

**Health Assessment Survey (HAS) for Cohort 1 and Cohort 2**  
**341+ Variables in 25 Sections A to X as documented**  
**on the 3-18-96 Coded Baseline HAS**  
**Additional Post, 1 Year, and 2 Year HAS Scores are Also Included**

**Scoring Rating Scales, Computing Numerical Scores, and Recoding Variables**  
**by Marilyn F. Johnson, Project GRAD**

**I. Scoring Rating Scales and Computing Numerical Scores**

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**Section B: Health Risk Behavior: General Health 1: 3 Rating Scale Scores**

| Score Number | Variable Name | Score Calculation     | Score Description                                                                                               |
|--------------|---------------|-----------------------|-----------------------------------------------------------------------------------------------------------------|
| 1            | HRBSUM11      | sum(sbelt1 to stero1) | Health Risk Behaviors on 6 dimensions: seat belt, helmet, drinking and driving, excessive drinking, steroid use |
| 2            | SAFETY1       | sum (sbelt1, helmt1)  | Health Risk Behaviors related to driving safely (wear helmet and seatbelt)                                      |
| 3            | DRNKDRV1      | sum (ride1, drive1)   | Health Risk Behaviors related to drinking and driving                                                           |
|              |               |                       |                                                                                                                 |

**Section C: Physical Activity During High School and College: 5 Scores:**  
**1 Rating Scale Score (#1) and 4 Numerical Scores (# 2 - 5)**

| Score Number | Variable Name | Score Calculation                                       | Score Description                                                                                                                                                                            |
|--------------|---------------|---------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1            | HSACTIV       | sum (modhs1, vighs1)                                    | Number of times a week participated in moderate and vigorous activity in high school                                                                                                         |
| 2            | COMPYRS       | sum (tmyr11, tmyr21 ,tmyr31)                            | Total number of years in college participated in competitive sports                                                                                                                          |
| 3            | RECYRS        | sum (sptyr11, sptyr21, sprty31)                         | Total number of years in college participated in recreational sports                                                                                                                         |
| 4            | TOTCOLYR      | sum (tmyr11, tmyr21 ,tmyr31, sptyr11, sptyr21, sprty31) | Total number of years in college participated in competitive and recreational sports.                                                                                                        |
| 5            | COLYRS        | sum (regclt1 to regclp1)                                | Total number of years in college participate in various sports activities— league sports, exercise classes, individual activities, strength training, and pick-up sports—on a regular basis. |

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**Section D: Physical Activity Stages: 2 Rating Scale Scores**

| Score Number | Variable Name | Score Calculation                                                                                                                                                                                                                       | Score Description                                                                                                                                       |
|--------------|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1            | EXSTAGE1      | if (exnow1 eq 0 and exstr1 eq 0) exstage1 = 1.<br>if (exnow1 eq 0 and exstr1 eq 1) exstage1 = 2.<br>if (exnow1 eq 1 and exreg1 eq 0) exstage1 = 3.<br>if (exreg1 eq 1) exstage1 = 4.<br>if (exreg1 eq 1 and exreg61 eq 1) exstage1 = 5. | 5 point Stage of Change calculation for Regular Exercise: 1= Precontemplation, 2 = Contemplation, 3 = Preparation, 4 = Action, 5 = Maintenance          |
| 2            | PASTAGE1      | if (panow1 eq 0 and pastr1 eq 0) pastage1 = 1.<br>if (panow1 eq 0 and pastr1 eq 1) pastage1 = 2.<br>if (panow1 eq 1 and pareg1 eq 0) pastage1 = 3.<br>if (pareg1 eq 1) pastage1 = 4.<br>if (pareg1 eq 1 and pareg61 eq 1) pastage1 = 5. | 5 point Stage of Change calculation for Regular Physical Activity: 1= Precontemplation, 2 = Contemplation, 3 = Preparation, 4 = Action, 5 = Maintenance |
|              |               |                                                                                                                                                                                                                                         |                                                                                                                                                         |

**Section E: National Health Interview Survey: 2 Numerical Scores**

| Score Number | Variable Name | Score Calculation  | Score Description                 |
|--------------|---------------|--------------------|-----------------------------------|
| 1            | TOTWK1        | ((walkm1*walk1)/2) | NHIS minutes walked in one week   |
| 2            | DAYSWK1       | (walk1/2)          | Number of days walked in one week |
|              |               |                    |                                   |

**Section F: Paffenbarger Items: 2 Numerical Scores**

| Score Number | Variable Name | Score Calculation       | Score Description                                                                                      |
|--------------|---------------|-------------------------|--------------------------------------------------------------------------------------------------------|
| 1            | WALKTOT1      | sum (walkal1 to wlkx1)  | Total number of minutes in a week spent in 4 walking activities                                        |
| 2            | LIFWLK1       | sum (walkal1 to wlker1) | Total number of minutes in a week spent in everyday walking to and from work, on breaks, doing errands |
|              |               |                         |                                                                                                        |

**Section G: Health Risk Behavior: Sports in Past 7 Days: 1 Rating Scale Score**

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| Score Number | Variable Name | Score Calculation      | Score Description                                                                                                     |
|--------------|---------------|------------------------|-----------------------------------------------------------------------------------------------------------------------|
| 1            | HRBSUM21      | sum(strech1 to sport1) | Health Risk Behaviors measuring total number of days spent stretching, toning, house cleaning, and sports activities. |
|              |               |                        |                                                                                                                       |

**Section H: TV Viewing Per Week: 1 Numerical Score**

| Score Number | Variable Name | Score Calculation                             | Score Description               |
|--------------|---------------|-----------------------------------------------|---------------------------------|
| 1            | TVPERWK1      | $((\text{tvwkd1} * 5) + (\text{twwke1} * 2))$ | Hours per week spend viewing TV |
|              |               |                                               |                                 |

**Section I: Activities in the Past Two Weeks: 53 Numerical Scores**

| Score Number | Variable Name                    | Score Calculation                                                                                                                                                                                                          | Score Description                                                                                  |
|--------------|----------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
| 1-26         | WALKSCR1 to HOUSSCR1 and OTRSCR1 | WALKSCR1 = $((\text{wlk21} * \text{wlkm1}) / 2)$<br>JOGSCR1 = $((\text{jog21} * \text{jogm1}) / 2)$<br>to<br>HOUSSCR1 = $((\text{house21} * \text{housem1}) / 2)$ , and<br>OTRSCR1 = $((\text{oth21} * \text{otrm1}) / 2)$ | Total amount number of minutes spent in each of 25 activities per week, and 'other activity' score |
| 27           | ACTSUM1                          | (sum (walkscr1 to housscr1))                                                                                                                                                                                               | Total number of minutes spent doing any of 25 activities in a week, does not include otrscr1       |
| 28-52        | WALKKDD1 to HOUSKDD1             | WALKKDD1 = $(\text{walkscr1} / 420) * 4$ to<br>HOUSKDD1 = $(\text{housscr1} / 420) * 3.5$                                                                                                                                  | Hours per day (7 * 60 = 420) in 25 activities weighted by MET values                               |
| 53           | KKDACTS1                         | Sum (WALKKDD1 to HOUSKDD1)                                                                                                                                                                                                 | Total KKD across 25 activities                                                                     |
|              |                                  |                                                                                                                                                                                                                            |                                                                                                    |

**Combined Section F: Paffenbarger Items and Section I: Activities in the Past Two Weeks**

|    |         |                                       |                                                                                                                       |
|----|---------|---------------------------------------|-----------------------------------------------------------------------------------------------------------------------|
| 54 | LIFACT1 | Sum (lifwkl1, gardscr1, and housscr1) | Total number of minutes doing lifestyle activities per week: Paffenbarger lifestyle walking, gardening, and housework |
|    |         |                                       |                                                                                                                       |

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**Section J: Enjoyment: 2 Rating Scale Scores**

| Score Number | Variable Name | Score Calculation                                                                                                                                                 | Score Description                                                            |
|--------------|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|
| 1            | ENJSUM1       | sum (renj1, bore1, dislik1, rpleas1, rabsor1, nofun1, renerg1, depres1, rpleasn1, rfeelg1, rinvig1, frust1, rgrat1, rexhil1, nostim1, raccom1, rrefres1, doelse1) | Total Enjoyment Score on 18 items 1- 7 scale, 11 items reverse-scale recoded |
| 2            | ENJAVG1       | ENJSUM1 / Number of Items (18)                                                                                                                                    | Total Enjoyment Score on 7-point (1-7) scale across 18 items                 |
|              |               |                                                                                                                                                                   |                                                                              |

**Section K: Home Equipment: 1 Rating Scale Score**

| Score Number | Variable Name | Score Calculation     | Score Description                                                                                             |
|--------------|---------------|-----------------------|---------------------------------------------------------------------------------------------------------------|
| 1            | HOMEQ1        | sum (statq1 to skis1) | Total Home Equipment Score on 15 items on Yes-No scale, does not include SWSCU1 from the Cohort 2 survey only |
|              |               |                       |                                                                                                               |

**Section M: Neighborhood: 2 Rating Scale Scores**

| Score Number | Variable Name | Score Calculation                                                                         | Score Description                                                                  |
|--------------|---------------|-------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|
| 1            | NHOOD11       | sum ( sidew1, rtrafc1, rhills1, light1, rdogs1, scene1, people1, rcrime1, safe1, rnhood1) | Total Neighborhood score, 10 items: sidewalks to crime, safe, residential (no SES) |
| 2            | NHOOD81       | sum (sidew1, rtrafc1, rhills1, light1, rdogs1, scene1, people1, rcrime1)                  | Neighborhood score, 8 items: sidewalks to crime                                    |
|              |               |                                                                                           |                                                                                    |

**Section N: Convenience Facilities: 1 Rating Scale Score**

| Score Number | Variable Name | Score Calculation       | Score Description                                                |
|--------------|---------------|-------------------------|------------------------------------------------------------------|
| 1            | CONVSCR1      | sum(studio1 to studda1) | Total number of facilities conveniently located, 18 Yes-No items |
|              |               |                         |                                                                  |

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**Section O: Work Facilities: 1 Rating Scale Score**

| Score Number | Variable Name | Score Calculation                | Score Description                                  |
|--------------|---------------|----------------------------------|----------------------------------------------------|
| 1            | WORKSCR1      | sum (workex1 to stairp1, wktme1) | Total number of facilities at work, 9 Yes-No items |
|              |               |                                  |                                                    |

**Sections K, M, N, O: All Environmental Items: 2 Rating Scale Scores**

| Score Number | Variable Name | Score Calculation                                                                                                                     | Score Description                                                                                                           |
|--------------|---------------|---------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
| 1            | ENVSUM11      | sum (statq1 to skis1, sidew1, rtrafc1, rhills1, light1, rdogs1, scene1, people1, rcrime1, safe1, rnhood1, studio1 to stairp1, wktme1) | Sum of all environmental items: home equipment, neighborhood, convenience facilities, work facilities, 52 items (no SES)    |
| 2            | ENVSUM21      | sum (statq1 to skis1, sidew1, rtrafc1, rhills1, light1, rdogs1, scene1, people1, rcrime1, safe1, rnhood1, studio1 to studda1)         | Sum of all but work facilities environmental items: home equipment, neighborhood, convenience facilities, 43 items (no SES) |
|              |               |                                                                                                                                       |                                                                                                                             |

**Section P: Social Support: 4 Rating Scale Scores**

| Score Number | Variable Name | Score Calculation                             | Score Description                                                            |
|--------------|---------------|-----------------------------------------------|------------------------------------------------------------------------------|
| 1            | FAMPRT1       | sum (rdidfa1 to rdisfa1, rplanfa1 to rtlkfa1) | Sum of ratings 1-5 on 10 items measuring family participation                |
| 2            | FRNPRT1       | sum (rdidfr1 to rdisfr1, rplanfr1 to rtlkfr1) | Sum of ratings 1-5 on 10 items measuring friend participation                |
| 3            | FAMPUN1       | sum (rcompfa1,rcritfa1,rrewfa1)               | Sum of ratings 1-5 on 3 items measuring family use of rewards and punishment |
| 4            | TOTPART1      | sum (rdidfa1 to rtlkfr1)                      | Sum of ratings 1-5 on 26 items measuring family and friends participation    |
|              |               |                                               |                                                                              |

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**Section Q: Barriers to Exercise: 7 Rating Scale Scores**

| Score Number | Variable Name | Score Calculation                                                                   | Score Description                                                                                                                                                          |
|--------------|---------------|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1            | BARRSUM1      | sum(consc1 to money1)                                                               | Sum of ratings 0-4, 24 items measuring barriers to physical activity. Open-ended not scored.                                                                               |
| 2            | BARRAVG1      | BARRSUM1 / Number of Items (24)                                                     | Barriers Scale Average on a 5-point (0-4) scale                                                                                                                            |
| 3            | AVERAVG1      | sum (inter1, noenj1, health1, hard1, boring1) / Number of Items (5)                 | Aversiveness Barriers Factor, average rating on 5 items: low interest, low enjoyment, poor health, hard work, boring                                                       |
| 4            | INCVAVG1      | sum (noone1, noequi1, weathr1, skill1, know1, place1, money1) / Number of Items (7) | Inconvenience Barriers Factor, average rating on 7 items: no one to exercise with, no equipment, poor weather, no skills, lack of knowledge, no convenient place, no money |
| 5            | WORYAVG1      | sum (consc1, fail1, injury1, overwt1, aches1) / Number of Items (5)                 | Worry Barriers Factor, average rating on 5 items: self conscious, fear of failure, fear injury, too overweight, aches and pains                                            |
| 6            | EXCUAVG1      | sum (willp1, time1, energy1, tired1) / Number of Items (4)                          | Excuses Barriers Factor, average rating on 4 items: lack willpower, no time, no energy, too tired                                                                          |
| 7            | DMNDAVG1      | sum(demnds1, social1, family1) / Number of Items (3)                                | Demands Barriers Factor, average rating on 3 items: work demands, social demands, family demands                                                                           |
|              |               |                                                                                     |                                                                                                                                                                            |

**Section R: Benefits: 4 Rating Scale Scores**

| Score Number | Variable Name | Score Calculation                                                           | Score Description                                                                                                                                                                                                       |
|--------------|---------------|-----------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1            | BENESUM1      | sum (nodep1 to engl11)                                                      | Sum of ratings 1 - 5, 14 items measuring benefits of physical activity.                                                                                                                                                 |
| 2            | BENEAVG1      | BENESUM1 / Number of Items (14)                                             | Average Benefit Rating on a 5-point (1-5) scale across 14 items.                                                                                                                                                        |
| 3            | PHYSAVG1      | sum ( mtone1, build1, gain1, heart1, norisk1, feelbr1, attrac1, engl11) / 8 | Physical Benefits Factor, average rating on 8 items: improve muscle tone, build muscle strength, gain muscle, increase heart and lung fitness, improve health, feel better about body, feel attractive, increase energy |
| 4            | PSYCAVG1      | sum (nodep1, esteem1, tensn1, newp1, jobbtr1, losewt1) / 6                  | Psychological Benefits Factor, average rating on 6 items: decrease depression, improve self esteem, decrease stress, meet new people, do better at job, lose weight                                                     |
|              |               |                                                                             |                                                                                                                                                                                                                         |

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**Sections Q and R: Barriers and Benefits:  
Decisional Balance (Benefits T-Score- Barriers T-Score) 3 Scores**

| Score Number | Variable Name | Score Calculation | Score Description                                                                      |
|--------------|---------------|-------------------|----------------------------------------------------------------------------------------|
| 1            | BENET1        | Benefits T-Score  | Overall Benefits Score expressed as a non-normalized T-Score, (Mean of 50, S.D. of 10) |
| 2            | BARRT1        | Barriers T-Score  | Overall Barriers Score expressed as a non-normalized T-Score, (Mean of 50, S.D. of 10) |
| 3            | DECBAL1       | BENET1 - BARRT1   | Decisional Balance Score, Benefits T-Score - Barriers T-Score                          |
|              |               |                   |                                                                                        |

**Section S: Process of Change: 6 Rating Scale Scores**

| Score Number | Variable Name | Score Calculation                                                                   | Score Description                                                                                                                           |
|--------------|---------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|
| 1            | CHNGSUM1      | sum (remh1 to worry1)                                                               | Sum of ratings 1-5, all 20 items                                                                                                            |
| 2            | CHNGAVG1      | CHNGSUM1 / Number of Items (20)                                                     | Average Process of Change Score on a 5-point (1-5) scale averaged across 20 items                                                           |
| 3            | EXPSUM1       | sum (societ1, warn1, emote1, artic1, encour1, info1, role1, type1, influ1, frustm1) | 10 Experiential items, measuring, consciousness raising, dramatic relief, environmental reevaluation, self-reevaluation, social liberation, |
| 4            | EXPAVG1       | EXPAVG1 / Number of Items (10)                                                      | Average Experiential score on a 1-5 point scale                                                                                             |
| 5            | BEHSUM1       | sum (remh1, keepx1, commt1, remw1, frien1, care1, nice1, feedb1, tirex1, worry1)    | 10 Behavioral items, measuring counter-conditioning, helping relationships, reinforcement management, self liberation, stimulus control     |
| 6            | BEHAVG1       | BEHSUM1 / Number of Items (10)                                                      | Average Behavioral score on a 1-5 point scale                                                                                               |
|              |               |                                                                                     |                                                                                                                                             |

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**Section T: Exercise Confidence: 3 Rating Scale Scores**

| Score Number | Variable Name | Score Calculation                             | Score Description                                                                    |
|--------------|---------------|-----------------------------------------------|--------------------------------------------------------------------------------------|
| 1            | CONFDNC1      | sum (getup1 to readl1)/ Number of Items (12)  | Exercise Confidence Scale Average Score on a 5-point (1-5) scale across all 12 items |
| 2            | MAKETIM1      | sum(getup1 to funaft1)/ Number of Items (7)   | Making Time Scale Average Score on a 5-point (1-5 scale across 7 items               |
| 3            | RESIST1       | sum (famtime1 to readl1)/ Number of Items (5) | Resist Relapse Scale Average Score on a 5-point (1-5) scale across 5 items           |
|              |               |                                               |                                                                                      |

**Section U: Body Image: 8 Rating Scale Scores**

| Score Number | Variable Name | Score Calculation                                                                    | Score Description                                                                         |
|--------------|---------------|--------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|
| 1            | IMAGSUM1      | sum (rsweet1 to rlegr1)                                                              | Sum of ratings 0-3, all 22 items, all items recoded                                       |
| 2            | IMAGAVG1      | IMAGSUM1 / Number of Items (22)                                                      | Average Body Image Scale Score a 0-3 scale, all 22 items                                  |
| 3            | EDISUM1       | sum(rsweet1 to rkeepgn1)                                                             | Sum of ratings 0-3, 7 items measuring Eating Disorders Inventory (EDI) Drive for Thinness |
| 4            | EDIAVG1       | EDISUM1/Number of Items (7 )                                                         | Average EDI Drive for Thinness Scale Score on a 0-3 scale across 7 items                  |
| 5            | MALESUM1      | sum(rstomb1,rstomr1, rshape1, rlegs1, rarms1,rshoulr1, rarmr1, rshouls1, rlegr1)     | Sum of 9 Male Body Dissatisfaction items on a 0-3 scale.                                  |
| 6            | MALEAVG1      | MALESUM1 / Number of Items (9)                                                       | Average Male Body Dissatisfaction Scale Score on 0-3 scale across 9 items                 |
| 7            | FEMLSUM1      | sum(rstomb1, rthighb1, rstomr1, rshape1, rbutt1,rhipsb1, rthighr1, rbuttb1, rhipsr1) | Sum of 9 Female Body Dissatisfaction items on a 0-3 scale                                 |
| 8            | FEMLAVG1      | FEMLSUM1 / Number of Items (9)                                                       | Average Female Body Dissatisfaction Scale Score on 0-3 scale across 9 items               |
|              |               |                                                                                      |                                                                                           |



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**Section V: Quality of Life: 5 Rating Scale Scores**

| Score Number | Variable Name | Score Calculation                                                                 | Score Description                                                          |
|--------------|---------------|-----------------------------------------------------------------------------------|----------------------------------------------------------------------------|
| 1            | QOL1          | Sum (life1 to wantlf1)/ Number of Items (16)                                      | Average Quality of Life Scale Score on 7-point (1-7) scale across 16 items |
| 2            | PERSON1       | Sum (life1, spouse1, romanc1)/ Number of Items (3)                                | Average Personal Life Scale Score on 7-point (1-7) scale across 3 items    |
| 3            | WORKLIF1      | Sum (feeljb1, cowkr1, feelwk1)/ Number of Items (3)                               | Average Work Life Scale Score on 7-point (1-7) scale across 3 items        |
| 4            | SELF1         | Sum ( probl1 lifeac1 appear1 flhlth1 yours1 adjchn1 youare1)/ Number of Items (7) | Average Self Scale Score on 7-point (1-7) scale across 7 items             |
| 5            | WHLLIF1       | Sum ( whole1 contnt1 wantlf1)/ Number of Items (3)                                | Average Life as a Whole Scale Score on 7-point (1-7) scale across 3 items  |
|              |               |                                                                                   |                                                                            |

**Section W: Health Risk Behavior: General Health 2: 2 Rating Scale Scores**

| Score Number | Variable Name | Score Calculation             | Score Description                                                    |
|--------------|---------------|-------------------------------|----------------------------------------------------------------------|
| 1            | TOBACCO1      | Sum (smoked1, smokem1, chew1) | Sum of Health Risk Behaviors relating to smoking and chewing tobacco |
| 2            | SAFESEX1      | Sum (ralcsex1, rcondom1)      | Sum of Health Risk Behaviors relating to safe sex practices          |
|              |               |                               |                                                                      |

**Section X: Health Risk Behavior: Foods Eaten: 3 Rating Scale Scores**

| Score Number | Variable Name | Score Calculation                                                                | Score Description                                                                            |
|--------------|---------------|----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|
| 1            | FOODAVG1      | sum (fruit1 juice1 salad1 vegie1 rhambur1 rfries1 rcooky1) / Number of Items (7) | Average Foods Eaten Scale Score on 3-point (0-2) scale                                       |
| 2            | FRUTAVG1      | sum (fruit1 juice1 salad1 vegie1) / Number of Items (4)                          | Average fruits and vegetables scale score across 4 items on a 3-point (0-2) scale            |
| 3            | FATFAVG1      | sum (hambur1 fries1 cooky1) / Number of Items (3)                                | Average fatty and sweet foods scale score across 3 items on an unrecoded 3-point (0-2) scale |
|              |               |                                                                                  |                                                                                              |

## II. Recoding Variables

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### Section A: Demographics

8 items, Items 1-8\*

1 item recoded, Item 3

**Item 3:** Employment status (EMP1 = REMP1)\*\*

| <u>Original</u> | <u>Recoded to</u> | <u>Category</u> |
|-----------------|-------------------|-----------------|
| 1               | 3                 | work full time  |
| 2               | 2                 | work part time  |
| 3               | 1                 | unemployed      |
| 4               | 1                 | homeworker      |

### Section J: Physical Activity Enjoyment Scale

18 items, 34a - 34r

11 items recoded, 34 a, d, e, g, i, j, k, m, n, p, q reverse-scaled

Items 34 a, d, e, g, i, j, k, m, n, p, q:

| <u>Original</u> | <u>Recoded to</u> |                 |
|-----------------|-------------------|-----------------|
| 1               | 7                 | a ( R ) ENJ1    |
| 2               | 6                 | d ( R ) PLEAS1  |
| 3               | 5                 | e ( R ) ABSOR1  |
| 4               | 4                 | g ( R ) ENERG1  |
| 5               | 3                 | i ( R ) PLEASN1 |
| 6               | 2                 | j ( R ) FEELG1  |
| 7               | 1                 | k ( R ) INVIG1  |
|                 |                   | m ( R ) GRAT1   |
|                 |                   | n ( R ) EXHIL1  |
|                 |                   | p ( R ) ACCOM1  |
|                 |                   | q ( R ) REFRES1 |

### Section M: Neighborhood

11 items, Items 37a -37h, 38, 39

5 items recoded, Items 37b, 37c, 37e, 37h, 39 recoded

**Item 37b:** Heavy Traffic (TRAFC1 = RTRAFC1)

**Item 37c:** Hills (HILLS1 = RHILLS1)

**Item 37e:** Unattended Dogs (DOGS1 = RDOGS1)

**Item 37h:** High Crime (CRIME1 = RCRIME1)

| <u>Original</u> | <u>Recoded to</u> | <u>Category</u> |
|-----------------|-------------------|-----------------|
| 0               | 1                 | No              |
| 1               | 0                 | Yes             |

**Item 39:** Residential or commercial neighborhood (NHOOD1 = RNHOOD1)

| <u>Original</u> | <u>Recoded to</u> | <u>Category</u>                  |
|-----------------|-------------------|----------------------------------|
| 1               | 3                 | Residential                      |
| 2               | 2                 | Mixed commercial and residential |
| 3               | 1                 | Mainly commercial                |

\* Item numbers refer to the Baseline Health Assessment Survey for Cohort 2, Form C.

\*\* EMP1 is the original variable name, REMP1 is the recoded variable name. Recoded variables begin with the letter 'R.'

### Section P: Social Support

26 items, 49a-m

All 26 items recoded, Items 49a-m

All Items 49 a-m

| <u>Original</u> | <u>Recoded to</u> | <u>Category</u> |
|-----------------|-------------------|-----------------|
| 6               | 1                 | None            |

Section U: Body Image

22 items, Items 54a - 54v

All 22 items recoded, Items 54 a through v recoded

Items 54 a, j, k, l, n, p, s, t, v:

| <u>Original</u> | <u>Recoded to</u> | <u>Category</u> |
|-----------------|-------------------|-----------------|
| 1               | 0                 | Always          |
| 2               | 0                 | Usually         |
| 3               | 0                 | Often           |
| 4               | 1                 | Sometimes       |
| 5               | 2                 | Rarely          |
| 6               | 3                 | Never           |

- a (R) SWEET1
- j (R) STOMR1
- k (R) SHAPE1
- l (R) BUTT1
- n (R) THIGHR1
- p (R) HIPSR1
- s (R) SHOULR1
- t (R) ARMR1
- v (R) LEGR1

Items 54 b, c, d, e, f, g, h, i, m, o, q, r, u:

| <u>Original</u> | <u>Recoded to</u> | <u>Category</u> |
|-----------------|-------------------|-----------------|
| 1               | 3                 | Always          |
| 2               | 2                 | Usually         |
| 3               | 1                 | Often           |
| 4               | 0                 | Sometimes       |
| 5               | 0                 | Rarely          |
| 6               | 0                 | Never           |

- b (R) DIET1
- c (R) GUILT1
- d (R) TERRIF1
- e (R) EXXAG1
- f (R) PREOC1
- g (R) KEEPGN1
- h (R) STOMB1
- i (R) THIGHB1
- m (R) HIPSB1
- o (R) BUTTB1
- q (R) LEGS1
- r (R) ARMS1
- u (R) SHOULS1

Section W: National Health Risk Behavior Survey

6 items, Items 56-61

2 items recoded, Items 60, 61

Item 60: Drink alcohol with sexual intercourse

| <u>Original</u> | <u>Recoded to</u> | <u>Category</u> |
|-----------------|-------------------|-----------------|
| 0               | 1                 | No              |
| 1               | 2                 | Yes             |
| 2               | 0                 | Never had sex   |

Item 61: Used condom

| <u>Original</u> | <u>Recoded to</u> | <u>Category</u> |
|-----------------|-------------------|-----------------|
| 0               | 2                 | No              |
| 1               | 1                 | Yes             |
| 2               | 0                 | Never had sex   |

**Section X: Food Eaten**

**7 items, Item 62 a-g**

**3 items recoded, Item 62e, 62f, 62g reverse-scaled for FOODAVG1 score only**

**Item 62e:** Ate hamburger (HAMBUR1 = RHAMBUR1)

**Item 62f:** Ate french fries (FRIES1 = RFRIES1)

**Item 62g:** Ate cookies (COOKY1 = RCOOKY1)

| <u>Original</u> | <u>Recoded to</u> | <u>Category</u>    |
|-----------------|-------------------|--------------------|
| 0               | 2                 | No                 |
| 1               | 1                 | Yes, once          |
| 2               | 0                 | Yes, twice or more |

**New Scores Introduced at Post Assessment**

**Behavioral Skills Survey**

| <b>Variable Name</b> | <b>Score Calculation</b>                                                                                                                                    | <b>Score Description</b>                                                                              |
|----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
| STAYSUM              | sum(goal12, spec12, chart12, askfri12, praise12, notv12, putup12, reward12, benef12, conven12, makenj12, posit12, appnt12, heloth12)                        | Sum of 14 behavioral skills items on a 4-point scale from 1 to 4; scores range from 14 to 56          |
| STAYAVG              | sum(goal12, spec12, chart12, askfri12, praise12, notv12, putup12, reward12, benef12, conven12, makenj12, posit12, appnt12, heloth12) / Number of items (14) | Sum of 14 behavioral skills items divided by 14 for scores expressed on the 4-point scale from 1 to 4 |
|                      |                                                                                                                                                             |                                                                                                       |

Note: in subsequent versions of the Health Assessment Survey, a 15<sup>th</sup> item was added to this scale. Per Jim Sallis, for score comparability across survey versions, this 15<sup>th</sup> was not included in the scoring calculation. The item is: "I find ways to get around the barriers to physical activity."

**Score Available For Cohort 2 Only at the Post Assessment**

**Currently Exercise at Days x Minutes per week**

| <b>Variable Name</b> | <b>Score Calculation</b> | <b>Score Description</b>                                                                                                        |
|----------------------|--------------------------|---------------------------------------------------------------------------------------------------------------------------------|
| CUREXER              | EXDAY * EXMIN            | Multiply the number of days usually exercise by the minutes exercise each day for a total number of minutes exercised each week |
|                      |                          |                                                                                                                                 |

**New Scores Introduced at 1 Year Assessment**

**Life Experience Survey**

| <b>Variable Name</b> | <b>Score Calculation</b>                                       | <b>Score Description</b>                                                                                                                                                                                                             |
|----------------------|----------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| NEGATV               | sum ( MARRY, to FINSCHL) a if negative value                   | Sum across all 73 Life Experience Survey items only the negatively rated responses. Gives the total number of negative ratings.                                                                                                      |
| POSITV               | sum ( MARRY, to FINSCHL) if a positive value                   | Sum across all 73 Life Experience Survey items only the positively rated responses. Gives the total number of positive ratings.                                                                                                      |
| LIFXCNT              | sum ( MARRY, to FINSCHL) if a missing value (96,98,97,99)      | Sum across all 73 Life Experience Survey items only the items missing value codes. Gives the total number out of 73 possible life experiences, those which were not experienced.                                                     |
| NOEXP                | sum ( MARRY, to FINSCHL) if a missing value (96,98,97,99) / 73 | LIFXCNT / 73 gives the percent out of 73, the proportion of life experiences not experienced                                                                                                                                         |
| TOTLIFE              | sum (absolute value (NEGATV), POSITV)                          | Sum of the absolute value of the negative values plus the positive values for the total number of 73 weighted life experiences, regardless of whether they were positive or negative                                                 |
| LIFESUM              | sum (NEGATV, POSITV)                                           | The net sum of positive and negative values across the 73 life experiences.                                                                                                                                                          |
| NEGA58               | sum ( MARRY to PRNTDIV) a if negative value                    | Sum across first 58 Life Experience Survey items, does not include school-related items for continuing students. only the negatively rated responses. Gives the total number of negative ratings for non-school related experiences. |
| POSI58               | sum ( MARRY to PRNTDIV) if a positive value                    | Sum across first 58 Life Experience Survey items only the positively rated responses. Gives the total number of positive ratings for non-school related experiences.                                                                 |
| LIFXC58              | sum ( MARRY to PRNTDIV) if a missing value (96,98,97,99)       | Sum across first 58 Life Experience Survey items only the items missing value codes. Gives the total number out of 58 non-school related life experiences, those which were not experienced.                                         |
| NOEXP58              | sum ( MARRY to PRNTDIV) if a missing value (96,98,97,99) / 58  | LIFXCNT / 58 gives the percent out of 58, the proportion of non-school related life experiences not experienced                                                                                                                      |
| TOTLF58              | sum (absolute value (NEGATV), POSITV)                          | Sum of the absolute value of the negative values plus the positive values for the total number of 58 weighted non-school related life experiences, regardless of whether they were positive or negative                              |
| LIFES58              | sum (NEGATV, POSITV)                                           | The net sum of positive and negative values across the 58 non-school related life experiences.                                                                                                                                       |
|                      |                                                                |                                                                                                                                                                                                                                      |

**New Scores Introduced at 2 Year Assessment**

**Class Evaluation Survey**

| <b>Variable Name</b> | <b>Score Calculation</b>                                                                                                                         | <b>Score Description</b>                                                                                                                                                                                                      |
|----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| EVALLAVG             | sum (lectur, teach, materls, topics, homewrk) / Number of Items (5)                                                                              | Sum of five items common to both treatment and control group survey versions of the Class Evaluation survey, divided by the number of items. Scores are on a 5-point scale from 1 to 5.                                       |
| TRTMAVG              | sum(lectur, teach, materls, lectex, topics, nutrit, labexer, lablect, homewrk, leader, gradnew, acenews, phone10, phone2) / number of items (14) | Sum of total number of 14 items on the Treatment Group version of the Class Evaluation Survey, divided by 14. Scores are expressed on a 5-point scale from 1 to 5.                                                            |
| COURAVG              | sum (lectur, teach, materls, lectex, topics, nutrit, homewrk) / number of items (7)                                                              | Sum of 7 items divided by the number of items (7) on the Treatment Group version of the Class Evaluation Survey which measure the quality of the GRAD course. Scores are expressed on a 5-point scale from 1 to 5.            |
| LABEAVG              | sum (labexer, lablect, leader) / number of items (3)                                                                                             | Sum of 3 items divided by the number of items (3) on the Treatment Group version of the Class Evaluation Survey which measure the quality of the GRAD lab section. Scores are expressed on a 5-point scale from 1 to 5.       |
| PGRDAVG              | sum (gradnew, acenews, phone10, phone2)                                                                                                          | Sum of 4 items divided by the number of items (4) on the Treatment Group version of the Class Evaluation Survey which measure the quality of the post GRAD intervention. Scores are expressed on a 5-point scale from 1 to 5. |
| CTRLAVG              | sum (lectur, teach, materls, topics, guests, homewrk, berkely)                                                                                   | Sum of all 7 items divided by the number of items (7) on the Control Group version of the Class Evaluation Survey. Scores are expressed on a 5-point scale from 1 to 5.                                                       |
|                      |                                                                                                                                                  |                                                                                                                                                                                                                               |