This questionnaire asks about how you feel about your life. Things about people's lives may be important in understanding why they do or do not have health problems. Knowing about your feelings toward the following experiences may help us understand the causes of heart disease better. **Do not spend too much time on any one question, and remember that there are no right or wrong answers.** We are interested in your feelings and opinions.

This questionnaire has several parts to it. At the beginning of each part there are instructions. If you do not understand the instructions or do not understand one of the questions please ask a member of our staff, who will be glad to help you. Do not leave a question blank unless you are instructed to skip to another question. Thank you for filling out this questionnaire.

Please read the following statements about yourself and indicate how much the statement describes the way you usually are. Choose one answer per question.

1. In uncertain times, I usually expect the best
   - A lot like me
   - Somewhat like me
   - A little like me
   - Not at all like me

2. If something can go wrong for me, it will
   - 1 expbest2
   - 2 gowrong2
   - 3 optmst2
   - 4 notmywy2

3. I'm always optimistic about my future
   - 1
   - 2
   - 3
   - 4

4. I hardly ever expect things to go my way
   - 1
   - 2
   - 3
   - 4

5. I rarely count on good things happening to me
   - 1
   - 2
   - 3
   - 4

6. Overall I expect more good things to happen to me than bad
   - 1
   - 2
   - 3
   - 4
The following items are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much?

<table>
<thead>
<tr>
<th>Moderate activities such as moving a table, pushing a vacuum cleaner, bowling, or playing golf</th>
<th>Yes, limited a lot</th>
<th>Yes, limited a little</th>
<th>No, not limited</th>
</tr>
</thead>
<tbody>
<tr>
<td>Climbing several flights of stairs</td>
<td>Yes</td>
<td>No</td>
<td></td>
</tr>
</tbody>
</table>

During the past 4 weeks, have you had any of the following problems with your work or other regular daily activities as a result of your physical health?

<table>
<thead>
<tr>
<th>You accomplished less than you would have liked to.</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>You were limited in the kind of work you do or other regular daily activities.</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
</table>

During the past 4 weeks, have you had any of the following problems with your work or other regular daily activities as a result of any emotional problems (such as feeling depressed or anxious)?

<table>
<thead>
<tr>
<th>You accomplished less than you would have liked to.</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>You were limited in the kind of work or other activities.</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
</table>

During the past 4 weeks, how much did pain interfere with your normal work (including work outside the home and housework)?

<table>
<thead>
<tr>
<th>Not at all</th>
<th>A little bit</th>
<th>Moderately</th>
<th>Quite a bit</th>
<th>A lot</th>
</tr>
</thead>
</table>

In general, would you say your health is:

- Excellent
- Very Good
- Good
- Fair
- Poor

Options: 1, 2, 3, 4, 5
These questions are about how you feel and how things have been with you during the past 4 weeks.

15 Have you felt calm and peaceful?

16 Did you have a lot of energy?

17 Have you felt downhearted and blue?

18 How much of the time has your physical health or emotional problems interfered with your social activities (like visiting friends, relatives, etc.)?

The following questions are for persons who are currently employed or self employed at a job for pay full or part time.

19 Are you currently employed or self-employed at a job for pay?

20 How long have you been at your current job?

Things about people's jobs may be important to their health. We would like to ask you some things about what your job is like.

21 My job requires that I learn new things

22 My job involves a lot of repetitive work

23 My job requires me to be creative

24 My job allows me to make a lot of decisions on my own

For the following questions, please choose the closest answer:
25 My job requires a high level of skill  

26 On my job, I have very little freedom to decide how I do my work  

27 I get to do a variety of different things on my job  

28 I have a lot to say about what happens on my job  

29 I have an opportunity to develop my own special abilities  

30 My job requires working very fast  

31 My job requires working very hard  

32 I am asked to do an excessive amount of work  

33 I have enough time to get the job done  

34 I am free from conflicting demands that others make  

35 My job security is good  

36 How steady is your work?  

37 Sometimes people permanently lose jobs they want to keep. How likely is it that during the next couple of years you will lose your present job with your employer?
The following questions refer to activities you may or may not do. For each question, please choose the closest answer:

38. How often do you attend religious services or otherwise participate in organized religion (such as watching services on TV, listening to services on the radio, participating in Bible study groups, etc.)?

<table>
<thead>
<tr>
<th>Never</th>
<th>Once or twice a year</th>
<th>Monthly</th>
<th>Weekly</th>
<th>Daily</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

39. Within your religious or spiritual tradition, how often do you pray or meditate?

<table>
<thead>
<tr>
<th>Never</th>
<th>Once in a while</th>
<th>Some days</th>
<th>Most days</th>
<th>Every day</th>
<th>Many times a day</th>
<th>Don't know/ no response</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
</tbody>
</table>

Please consider if and how often you have these experiences, and try to disregard whether you feel you should or should not have them. In addition, a number of items use the word "God". If you prefer, please substitute another idea or word that calls to mind the divine or holy for you (e.g. Buddha). Please tell us how often you feel or experience the following things by checking the closest answer.

40. I feel God's presence

<table>
<thead>
<tr>
<th>Never</th>
<th>Once in a while</th>
<th>Some days</th>
<th>Most days</th>
<th>Every day</th>
<th>Many times a day</th>
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<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
</tbody>
</table>

41. I find strength and comfort in my religion

<table>
<thead>
<tr>
<th>Never</th>
<th>Once in a while</th>
<th>Some days</th>
<th>Most days</th>
<th>Every day</th>
<th>Many times a day</th>
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<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
</tbody>
</table>

42. I feel deep inner peace or harmony

<table>
<thead>
<tr>
<th>Never</th>
<th>Once in a while</th>
<th>Some days</th>
<th>Most days</th>
<th>Every day</th>
<th>Many times a day</th>
<th>Don't know/ no response</th>
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<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
</tbody>
</table>

43. I feel God's love for me, directly or through others

<table>
<thead>
<tr>
<th>Never</th>
<th>Once in a while</th>
<th>Some days</th>
<th>Most days</th>
<th>Every day</th>
<th>Many times a day</th>
<th>Don't know/ no response</th>
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<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
</tbody>
</table>

44. I am spiritually touched by the beauty of creation

<table>
<thead>
<tr>
<th>Never</th>
<th>Once in a while</th>
<th>Some days</th>
<th>Most days</th>
<th>Every day</th>
<th>Many times a day</th>
<th>Don't know/ no response</th>
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<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
</tbody>
</table>

45. I desire to be closer to God

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
<th>Don't know/ no response</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>0</td>
<td>9</td>
</tr>
</tbody>
</table>

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The following list is made up of statements which may or may not be true about you or with which you may or may not agree. For each statement please mark *Probably True* if the statement is generally true about you or if you agree with the statement. Mark *Probably False* if the statement generally is not true about you or if you disagree with the statement. Please read each item quickly but carefully before responding. Remember this is not a test so there are no right or wrong answers.

46 I think most people would lie to get ahead

47 Most people inwardly dislike putting themselves out to help other people

48 Most people make friends because friends are likely to be useful to them

49 It is safer to trust nobody

50 No one cares much what happens to you

51 Most people are honest through fear of being caught

52 I commonly wonder what hidden reasons another person may have for doing something nice for me

53 Most people will use somewhat unfair means to gain profit or an advantage rather than to lose it

For MESA Field Center Use Only:

Completed by: Self-Administered

Interviewer ID: hlfadm2

Completed at: Home

Reviewer ID: hlfrid2

Data Entry ID: hlfdid2

Interviewer  ID: hlfiid2

Clinic ID: 2

Interviewer-Administered ID: 2

Completed at: Clinic