



## Questionnaire

### The Thai Health-Risk Transition: A National Cohort Study

Student Identification Number NNNNNNNNNNNN

#### Details about respondent

Citizen Identification Number N NNNNN NNNNNN NN N

Name.....Family name.....

Address: No.....Moo Ban.....Soi.....Road.....

Tambol/Kwang.....District/Khet.....Province.....

Post code NNNNN

Home Tel. ....Office Tel.....Mobile.....

e-Mail.....

This page will be  
separated and treated  
as confidential

#### Other contact person ( If we cannot contact you)

Name.....Family name.....

Address: No.....Moo Ban.....Soi.....Road.....

Tambol/Kwang.....District/Khet.....Province.....

Home Tel. ....Office Tel.....Mobile.....

Questionnaire Code NNNNNNN  
(Official use only)

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## Information

The questionnaire of the Thai Health-Risk Transition Project aims to study the health transition of Thai people in order to understand factors affecting health which will render the healthy public policy recommendation in the future. This study considered the students of Sukhothai Thammathirat Open University as the representatives of the Thai population.

The success of this study depends on co-operation from STOU students in responding to the questionnaire. Participation to the study is voluntary with no influence on academic results at STOU.

All information will remain confidential and will only be used in the research work. None of the information will be disclosed unless permitted by the respondent.

Further information about the project can be obtained or if you have any queries please contact Dr. Sam-ang Seubsman, Thai Health-Risk Transition Office, Room 101 Tri Sorn Building, Sukhothai Thammathirat Open University, Tel/Fax 02 504 7780 or Email [tcs@stou.ac.th](mailto:tcs@stou.ac.th) or visit website: <http://www.stou.ac.th/ANU/>

If you agree to take part in the Thai Health-Risk Transition Project, please sign in the space below.

I agree to participate in the “Thai Health-Risk Transition : A National Cohort Study”


Name.....  
( ..... )  
date ...../...../.....

## Special for Thai Health-Risk Transition Project member



Within 2 months of returning this questionnaire to STOU, you will be able to access **MyData Base** which will act as your own data base in the internet with free capacity of 20MB for one year. You can create your own website under 5 names and there are also many tools available. You can access by going to <http://www.tcsstou.net> and type in student ID as your Username. As for the Password please type in your birth date which consists of 8 digits (as answer in A1) eg. birth date of March 5, 2512 (B.E.), the Password is 05032512. Please change your Password after first access for confidentiality.

**We still have special arrangement for you, please turn to the back cover for information**

Please tick (✓) in the ☐ in front of the selected choice to get to this image  Please select only one answer except for those that indicate ( please tick all that apply) after the questions. For questions that ask for numeric answers, please write the correspondent number in the box  one by one by using dark colour pen. (black or blue)

## A YOU AND YOUR HOME

**A1** In what year were you born? (Please use numbers only)

/   /

Day month year (B.E.)

(Please complete in numeric form for 8 digits which will be used as a password for MyDataBase at <http://www.tcsstou.net> within 2 months after receiving the questionnaire)

**A2** You are:- ☐ Male ☐ Female

**A3** How many brothers do you have in total?

(not include yourself)   persons

**A4** How many sisters do you have in total?

(not include yourself)   persons

**A5** Where did you come in the order of

births?

**A.6** What is your highest level of education (do not include the your current STOU degree)?

☐ junior high school or equivalent

☐ high school or technical equivalent

☐ post-high-school diploma/certificate

☐ bachelor or higher university degree

**A7** Do you **think you** have ethnic **or cultural** links to any of the following groups? (tick all that apply)

☐ Chinese

☐ Mon

☐ Central Thai

☐ North-eastern Thai

☐ Northern Thai

☐ Southern Thai

☐ Other groups

**A8** What is your current status?

☐ Single → go to A11

☐ Living with partner → go to A11

☐ Married

**A9** What is your current marital status? (tick one only)

☐ Married – first and only marriage

☐ Remarried – second or later marriage

☐ Separated from someone you have been married to (but not divorced)

☐ Divorced

☐ Widowed

**A10** What age did you first marry?   year old

What is 'home'? For the next questions, if you:

- have just one home always answer about that home

- are 4 days/month or more at a **permanent** home, answer for that home

- are less than 4 days/month at a permanent home answer for the **working** home

Questionnaire Code          
(Official used only)

**A11** Apart from your permanent family home do you stay at another residence when you are working?

☐ Yes

☐ No → **skip to A13**

**A12** how often are you at the permanent family home?

**NN** days/month (average)

**A13** In the last 5 years, have you moved your permanent family home?

☐ Yes ☐ No → **go to A15**

**A14** Which of the following best describes your last move :

☐ rural-to-rural

☐ rural-to-urban

☐ urban-to-urban

☐ urban-to-rural

**A15** Who is the head of your home?  
(choose one answer that fits best)

☐ I am

☐ My husband/wife

☐ My father

☐ My mother

☐ My father-in-law

☐ My mother-in-law

☐ Relatives/another male

☐ Relatives/another female



**A16** How many people in total live in your home, including yourself? **NN**

**A17** How many people aged 15 years or under live in your home? **NN**

If no, please fill 0 in the box **NN** as follow **00**

**A18** Do any of the following people usually live in your home? (tick all that apply)

☐ Spouse / partner

☐ Adult son/daughter (aged 16 years or more)

☐ Adult brother/sister (aged 16 years or more)

☐ Parent

☐ Grandparent

☐ Other relative/son-in-law/daughter-in-law

☐ Non-relative

**A19** What best describes your home?  
(choose one that fits best)

☐ Detached house

☐ Semi-detached house

☐ Shop-front or row-house

☐ Town house

☐ Dormitory, flat, apartment, condominium

☐ Other

**A20** Is your home...

☐ Owned by you and/or your spouse?

☐ Hire purchased (mortgaged)?

☐ Not owned but rent free? (e.g. living with parents)

☐ Rented?

☐ Other?

**A21** How much of a problem are the following within 1 km of your home? (Tick ✓ *that fits best in each item*)

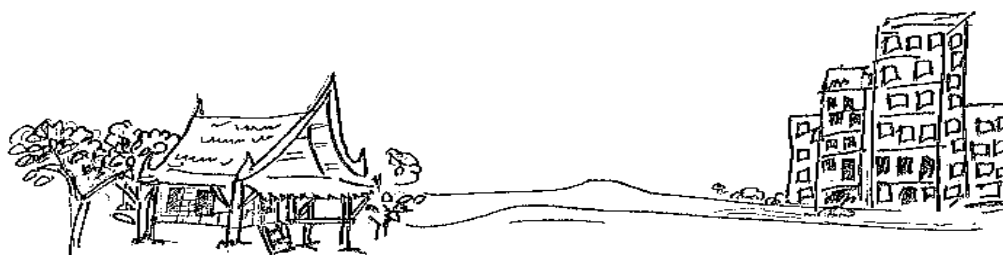
	A big problem	A bit of a problem	Not a problem	Do not know
Air pollution				
Water pollution/waste water				
Noise				
Industrial chemicals				
Agrochemicals				
Pesticides/ herbicides				
Rubbish lying around				
Bad odours				
House break ins				
Poor public transport				
Lack of footpaths				
Lack of recreation areas				
Dogs that may bite				

Below we ask about your home now and as you recall from your childhood when you were **about 10–12 years of age**. This allows us to look at transitions and time effects.

**A22** your home now and as you recall from your childhood

Where is your current permanent home located now? ☐ Countryside ☐ City/Town

Where was your permanent home when you were a child? ☐ Countryside ☐ City/ Town



### Question about your childhood

**A23** Which of the following did your home have when you were **10-12 years-old (Grade 4-6)**?

*(tick all that apply)*

☐ Electricity – local generator

☐ Electricity – outside line

☐ Microwave oven

☐ Refrigerator

☐ Electric fan

☐ Air conditioning

☐ Television

☐ Video / tape/ CD player

☐ Radio

☐ Computer

☐ Telephone

☐ Mobile phone

☐ water heater

☐ Washing machine

☐ Mosquito bed-net

☐ Mosquito wire-net

☐ Do not have the above items



**A24** What was the main source of your home drinking water when you were **10-12 years-old (Grade 4-6)**? *(whether filtered or not)*

☐ Piped supply

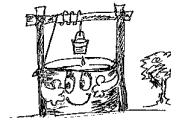
☐ Well or underground water

☐ Rain water

☐ River, canal, stream, pond or lake

☐ Bottled water

☐ Water from other source (e.g. commercial dispenser)



### Questions about present time

**A25** Which of the following does your home have **now**? *(tick all that apply)*

☐ Electricity – local generator

☐ Electricity – outside line

☐ Microwave oven

☐ Refrigerator

☐ Electric fan

☐ Air conditioning

☐ Television

☐ Video / tape/ CD player

☐ Radio

☐ Computer

☐ Telephone

☐ Mobile phone

☐ water heater

☐ Washing machine

☐ Mosquito bed-net

☐ Mosquito wire-net

☐ Do not have the above items



**A26** What is the main source of your home **drinking water now**? *(whether filtered or not)*

☐ Piped supply

☐ Well or underground water

☐ Rain water

☐ River, canal, stream, pond or lake

☐ Bottled water

☐ Water from commercial dispenser

## **B** INCOME AND WORK

**B1** What is your average personal monthly income?

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> less than 3,000 Baht | <input type="checkbox"/> 3,001-7,000 Baht   | <input type="checkbox"/> 7,001-10,000 Baht |
| <input type="checkbox"/> 10,001-20,000 Baht   | <input type="checkbox"/> 20,001-30,000 Baht | <input type="checkbox"/> over 30,000 Baht  |

**B2** Do you work for income?

- ☐ Yes      → go to B4      ☐ No

**B3** If not working for income at present are you best described as:- (*tick one option that fits best*)

- |   |   |
|---|---|
| <input type="checkbox"/> Homemaker ?  | <input type="checkbox"/> Seeking work for first time? |
| <input type="checkbox"/> Unpaid family worker (not homemaker)                     | <input type="checkbox"/> Unemployed ?                 |
| <input type="checkbox"/> Wholly Retired? (do not work for income)                 | <input type="checkbox"/> Student ? (do not work)      |
| <input type="checkbox"/> Unable to work owing to permanent sickness/ disability ? | <input type="checkbox"/> Other?                       |



**For those who do not work for income after answered B3 please go to C1**

**B4** Which category best fits your main job? (*Please tick one only*)

- |   |             |
|---|-------------|
| <input type="checkbox"/> Government/state enterprise/Institution employee         |             |
| <input type="checkbox"/> Private employee   |             |
| <input type="checkbox"/> Employer _____   | → go to B 7 |
| <input type="checkbox"/> Self-employed (without employees, not agriculture) _____ | → go to B 7 |
| <input type="checkbox"/> Own farm/ garden _____                                   | → go to B 7 |
| <input type="checkbox"/> Other _____  | → go to B 7 |

**B5** If employed as Government/state enterprise/Institution/Private employee for your main income-earning job, are you....

- ☐ Permanently employed
- ☐ On a fixed length contract (e.g. 1 year contract or more)
- ☐ Casually employed
- ☐ Other

**B6** How many hours do you usually work each week in all paid jobs? **NN** total hours

**B7** Do any paid hours involve shift work at night or weekends?

☐ Yes

☐ No

**B8** How secure do you feel about your job or career future in your current **occupation**?

☐ Not at all secure

☐ Moderately secure

☐ Secure

☐ Extremely secure

**B9** How often do you extend your workday to continue after 6pm? (paid or unpaid)

☐ 5-7 days/week

☐ 2-4 days/week

☐ 1-4 times/month

☐ Less often

☐ Never

**B10** In total, **on average** how long per day do you spend traveling from home to work (one-way)?

☐ Less than 30 minutes

☐ 30 minutes – 1 hour

☐ 1-2 hours

☐ 2-3 hours

☐ More than 3 hours

☐ Do not have to travel

**B11** In your main income-earning job, how would you describe yourself? (*you may tick more than one*)

☐ professional (eg accountant, doctor)

☐ skilled worker (eg carpenter, dressmaker)

☐ senior manager

☐ middle manager

☐ office assistant

☐ manual worker

☐ other

**B12** Your work situation. (Please tick ✓ to fit best for each question)

Working situation	Often	Sometimes	Rarely	Never
I have a good deal of say in decisions about work				
My working time can be flexible				
I have to do the same thing over and over again on a regular basis				
I have enough time to do everything				
I have to work very fast				



**B13** During the last 12 months, how often have you experienced at work each of the following? (Please tick ✓ to fit best for each question)

Environment	Often	Sometimes	Rarely	Never	Don't know
Vibrations from hand tools or machinery					
Noise so loud that you had to raise your voice to talk to people					
High temperatures which make you uncomfortable					
Temperatures too low					
Vapours, fumes, dust, or dangerous substances (such as chemicals, infectious materials)					
Handling or touching dangerous products or substances					

## **C YOUR HEALTH, INJURIES AND HEALTH SERVICE USE**

**C1** What is your weight? **NNN** Kilograms

**C2** What is your height without shoes? **NNN** Cm

**C3** Which best describes your size or weight (recalled by relatives) when you were born?

- ☐ Small or under weight      ☐ Normal  
☐ Large or over weight      ☐ Do not know —————> **skip to C5**

**C4** My birth-weight was (if known): **NNNN** grams

**C5** Recalled by relatives, when you were an infant were you breast fed ?

- ☐ Yes      ☐ No —————> **skip to C7**  
☐ Do not know —————> **skip to C7**

**C6** If Yes, how long were you breast fed? **NN** months

**C7** Which statement best describes your current eyesight?

- ☐ I do not need glasses  
☐ I need glasses/contact lenses since childhood (<13 years old)  
☐ I need glasses/contact lenses since a teenager (13-19 years old)  
☐ I need glasses/contact lenses since adulthood (20 years old or more)



**C8** Do you currently have any sight problems not correctable by glasses/contact lenses?  
(eg cataract etc.)

☐ Yes

☐ No

**C9** Which statement best describes your current hearing (without a hearing aid)?

☐ Good

☐ Some trouble, since childhood (<13 years old)

☐ Some trouble, since teenage or adult (13 years or more)

☐ Deaf since childhood (<13 yrs old)

☐ Deaf since teenage or adult (13 years or more)

**C10** Adults can have up to 32 natural teeth. How many of your own teeth do you have?

☐ None

☐ 1-5

☐ 6-19

☐ 20 or more



**C11** Do your teeth or dentures currently cause you...*(please tick all that apply)*

☐ discomfort speaking?

☐ discomfort swallowing?

☐ discomfort chewing?

☐ Loss of confidence when  
engaging in social interaction

☐ Pain

☐ None of these

**C12** In the past 4 weeks, about how often... (Please tick ✓ to fit best for each question)

	All of the time	Most of the time	Some of the time	A little of the time	None of the time
Did you feel nervous?					
Did you feel restless or fidgety?					
Did you feel that everything was an effort?					



**C13** The next questions ask about some health conditions whether you ever been told by a doctor that you have this condition. *(please tick all that apply)*

- |   |   |
|---|---|
| <input type="checkbox"/> Diabetes (needing insulin)         | <input type="checkbox"/> Liver disease (not cancer)         |
| <input type="checkbox"/> Diabetes (do not need insulin)     | <input type="checkbox"/> Kidney disease                     |
| <input type="checkbox"/> High cholesterol/high blood lipids | <input type="checkbox"/> Depression / anxiety               |
| <input type="checkbox"/> High blood pressure                | <input type="checkbox"/> Arthritis                          |
| <input type="checkbox"/> Ischemic (coronary) heart disease  | <input type="checkbox"/> Pneumonia                          |
| <input type="checkbox"/> Cerebrovascular disease (stroke)   | <input type="checkbox"/> Chronic bronchitis/lung disease    |
| <input type="checkbox"/> Liver cancer                       | <input type="checkbox"/> Asthma                             |
| <input type="checkbox"/> Lung cancer                        | <input type="checkbox"/> Malaria                            |
| <input type="checkbox"/> Cancer of the digestive system     | <input type="checkbox"/> Dengue fever                       |
| <input type="checkbox"/> Breast cancer                      | <input type="checkbox"/> Tuberculosis                       |
| <input type="checkbox"/> Other cancers                      | <input type="checkbox"/> Other chronic infection            |
| <input type="checkbox"/> Goiter / Thyroid abnormality       | <input type="checkbox"/> Other diseases not mentioned above |
| <input type="checkbox"/> Epilepsy                           | <input type="checkbox"/> Never been to the doctor           |



**C14** Overall how would you rate your health during the past 4 weeks?

- |                                    |                                    |                                    |
|------------------------------------|------------------------------------|------------------------------------|
| <input type="checkbox"/> Excellent | <input type="checkbox"/> Very good | <input type="checkbox"/> Good      |
| <input type="checkbox"/> Fair      | <input type="checkbox"/> Poor      | <input type="checkbox"/> Very poor |

**C15** During the past 4 weeks, how much did physical health problems limit your usual physical activities (such as walking or climbing stairs)?

- |                                      |   |                                   |
|--------------------------------------|---|-----------------------------------|
| <input type="checkbox"/> Not at all  | <input type="checkbox"/> Very little                      | <input type="checkbox"/> Somewhat |
| <input type="checkbox"/> Quite a lot | <input type="checkbox"/> Could not do physical activities |                                   |

**C16** During the past 4 weeks, how much difficulty did you have doing your daily work, both at home and away from home, because of your physical pain?

- |                                      |  |                               |
|--------------------------------------|--|-------------------------------|
| <input type="checkbox"/> None at all | <input type="checkbox"/> A little bit            | <input type="checkbox"/> Some |
| <input type="checkbox"/> Quite a lot | <input type="checkbox"/> Could not do daily work |                               |



**C17** How much bodily pain have you had during the past 4 weeks?

- |                                   |                                    |                                      |
|-----------------------------------|------------------------------------|--------------------------------------|
| <input type="checkbox"/> None     | <input type="checkbox"/> Very mild | <input type="checkbox"/> Mild        |
| <input type="checkbox"/> Moderate | <input type="checkbox"/> Severe    | <input type="checkbox"/> Very severe |

**C18** During the past 4 weeks, how much energy did you have?

- |                                 |                                   |                            |
|---------------------------------|-----------------------------------|----------------------------|
| <input type="radio"/> Very much | <input type="radio"/> Quite a lot | <input type="radio"/> Some |
| <input type="radio"/> A little  | <input type="radio"/> None        |                            |

**C19** During the past 4 weeks, how much did your physical health or emotional health problems limit your usual social activities with family or friends?

- |                                   |  |                                |
|-----------------------------------|--|--------------------------------|
| <input type="radio"/> Not at all  | <input type="radio"/> Very little                    | <input type="radio"/> Somewhat |
| <input type="radio"/> Quite a lot | <input type="radio"/> Could not do social activities |                                |

**C20** During the past 4 weeks, how much have you been bothered by emotional problems (such as feeling anxious, depressed or irritable)?

- |                                   |                                 |                                  |
|-----------------------------------|---------------------------------|----------------------------------|
| <input type="radio"/> Not at all  | <input type="radio"/> Slightly  | <input type="radio"/> Moderately |
| <input type="radio"/> Quite a lot | <input type="radio"/> Extremely |                                  |

**C21** During the past 4 weeks, how much did personal or emotional problems keep you from doing your usual work, school or other daily activities?

- |                                   |   |                                |
|-----------------------------------|---|--------------------------------|
| <input type="radio"/> Not at all  | <input type="radio"/> Very little                   | <input type="radio"/> Somewhat |
| <input type="radio"/> Quite a lot | <input type="radio"/> Could not do daily activities |                                |

**C22** In the last 12 months how many **serious** injuries have you had that were enough to interfere with daily activities and/or required medical treatment?

- ☐ None —————> **please go to C28**
- ☐ once      ☐ twice      ☐ 3 times      ☐ 4 times or more



**Please answer C23-C27 for your most serious injury during the last 12 months**

**C23** Where were you when you were **seriously** injured?

- |   |   |
|---|---|
| <input type="radio"/> Home                                  | <input type="radio"/> Road                              |
| <input type="radio"/> Sports facility                       | <input type="radio"/> Workplace ( <i>agricultural</i> ) |
| <input type="radio"/> Workplace ( <i>non-agricultural</i> ) | <input type="radio"/> Other                             |

**C24** Was this **serious** injury related to road traffic?

- ☐ Yes      ☐ No —————> **please go to C26**

**C25** If a traffic injury, what were the circumstances?

**C25A** What was your role?

☐ Driver                      ☐ Passenger                      ☐ Pedestrian → **skip to C25C**

**C25B** What type of vehicle were you driving or a passenger in?

☐ Bicycle                      ☐ Motor-bike                      ☐ Bus, van, tour coach  
☐ Car/pickup                      ☐ other eg. train, boat, airplane

**C25C** Who was the other party **in this serious accident?**

☐ Bicycle                      ☐ Motor-bike                      ☐ Bus, van, tour coach  
☐ Car/pickup                      ☐ other eg. train, boat, airplane  
☐ other object that is not vehicle eg. tree, other obstruction

**C26** If not a traffic injury, how were you seriously injured? (*please tick one box that fits best*)

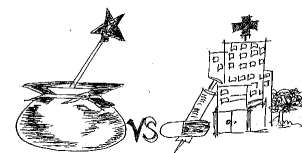
<input type="checkbox"/> Assault (punch, push or kick)	<input type="checkbox"/> Gun shot
<input type="checkbox"/> Fall (not pushed)	<input type="checkbox"/> Stab/Cut
<input type="checkbox"/> Other blunt force	<input type="checkbox"/> Fire, heat
<input type="checkbox"/> Drowning	<input type="checkbox"/> Poisoning
<input type="checkbox"/> Bite or sting (animal, insect)	<input type="checkbox"/> Other

**C27** Was the serious injury? (*please tick one box that fits best*)

☐ Accidental                      ☐ Non-accidental (involving another person)  
☐ Non-accidental (no other person involved)

**C28** In the past 12 months, have you personally used any of the following health services?  
*(please tick all that apply)*

<input type="checkbox"/> Government health centre	<input type="checkbox"/> Community Hospital
<input type="checkbox"/> Government clinic	<input type="checkbox"/> Provincial/other government hospital
<input type="checkbox"/> Private clinic	<input type="checkbox"/> Private hospital
<input type="checkbox"/> Traditional healer ( <i>Thai/ Chinese/other</i> )	<input type="checkbox"/> Other
<input type="checkbox"/> None — <b>if 'none' go to Question C30</b>	



**C29** Which of the following did you use in the past 12 months to cover costs of your medical treatment? (*please tick all that apply*)

<input type="checkbox"/> Non-government employer scheme	<input type="checkbox"/> Civil servant/state enterprise benefit scheme
<input type="checkbox"/> Private health insurance	<input type="checkbox"/> 30 Baht scheme
<input type="checkbox"/> Self-payment	<input type="checkbox"/> Other

**C30** In the past 12 months was there any occasion when you consider you should have used health services for an illness or injury, but you did not use the service?

**B** Yes

**b** No —————→ **if 'No' please go to C32**

**C31** If yes, why did you not use the health services? (*please tick all that apply*).

**B** Too expensive

**B** Had to wait too long

**B** Scared of going

**B** Could not get time off work/too busy at work

**B** Other

**B** Too difficult to travel to the service

**B** Not satisfied with services

**B** Don't like health provider (Doctor, nurse, other staff)

**B** Could not get away from family commitments



**C32** Medication in the past 12 months:-  
(*Please tick ✓ to fit best for each question*)

	Yes	No
Have you taken (eaten, injected, rubbed on etc.) medication prescribed by a medical doctor or other health personnel?		
Have you purchased any medication that did not require a doctor's prescription??		
Have you used traditional and/or herbal medicines		

## **D** SOCIAL NETWORKS AND WELL-BEING

**D1** How frequently you do each of the following activities? (*Please tick ✓ to fit best for each question*)

	Everyday	Nearly/ every week	1-2 times/month	Very few	Never
Spend time with parents or other relatives					
Spend time socially with neighbors					
Spend time socially with colleagues from work or your profession					
Spend time socially with other friends (old friends etc.)					
Spend time with people at your temple, mosque or other place of worship					
Spend time socially with people at recreational clubs or voluntary or service organization					
Participate in political parties, trade unions, environmental groups					

**D2** Generally speaking, would you say that most people can be trusted or that you can't be too careful in dealing with people?

B Most people can be trusted      b You must be wary of people all the time

**D3** How would you rate the support you are getting from the following:  
(Please tick ✓ to fit best for each question)

	Very little support	A little support	Quite a bit of support	A lot of support	Not relevant
Your family?					
neighbours/local people?					
Local government officials?					
Religious groups?					
Friends?					
employer/ boss?					
others in the workplace?					

**D4** What is your religion?

B Buddhism   B Islam   b Christianity   b Hinduism   b Other   b None



**D5** In your life:- (for each question, tick the box that fits best on the zero-to-ten scale)

[illegible]

**D6** Thinking about your own life and personal circumstances, how satisfied are you with...  
(tick box on zero-to-ten scale that fits best for each question)

	<div> <div>Completely Dissatisfied</div> <div>←</div> <div>→</div> <div>Completely Satisfied</div> </div>										
	0	1	2	3	4	5	6	7	8	9	10
...your standard of living?											
...your health?											
...what you achieve in life?											
...your personal relationships?											
...how safe you feel?											
...feeling part of your community?											
...your future security?											
...the neighbourhood where you live?											
...your religion or spirituality?											
...your life as a whole?											

**D7** Have you had to go without things you really needed in the last 12 months because you were short of money?

**B** Yes, often      **b** Yes, sometimes      **b** No, never

## **E** FOOD AND PHYSICAL ACTIVITY



**E1** How often, on average, do you eat each of the following foodstuffs?  
(Please tick ✓ to fit best for each question)

	Never or less than once a month	1-3 times/month	1-2 times/week	3 - 6 times/week	Once a day or more
Food/dessert with coconut milk					
Deep fried food					
Fermented food...fish/crab					
Roasted/smoked food eg. Thai sausage/roasted chicken					
Uncooked meat or shrimp					
Fermented fruit/vegetable					
Instant food					
Canned food					
Soft drink					
Milk eg. Fresh, carton or powder milk					
Soybean products eg. soya milk, tofu					
Food supplements, vitamins, minerals					



**E2** Typically, how often do you eat in (or eat food from) each of the following?

(Please tick ✓ to fit best for each question)

Source/location of food purchases	Never / Less than once a month	1-2 times /month	Once a week or more	Everyday / most days
Restaurant where you pay more than 200 Baht/ person				
Food shop where you pay less than 100 Baht/ person				
Western-style Fast Food (e.g. burger, pizza )				
Work Canteen				
Street vendor / Market stall				
Home delivery (e.g. pizza)				
Food prepared at home				

**E3** How important is each of the following in influencing your choice of foods?

(Please tick ✓ to fit best for each question)

	Very important	Important	Of minor importance	Unimportant
Cost – foods I can afford				
Health – try to provide healthy diet				
Taste – foods I like eating				
Convenience – ready to eat				
Limited cooking or storage facility				
Ability to carry and transport foods				
Culture – traditional foods				
Habit – what I usually have to eat				
Religion				
Food safety concerns				

**E4** How many serves of vegetables do you usually eat each day?  
(one serve = ½ cup cooked or 1 cup uncooked)

NN no. of serves

**E5** How many serves of fruit do you usually eat each day?  
(one serve, equivalent to 1 cup of diced pieces)

NN no. of serves

**E6** During a typical week (7-day period), how many times on average do you do the following kinds of exercise? (Enter '0' if you do not do any of that type of exercise)

	Times per Week
Strenuous exercise (heart beats rapidly) for <b>more than 20 minutes</b> <i>e.g. heavy lifting, digging, aerobics or fast bicycling, running, soccer, trakraw</i>	NN
Moderate exercise (not exhausting but breathe harder than normal) for <b>more than 20 minutes</b> <i>e.g. carrying light loads, cycling at a regular pace,</i>	NN
Mild exercise (minimal effort) for <b>more than 20 minutes</b> <i>e.g. yoga, Tai-Chi, bowling</i>	NN
Walking (non-stop) for <b>at least 10 minutes</b> <i>e.g. at work, at home, exercise</i>	NN

**E7** How often do you do household cleaning or gardening work?

- ☐ Seldom or Never                      ☐ 1-3 times/ month  
☐ Once or twice/ week                      ☐ 3-4 times/ week  
☐ Most days



**E8** How many hours per day in total do you usually spend:

activities	duration
Sleeping? (if you regularly sleep during the day include this also)	NN hours/day
Watching TV and/or playing computer games	NN hours/day
Sitting for <u>any</u> purpose ( <i>eg reading, resting, working, thinking</i> )?	NN hours/day



## F

### TOBACCO, ALCOHOL AND TRANSPORT

**F1** F1 Have you ever smoked?

- ☐ Yes                      ☐ No                      → If 'no' please go to question F5

**F2** At what age did you **start** smoking                      NN years

**F3** If you have **quit** smoking, at what age did you stop?                      NN years                      ☐ still smoking

**F4** How many cigarettes do you smoke per day now (if current smoker), or did you smoke per day (if former smoker)?                      NN number per day

**F5** Are you exposed on most days to smoke coming from other people who are smoking?  
(Tick all that apply).

☐ Yes, at home

☐ Yes, in a recreation place

☐ Yes, in the workplace

☐ Yes, at public transport station eg. train/bus station

☐ Yes, other places

☐ No

**F6** Have you ever drunk alcohol?

☐ Occasional social drinker

☐ No, never → **Please go to question F11**

☐ Current regular drinker

☐ Used to drink before, now **stopped**

**F7** At what age did you start drinking alcohol?

**NN** years

**F8** If you have **quit** drinking, at what age did you stop?

**NN** years ☐ still drinking

**F9** How many glasses of alcohol do/did you have **in one sitting** when you are/were drinking?

☐ less than 2 glasses

☐ 2-3 glasses

☐ 4-5 glasses

☐ 6 glasses or more

**F10** During the last 12 months have you driven a motor vehicle after consuming 3 or more glasses of alcohol?

☐ Yes

☐ No

☐ Do not normally drive

**F11** Which of the following do you, or any member of your household, own?  
(Please tick all that apply)

☐ Bicycle

☐ Motorcycle

☐ Car/pick-up/van

☐ Truck

☐ Boat

☐ No vehicle



**F12** How often do you use a safety belt when driving or sitting in a car?  
(Please answer for both front and back seat)

Safety belt	Always wear safety belt	Sometimes wear safety belt	Never choose to wear safety belt	Vehicle doesn't have safety belt
Front Seat				
Back Seat				



**F13** How often do you wear a helmet when you travel on or ride a motorbike?

☐ Regularly

☐ Sometimes

☐ Rarely or never

☐ I do not ride motorbikes

**F14** How often do you ride in the back of an open truck or pick-up?

☐ Regularly

☐ Sometimes

☐ Rarely/ Never



## YOUR FAMILY

**G1** about your parents

Mother	Father
What is the highest grade of education completed by your mother?	What is the highest grade of education completed by your father?
<input type="radio"/> No formal education	<input type="radio"/> No formal education
<input type="radio"/> Primary level	<input type="radio"/> Primary level
<input type="radio"/> Secondary level	<input type="radio"/> Secondary level
<input type="radio"/> Tertiary level	<input type="radio"/> Tertiary level
<input type="radio"/> Do not know	<input type="radio"/> Do not know
Is your mother still alive?	Is your father still alive?
No At what age did she die? NN years	<input type="radio"/> No At what age did he die? NN years
<input type="radio"/> Yes What is her age? NN years	<input type="radio"/> Yes What is his age? NN years
<p>↓</p> <p>If both of them are still alive → <b>skip to G3</b></p>	

**G2** What did your mother and/or father die from? (you may tick ☒ more than one cause; leave column blank for the irrelevant box)

	Mother	Father
Heart disease	<input type="checkbox"/>	<input type="checkbox"/>
High blood pressure	<input type="checkbox"/>	<input type="checkbox"/>
Stroke	<input type="checkbox"/>	<input type="checkbox"/>
Cancer	<input type="checkbox"/>	<input type="checkbox"/>
Tuberculosis	<input type="checkbox"/>	<input type="checkbox"/>
Pneumonia	<input type="checkbox"/>	<input type="checkbox"/>
Other infection	<input type="checkbox"/>	<input type="checkbox"/>

	Mother	Father
Diabetes	<input type="checkbox"/>	<input type="checkbox"/>
Kidney disease	<input type="checkbox"/>	<input type="checkbox"/>
Injury	<input type="checkbox"/>	<input type="checkbox"/>
Child birth	<input type="checkbox"/>	<input type="checkbox"/>
Old age	<input type="checkbox"/>	<input type="checkbox"/>
Other	<input type="checkbox"/>	<input type="checkbox"/>
Do not know	<input type="checkbox"/>	<input type="checkbox"/>

**G3** Do you have children?

B Yes ☐ No ☐

**If 'no' skip to G18** The next section is for those who have had children

**G4** How many daughters do you have now?

NN

How many sons do you have now?

NN

**G5** Would you like to have more children?

B Yes ☐

B No ☐



**G6** Have you ever had a child who was born alive but later died?

B<sub>1</sub> Yes ☐

B<sub>2</sub> No ☐

**G7** How old were you when your first child was born?

NN years ☐

**G8** Is your youngest child:

B Female ☐

B Male ☐

**G9** How old is your youngest child now?

NN years and NN months

( ex. 3 years and 11 months ) only child is considered as youngest child too.

**G10** What is the size of your youngest child now?

Weight NN.N Kgs ☐ Do not know

(eg 10.5 kgs)

Height NNN Cms ☐ do not know

**G11** What was the weight at birth of your youngest

child? NNNN grams

☐ do not know

**G12** Was this youngest child breastfed after birth?

B Yes ☐

B No ☐ → skip to G14

**G13** If Yes, how many months?

NN months

**G14** Have any of your children ever been diagnosed with asthma?

B Yes ☐

B No ☐ → skip to G16

**G15** If Yes, which one(s)? ( Please tick all that apply )

B 1st child ☐

B 3rd child ☐

B 2nd child ☐

B 4<sup>th</sup> or later child ☐

**G16** Have any of your children ever had allergic sneezing, coughing, mucus without having a cold?

B Yes ☐

B No ☐ → skip to G18

**G17** If Yes, which one(s)? ( Please tick all that apply )

B 1st child ☐

B 3rd child ☐

B 2nd child ☐

B 4<sup>th</sup> or later child ☐

**The last question is about your pets**

**G18** Do you have the following pet animals at home? ( Please tick all that apply )

B Dog ☐

☐ Cat

B Bird ☐

☐ Other

B Do not have pet animals ☐





โครงการวิจัยสุขภาพ มหาวิทยาลัยสุโขทัยธรรมาธิราช ขอขอบคุณทุกท่านสำหรับความร่วมมือครั้งนี้

