



INSTRUCTIONS FOR THE RESPIRATORY QUESTIONNAIRE (RSX)

I. General Instructions

The Respiratory Questionnaire is administered by certified interviewers (see Manual 2 for certification requirements) during the interview portion of the participant's appointment. The questionnaire assesses respiratory conditions and diseases.

Questions must be put to the participant exactly as they are printed. Small changes may make unexpectedly large differences in responses. Unequivocal answers must be recorded as such, whether they seem reasonable or not. Equivocal answers are recorded as "No". Probing questions should rarely be needed. When they have to be asked, they should depart as little as possible from the wording of the initial question and must not suggest any particular answer to the respondent.

II. Detailed Instructions for Each Item

- 0a. Enter the date the form is completed.
- 0b. Enter the staff code of the person who is completing the form.

BREATHLESSNESS

1. Ask if the participant is disabled from walking by any condition other than heart or lung disease. Read the question exactly as worded and record the response.
2. Ask if the participant is troubled by shortness of breath when they are walking at a hurried pace on level ground or walking up a slight hill? Read the question exactly as worded and record the response.
3. Ask if the participant needs to walk slower than other people of the same age when they are walking on level ground because of breathlessness. Read the question exactly as worded and record the response. If clarification is needed, indicate that breathlessness also means feeling short of breath.
4. Ask if the participant ever needs to stop for breath when walking at their own pace on level ground. Read the question exactly as worded and record the response.
5. Ask if the participant ever needs to stop for breath after walking about 100 yards or for several minutes on level ground. Read the question exactly as worded and record the response.
6. Ask if the participant feels too breathless or short of breath to leave the house or feels breathless when dressing or undressing. Read the question exactly as worded and record the response. If clarification is needed, indicate that the question refers to usually feeling this way.
7. Ask if the participant has ever had to sleep on 2 or more pillows to help them breathe. Read the question exactly as worded and record the response.
8. Ask if the participant has ever been awakened at night by trouble breathing. Read the question exactly as worded and record the response.

CONDITIONS

9. Ask if the participant has ever been told by a doctor that they have emphysema or chronic obstructive pulmonary disease (also called COPD). This condition is sometimes known as chronic obstructive airways disease. COPD is different from asthma in that the airway inflammation responsible for producing shortness of breath is chronic in nature (i.e., not reversible). Read the question exactly as worded and record the response. If the participant responds "no", skip to question 10.
 - 9a. Ask the participant to estimate at what age they were first diagnosed with emphysema or chronic obstructive pulmonary disease (also called COPD). Read the question exactly as worded and record the response. If they report "less than 1 year," record "0". If the participant is unsure about the age at which the doctor told them they have emphysema or chronic obstructive pulmonary disease, you may let them know that their best recollection is fine. If they provide an age range or two different ages as a response (e.g., "I was 62 or maybe 64."), record the average, always rounding down. Example: Participant states "I was around 60 or 65 years old." The average is 62.5. Record 62.
 - 9b. Ask the participant if they still have emphysema or chronic obstructive pulmonary disease (also called COPD). Read the question exactly as worded and record the response. If the participant does not know if they still have emphysema or chronic obstructive pulmonary disease, select "yes."
10. Ask if the participant has ever been told by a doctor that they have chronic bronchitis. Read the question exactly as worded and record the response. If a participant responds "no", skip to question 11.
 - 10a. Ask the participant to estimate the age that they were first diagnosed with chronic bronchitis. Read the question exactly as worded and record the response. If they report "less than 1 year," record "0". If the participant is unsure about the age at which the doctor told them they had chronic bronchitis, you may let them know that their best recollection is fine. If they provide an age range or two different ages as a response (e.g., "I was 62 or maybe 64."), record the average, always rounding down. Example: Participant states "I was around 60 or 65 years old." The average is 62.5. Record 62.
 - 10b. Ask the participant if they still have chronic bronchitis. Read the question exactly as worded and record the response. If the participant does not know if they still have chronic bronchitis, select "yes."
11. Ask the participant if they had breathing problems as a child? Specify that "as a child" refers to before the age of 16. Read the question exactly as worded and record the response.
12. Ask if the participant ever had asthma. This does not have to be doctor-diagnosed. Read the question exactly as worded and record the response. If the participant responds "no", skip to question 13.
 - 12a. Ask if the asthma was diagnosed by a doctor. Read the question exactly as worded and record the response.
 - 12b. Ask the participant to estimate the age when they started to have asthma. Read the question exactly as worded and record the response. If they report "less than 1 year," record "0". If the participant is unsure about the age when their asthma started, you may let them know their best recollection is fine. If they provide an age range or two different ages as a response (e.g., "I was 8 or maybe 10."), record the average, always rounding down. Example: Participant states "I was around 8 or 9 years old." The average is 8.5. Record 8.
 - 12c. Ask the participant if they still have asthma? Read the question exactly as worded and record the response. If the participant responds "yes", skip to question 13.

- 12d. The age asthma stopped is considered to be the age that the participant was the last time symptoms/attacks of asthma occurred. Ask the participant to estimate their age the last time symptoms/attacks of asthma occurred. Read the question exactly as worded and record the response. If they report "less than 1 year," record "0".
13. Ask the participant whether they have allergies that trigger asthma symptoms. Read the question exactly as worded and record the response. If clarification is needed, describe that "allergies" include all kinds of allergies, including seasonal allergies (also called hay fever), and allergies to animals, food, medications, mold, and other allergens. You may also clarify that asthma symptoms include wheezing, coughing, or trouble breathing

SLEEP

14. Ask the participant whether someone else usually sleeps in the same room that they sleep in. Read the question exactly as worded and record the response. If clarification is needed, indicate that this includes someone who usually sleeps in the same bed or in a different bed that is in the same room. This question is phrased as "sleep in the same room" to reduce discomfort a participant may feel being asked about sharing a bed.

NOTE: For items 15 and 16, if item 14 is recorded as "no", the participant may not know how often they snore or how often they have times when they stop breathing during sleep. If the participant states they do not know, select "other," and enter a notelog indicating they do not know.

15. Ask the participant to estimate how many days per week they currently snore. Read the question exactly as worded and record the letter corresponding to the response option. If clarification is needed, read the response options, including the number of nights per week. If the participant responds with an answer that does not correspond to the options given, use response "E" and make a note of the response.
16. Ask the participant to estimate how many days per week they experience stopping breathing during their sleep. Read the question exactly as worded and record the letter corresponding to the response option. If clarification is needed, read the response options, including the number of nights per week. If the participant responds with an answer that does not correspond to the options given, use response "E" and make a note of the response.
17. Ask the participant to estimate the number of hours they slept per night, during the past month. Read the question exactly as worded and record the response. If clarification is needed, explain that this includes only hours of actual sleep, not hours spent in bed reading, watching TV, trying to fall asleep, etc.
18. Ask the participant which term best describes his/her typical night's sleep during the past month. Read the question and response options exactly as worded and record the letter corresponding to the response option. If the participant responds with an answer that does not correspond to the options given, use response "E" and make a note of the response.
19. Ask the participant whether they have ever been told by a doctor that they have sleep apnea. Read the question exactly as worded and record the response. For participants who respond "no", save and close the form.
- 19a. Ask the participant to estimate their age when they were first diagnosed with sleep apnea. Read the question exactly as worded and record the response. If they report "less than 1 year," record "0". If the participant is unsure about the age at which they were first diagnosed with sleep apnea, you may let them know that their best recollection is fine. If they provide an age range or two different ages as a response (e.g., "I was 8 or maybe 10."), record the average, always rounding down. Example: Participant states "I

was around 8 or 9 years old." The average is 8.5. Record 8.

- 19b. Ask the participant if they have had any treatment for sleep apnea. Read the question exactly as worded and record the response. If clarification is needed, indicate that this refers to treatment that occurred in the past or to current treatment. For participants who respond "no", save and close the form.
- 19b1-5. Ask the participant what type of treatment they receive/received for sleep apnea. Read the question and each of the response options exactly as worded and record the responses. If clarification is needed, CPAP (pronounced "see-pap") is also known as "continuous positive airway pressure" is a ventilation machine that is used with a mask, which is worn at night. BILEVEL is also known as "bi-level CPAP" or "BiPAP." If the participant responds that they use/used a type of treatment not listed, check "yes" for response option E and ask the participant to identify the treatment. Save and close the form.