

ANTHROPOMETRY (ANTD screen 2 of 3)

C. TECHNICIAN ASSESSMENT OF HAIR LOSS

"As part of the study, we are trying to classify the hair pattern on the heads of our male participants. Some recent studies have suggested that there may be an association between hair pattern and heart disease in men. The ARIC study would like to contribute to this research, with your help."

"To do this, I need to observe your head from three different angles and compare your hair pattern to a series of figures. Is this OK with you? Could you please turn to the right? And to the left? Thank you. Now, so that I can see the top of your head, please touch your chin to your chest."

5.a. Participant agrees to participate? ... Yes Y
 Go to Item 9, Screen 3. — No N

5.b. [DO NOT ASK. REFER TO THE HAIR LOSS CHART.]

Which figure most closely resembles the participant's hair pattern?
 [Record "13" for bald]

D. HISTORY OF HAIR LOSS

6.a. Have you ever experienced hair loss or a receding hair line? Yes Y

Go to Item 9, Screen 3 — No N

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6.b. Approximately at what age did you begin to lose hair?

[SHOW RESPONSE CARD 1]

- Less than 30 A
- 30-39 B
- 40-49 C
- 50-59 D
- 60-69 E
- 70 or older F
- Didn't lose hair G — Go to Item 9.

7. Have you ever received or used any treatment for baldness, such as hair implantation or a medication prescribed by a doctor? Yes Y
 No N
 Unknown U

8. Have you recently received chemotherapy (drug therapy for cancer)? Yes Y
 No N
 Unknown U

E. ADMINISTRATIVE INFORMATION

9. Date of data collection: / /
 month day year

10. Method of data collection: Computer C
 Paper form P

11. Code number of person completing this form:

INSTRUCTIONS FOR THE ANTHROPOMETRY FORM
ANT, VERSION D, 12/05/95
PREPARED 02/06/96

I. GENERAL INSTRUCTIONS

The Anthropometry form is completed during the participant's clinic visit to record the results of that procedure. The technician must be certified to perform each of the anthropometric measurements and should have a working knowledge of the anthropometry procedures documented in Manual 2, Cohort Component Procedures for the Fourth Examination. The technician also should be familiar with and understand the document titled "General Instructions for Completing Paper Forms" prior to completing this form. ID Number, Contact Year, and Name should be completed as described in that document.

II. DETAILED INSTRUCTIONS FOR EACH ITEM

Anthropometry is performed before the clinic snack, or oral glucose tolerance test and after offering the participant an opportunity to empty the bladder.

1. When measuring standing height, be sure that the participant's head is in the Frankfort horizontal plane as described in the Manual of Operations. Record the height to the nearest centimeter using leading zeroes if necessary. If height is between the centimeter marks, round down to the nearest whole number.
2. Weight is taken with minimal clothing. Record results to the nearest pound, rounding down.
3. Girth measurements are taken against the skin or over lightweight non-constricting underwear, at the discretion of the field center.
- 3a. (Waist) Ask the participant to stand with the feet apart and weight equally distributed while the waist is measured. Place the tape horizontally at the level of the umbilicus (navel). Record the results to the nearest centimeter, rounding down.
- 3b. (Hip) The objective here is to measure the maximal circumference of the gluteal (hip) muscles. Refer to the anatomic figure in Manual 2 for the proper placement of the measuring tape. The measuring tape must be kept horizontal throughout this procedure. Record the results to the nearest centimeter, rounding down.

4. Record the gender of the participant. Do not ask the participant this question. If the participant is male, then continue; if the participant is female, go to Item 9.

C. Technician Assessment of Hair Loss

The attached series of figures is a scale for classifying male pattern baldness, regardless of ethnicity. After observing the participant's head from three angles (right side, left side and top), decide which figure most closely resembles the participant's hair pattern. You should aim at identifying the "natural" pattern, not the cosmetic appearance. For example, vertex baldness (top of the head) may sometimes be "disguised" by cosmetic combing. Try to identify the "natural" hair pattern, but don't ask the participant to re-comb his hair. Unless the participant voluntarily tells you that he has a toupee, do not probe. Select the more severe hair loss pattern when classifying hair patterns obscured by cosmetic combing, but select the less severe figure when deciding between two figures that don't clearly differentiate what is observed. If the participant expresses discomfort about this component of the exam, do not proceed. We do not want to embarrass any one.

The following prototype script can be used as an explanation:

"As part of the study, we are trying to classify the hair pattern on the heads of our male participants. Some recent studies have suggested that there may be an association between hair pattern and heart disease in men. The ARIC study would like to contribute to this research with your help.

To do this, I need to observe your head from three different angles and compare your hair pattern to a series of figures. Is this okay with you? Could you please turn to the right? And to the left. Thank you. Now, so that I can see the top of your head, please touch your chin to your chest."

- 5.a Record whether or not the person agrees to participate. If he declines, thank him, skip to Item 9, and complete the interview. If he agrees, select YES and ...
- 5.b Ask the person to turn his head to the right, to the left, and then to touch his chin to his chest. Refer to the hair loss chart and record the figure which most closely resembles the participant's hair pattern. When the hair pattern is substantially different on the right and left sides (due to cosmetic combing or other reasons) or hair loss is partially obscured at the vertex from cosmetic combing, select the figure which resembles the more severe pattern. In contrast, if you really can't decide between two figures (i.e., neither one is better), select the less severe figure. Record "13" if the participant is (totally) bald, i.e., he has no hair on his head, even if the hair loss is due to other than natural causes (e.g., shaving).

- 6.a Read Item 6.a to the men who have agreed to participate and circle the appropriate letter. The question covers the man's lifetime experience (Have you ever ...), so it is possible that previous hair loss is no longer visible, for example, if hair loss was due to chemotherapy. The response is positive if the participant reports either hair loss or a receding hair line. Record answer and follow skip pattern.
- 6.b In this question we are looking for the approximate age (in decades) when the participant first began to lose his hair. If asked, loss of hair can be defined as thinning of the hair, or loss of hair resulting in a change in the pattern of hair distribution on the head (such as a receding hair line), whichever started first. READ the response card to the participant and ask him to select the letter for the decade in which hair loss began. Note, the last category (G) is not printed on the response card. If the participant denies any thinning or loss of hair, code "G" and go to Item 9, even if you noticed hair loss during the examination. If the person is unsure when the hair loss began, ask for a best guess. Option "G" (denial of hair loss) is not printed on the response card shown to the participant, but can be used by the technician.
7. Again, the time frame for this question (Have you ever) is any time prior to the interview. Examples of "treatment for baldness" (or thinning hair) are given in the question. There may be others. We are looking for any type of treatment that is meant to stimulate hair growth (medication) or replace hair (implantation). Note that this does not include hair pieces.
8. The time frame for this question (Have you recently) is any time within the last 6 months. In the rare case where drug therapy resulting in hair loss was taken for a disease or condition other than cancer, code the answer as YES. If unsure, discuss the participant's response with the clinic physician and complete the form later. If the participant is unsure, code the response as UNKNOWN.

E. Administrative Information

9. Enter the date the participant was seen in the clinic. Code in numbers using leading zeroes where necessary to fill all boxes. For example, May 3, 1993, would be entered as:

0	5	1	0	3	1	9	3
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month day year

10. Record "C" if the form was completed on the computerized data entry system, or "P" if the paper form was used. If the form was completed partially on paper and partially on the computer, code as "Paper Form."
11. The person at the clinic who has completed this form must enter his/her code number in the boxes provided.

