and from work and other physical effort during your leisure time?	1= No weekly physical activity 2=Only light physical activity in most weeks		

		3=Vigorous physical activity at least 20 mins or twice a week (vigorous activity causes shortness of breath, a rapid heart rate & sweating) 4=Vigorous physical activity for at least 20 minutes 3 or > times per week		
E24	Do you go to meet any of your relative or friend?	1= Yes 2= No	If no skip to E26	
E25	During an average week, how much time do you spend meeting your friends or relatives?			_____ Min _____ Hrs
E26	Do you spend time in performing various activities like gardening etc?	1= Yes 2= No	If no skip to E228	_____ Hrs
E27	During an average week, how much time do you spend performing various activities like gardening etc?			_____ Min _____ Hrs
E28	Do you go outside home for any other purpose example to purchase items etc?	1 = Yes 2 = No	If no skip to E30	_____ Hrs
E29	During an average week, how much time do you spend going out for any other purpose example to purchase items etc?			_____ Min _____ Hrs
Working or Employment Activities				
S.No	Questions	Coding	Skip	Response
E30	Are you employed?	1=Yes 2=No	If yes skip to E32	_____

E31	If not working, then when you left working (in months or years)?		Skip to F1	<hr/> Months <hr/> Years
E32	How many hours do you work during a typical day?	88=Can't say/don't know 99=No response		<hr/> Hrs
E33	How many days do you work during a typical week?	88=Can't say/don't know 99=No response		<hr/> Days
E34	How much time during work do you spend standing or sitting?			Standing <hr/> Min <hr/> Hrs Sitting <hr/> Min <hr/> Hrs
E35	How much time during work do you spend walking? (don't include time of from and to work)			<hr/> Min <hr/> Hrs
E36	How much time during work do you spend lifting weight up to 5kg or doing exercises like this?			<hr/> Min <hr/> Hrs

ASSESSMENT OF DEPRESSION (GDS)				
S.No	Questions	Coding	Skip	Response
F1	Are you basically satisfied with your life?	0= No 1=Yes		
F2	Have you dropped many of your activities and interests?	0= No 1=Yes		
F3	Do you feel that your life is empty?	0= No 1=Yes		
F4	Do you often get bored?	0= No 1=Yes		
F5	Are you in good spirits most of the time?	0= No 1=Yes		
F6	Are you afraid that something bad is going to happen to you?	0= No 1=Yes		
F7	Do you feel happy most of the time?	0= No 1=Yes		
F8	Do you often feel helpless?	0= No 1=Yes		
F9	Do you prefer to stay at home, rather than going out and doing new things?	0= No 1=Yes		
F10	Do you feel that you have more problems with memory than most?	0= No 1=Yes		
F11	Do you think it is wonderful to be alive now?	0= No 1=Yes		
F12	Do you feel pretty worthless the way you are now?	0= No 1=Yes		
F13	Do you feel full of energy?	0= No 1=Yes		
F14	Do you feel that your situation is hopeless?	0= No 1=Yes		
F15	Do you think that most people are better off than you are?	0= No 1=Yes		