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 these things 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.

1. Are you currently married or living with a partner?
   - Yes
   - No

For each of the following statements, please choose the one response that best describes you.

<table>
<thead>
<tr>
<th>Statement</th>
<th>Almost Never</th>
<th>Sometimes</th>
<th>Often</th>
<th>Almost Always</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. I am quick tempered</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>B. I have a fiery temper</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>C. I am a hotheaded person</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>D. I get angry when I’m slowed down by others’ mistakes</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
For each of the following statements, please choose the one response that best describes you.

- **E.** I feel annoyed when I am not given recognition for doing good work
  - Almost Never
  - Sometimes
  - Often
  - Almost Always
  - **annoyed**

- **F.** I fly off the handle
  - Almost Never
  - Sometimes
  - Often
  - Almost Always
  - **flyoff**

- **G.** When I get mad, I say nasty things
  - Almost Never
  - Sometimes
  - Often
  - Almost Always
  - **nasty**

- **H.** It makes me furious when I am criticized in front of others
  - Almost Never
  - Sometimes
  - Often
  - Almost Always
  - **furious**

- **I.** When I get frustrated, I feel like hitting someone
  - Almost Never
  - Sometimes
  - Often
  - Almost Always
  - **frushit**

- **J.** I feel infuriated when I do a good job and get a poor evaluation
  - Almost Never
  - Sometimes
  - Often
  - Almost Always
  - **infurat**

- **K.** I am a steady person
  - Almost Never
  - Sometimes
  - Often
  - Almost Always
  - **steady**

- **L.** I feel satisfied with myself
  - Almost Never
  - Sometimes
  - Often
  - Almost Always
  - **satisf**

- **M.** I feel nervous and restless
  - Almost Never
  - Sometimes
  - Often
  - Almost Always
  - **nervous**

- **N.** I wish I could be as happy as others seem to be
  - Almost Never
  - Sometimes
  - Often
  - Almost Always
  - **unhappy**

- **O.** I feel like a failure
  - Almost Never
  - Sometimes
  - Often
  - Almost Always
  - **failure**

- **P.** I get in a state of turmoil or tension as I think over my recent concerns and interests
  - Almost Never
  - Sometimes
  - Often
  - Almost Always
  - **turmoil**

- **Q.** I feel secure
  - Almost Never
  - Sometimes
  - Often
  - Almost Always
  - **secure**

- **R.** I lack self-confidence
  - Almost Never
  - Sometimes
  - Often
  - Almost Always
  - **noconf**

- **S.** I feel inadequate
  - Almost Never
  - Sometimes
  - Often
  - Almost Always
  - **inadeqt**

- **T.** I worry too much over something that does not matter
  - Almost Never
  - Sometimes
  - Often
  - Almost Always
  - **worry**
Many people experience ongoing problems in their everyday lives. Please tell us whether any of the following has been a problem for you.

3. a. Serious ongoing health problem (yourself)

   IF YES:
   b. Has this been a problem for six months or more?
   c. Would you say this problem has been
      o Not very stressful
      o Moderately stressful
      o Very stressful

4. a. Serious ongoing health problem (someone close to you)

   IF YES:
   b. Has this been a problem for six months or more?
   c. Would you say this problem has been
      o Not very stressful
      o Moderately stressful
      o Very stressful

5. a. Ongoing difficulties with your job or ability to work

   IF YES:
   b. Has this been a problem for six months or more?
   c. Would you say this problem has been
      o Not very stressful
      o Moderately stressful
      o Very stressful

6. a. Ongoing financial strain

   IF YES:
   b. Has this been a problem for six months or more?
   c. Would you say this problem has been
      o Not very stressful
      o Moderately stressful
      o Very stressful

7. a. Ongoing difficulties in a relationship with someone close to you

   IF YES:
   b. Has this been a problem for six months or more?
   c. Would you say this problem has been
      o Not very stressful
      o Moderately stressful
      o Very stressful
8 Below is a list of the ways you might have felt or behaved. Please indicate how often you felt this way **DURING THE PAST WEEK.**

<table>
<thead>
<tr>
<th></th>
<th></th>
<th>Rarely or none of the time (Less than 1 Day)</th>
<th>Some or a little of the time (1-2 Days)</th>
<th>A moderate amount of the time (3-4 Days)</th>
<th>Most of the time (5-7 Days)</th>
</tr>
</thead>
<tbody>
<tr>
<td>A.</td>
<td>I was bothered by things that don't usually bother me</td>
<td>o bother3</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>B.</td>
<td>I did not feel like eating; my appetite was poor</td>
<td>o noteat3</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>C.</td>
<td>I felt that I could not shake off the blues, even with help from my family and friends</td>
<td>o blue3</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>D.</td>
<td>I felt that I was just as good as other people</td>
<td>o asgood3</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>E.</td>
<td>I had trouble keeping my mind on what I was doing</td>
<td>o concntr3</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>F.</td>
<td>I felt depressed</td>
<td>o depress3</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>G.</td>
<td>I felt that everything I did was an effort</td>
<td>o effort3</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>H.</td>
<td>I felt hopeful about the future</td>
<td>o hopeful3</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>I.</td>
<td>I thought my life had been a failure</td>
<td>o lffail3</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>J.</td>
<td>I felt fearful</td>
<td>o fearful3</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>K.</td>
<td>My sleep was restless</td>
<td>o badslp3</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>L.</td>
<td>I was happy</td>
<td>o happy3</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>M.</td>
<td>I talked less than usual</td>
<td>o lestalk3</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>N.</td>
<td>I felt lonely</td>
<td>o lonely3</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>O.</td>
<td>People were unfriendly</td>
<td>o unfrnly3</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>P.</td>
<td>I enjoyed life</td>
<td>o enjlife3</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>Q.</td>
<td>I had crying spells</td>
<td>o cryspel3</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
</tbody>
</table>
Below is a list of the ways you might have felt or behaved. Please tell me how often you felt this way **DURING THE PAST WEEK**.

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<tbody>
<tr>
<td>R.</td>
<td>I felt sad</td>
<td>sad3</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>S.</td>
<td>I felt that people dislike me</td>
<td>dislikd3</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>T.</td>
<td>I could not &quot;get going&quot;</td>
<td>getgoin3</td>
<td>o</td>
<td>o</td>
</tr>
</tbody>
</table>

Please read the following questions and mark the answer that best describes your life now.

9. Is there someone available to you whom you can count on to listen to you when you need to talk?

- talkto3 | o | o | o | o | o |

10. Is there someone available to give you good advice about a problem?

- advice3 | o | o | o | o | o |

11. Is there someone available to you who shows you love and affection?

- affectn3 | o | o | o | o | o |

12. Is there someone available to help you with daily chores?

- hlpchr3 | o | o | o | o | o |

13. Can you count on anyone to provide you with emotional support (talking over problems or helping you make a difficult decision)?

- emospt3 | o | o | o | o | o |

14. Do you have as much contact as you would like with someone you feel close to, someone in whom you can trust and confide?

- confide3 | o | o | o | o | o |

For MESA Field Center Use Only:

- hlfadm3

Completed by:  o Self-Administered  o Interviewer-Administered

Interviewer or Reviewer ID:  hlfadm3  Data Entry ID:  hlfdid3