

The Australian National University - Alzheimer's Disease Risk Index

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Part 1- ABOUT YOU

First, we would like to ask you for some background information and personal history. Please circle the appropriate answers.

1.	What was your age at your last birthday? [age]	___	years
2.	What is your sex? [sex]	1	Male
		2	Female
3.	How many years of education do you have? [education_p]	___	Primary school
	(please write the number of years of each type)[education_h]	___	Secondary school
	[education_t]	___	Technical college
	[education_u]	___	University
	[education_o]	___	Other
4.	What is your current marital status? [marital]	1	Married
		2	Defacto
		3	Separated
		4	Divorced
		5	Widowed
		6	Never married
5.	Could you tell us how tall you are? [height_meters]	___	Cm
	OR	___	feet
		___	inches
6.	How much do you weigh without your clothes and shoes on? [weight_kg]	___	kg
	OR	___	stones
		___	pounds

Part 2- ABOUT YOUR HEALTH

This section will ask you about your medical problems.

7.	Are you aware of your total cholesterol levels? (in last 2 years) [cholesterol_level]	—	mmol/l
8.	Have you been told by a doctor or other health professional that you have high cholesterol levels in the past 2 years? [cholesterol]	1	Yes
		2	No
		3	Don't know
9.	Have you ever been told by a doctor or other health professional that you have diabetes? [diabetes]	1	Yes
		2	No
		3	Don't know
10.	Have you ever been told by a doctor or other health professional that you have high sugar levels in your blood or urine? [highbldsugar]	1	Yes
		2	No
		3	Don't know
11.	Have you ever had a head injury? [headinjury]	1	Yes
		2	No
		3	Don't know
!	IF NO, SKIP TO QUESTION 14		
12.	Thinking of the most severe head injury you have had, did you lose consciousness? [tbi]	1	Yes
		2	No
		3	Don't know
13.	If yes, for how long were you unconscious? [tbi_time]	1	0-15 minutes
		2	15-30 minutes
		3	30 min to one hour
		4	Hours
		5	Days
		6	Don't know

The next questions ask about your feelings. For each of the following statements, please say if you felt that way **during the past week**.

The options are:

- 0 Rarely or none of the time (less than 1 day)
- 1 Some or a little of the time (1-2 days)
- 2 Occasionally or a moderate amount of time (3-4 days)
- 3 Most or all of the time (5-7 days)

Circle best answer for each question

		Less than one day	1-2 days	3-4 days	5-7 days
14.	I was bothered by things that usually don't bother me. [cesd1]	0	1	2	3
15.	I did not feel like eating, my appetite was poor. [cesd2]	0	1	2	3
16.	I felt that I could not shake off the blues, even with help from my family and friends. [cesd3]	0	1	2	3
17.	I felt that I was just as good as other people. [cesd4]	3	2	1	0
18.	I had trouble keeping my mind on what I was doing. [cesd5]	0	1	2	3
19.	I felt depressed. [cesd6]	0	1	2	3
20.	I felt that everything I did was an effort. [cesd7]	0	1	2	3
21.	I felt hopeful about the future. [cesd8]	3	2	1	0
22.	I thought my life had been a failure. [cesd9]	0	1	2	3
23.	I felt fearful. [cesd10]	0	1	2	3
24.	My sleep was restless. [cesd11]	0	1	2	3
25.	I was happy. [cesd12]	3	2	1	0
26.	I talked less than usual. [cesd13]	0	1	2	3
27.	I felt lonely. [cesd14]	0	1	2	3
28.	People were unfriendly. [cesd15]	0	1	2	3
29.	I enjoyed life. [cesd16]	3	2	1	0
30.	I had crying spells. [cesd17]	0	1	2	3
31.	I felt sad. [cesd18]	0	1	2	3
32.	I felt that people disliked me [cesd19]	0	1	2	3
33.	I could not "get going" [cesd20]	0	1	2	3

Part 3- ABOUT YOUR ACTIVITY

These following questions will ask you about the time you spent being physically active in the **last 7 days**.

Think about all the **vigorous** and **moderate** activities that you did in the **last 7 days**. **Vigorous** physical activities refer to activities that take hard physical effort and make you breathe much harder than normal. **Moderate** activities refer to activities that take moderate physical effort and make you breathe somewhat harder than normal.

PART 3a: JOB-RELATED PHYSICAL ACTIVITY

The first section is about your work. This section includes paid jobs, farming, volunteer work, course work, and any other unpaid work that you did outside your home. Do not include unpaid work you might do around your home, like housework, yard work, general maintenance, and caring for your family.

34.	Do you currently have a job or do any unpaid work outside your home? [workstatus]	1	Yes
		2	No
!	IF NO, SKIP TO PART 2- TRANSPORTATION (QUESTION 41)		

The next questions are about all the physical activity you did in the **last 7 days** as part of your paid or unpaid work. This does not include travelling to and from work.

35.	During the last 7 days , on how many days did you do vigorous physical activities like heavy lifting, digging, heavy construction, or climbing up stairs as part of your work ? Think about only those physical activities that you did for at least 10 minutes at a time. [workvigorousdays]	—	Days per week
		0	No vigorous job related physical activity
!	IF NO VIGOROUS ACTIVITY, SKIP TO QUESTION 37		
36.	How much time did you usually spend on one of those days doing vigorous physical activities as part of your work? [workvhours] [workvmin]	—	Hours per day
		—	Minutes per day
37.	Again, think about only those physical activities that you did for at least 10 minutes at a time. During the last 7 days , on how many days did you do moderate physical activities like carrying light loads as part of your work ? Please do not include walking. [workmoddays]	—	Days per week
		0	No moderate job related physical activity

!	IF NO MODERATE ACTIVITY, SKIP TO QUESTION 39		
38.	How much time did you usually spend on one of those days doing moderate physical activities as part of your work? [workmodhours]	—	Hours per day
	[workmodmin]	—	Minutes per day
39.	During the last 7 days, on how many days did you walk for at least 10 minutes at a time as part of your work ? Please do not count any walking you did to travel to or from work. [workwalkdays]	—	Days per week
		0	No walking
!	IF NO WALKING, SKIP TO QUESTION 41		
40.	How much time did you usually spend on one of those days walking as part of your work? [workwalkhours]	—	Hours per day
	[workwalkmin]	—	Minutes per day

PART 3b: TRANSPORTATION PHYSICAL ACTIVITY

These questions are about how you travelled from place to place, including to places like work, stores, movies, and so on.

41.	During the last 7 days, on how many days did you cycle for at least 10 minutes at a time to go from place to place? [dayscycling]	—	Days per week
		0	No bicycling
!	IF NO BICYCLING, SKIP TO QUESTION 43		
42.	How much time did you usually spend on one of those days to cycle from place to place? [hourscycling]	—	Hours per day
	[mincycling]	—	Minutes per day
43.	During the last 7 days, on how many days did you walk for at least 10 minutes at a time to go from place to place? [dayswalktrans]	—	Days per week
		0	No walking
!	IF NO WALKING, SKIP TO QUESTION 45		
44.	How much time did you usually spend on one of those days walking from place to place? [hourswalktrans]	—	Hours per day
	[minwalktrans]	—	Minutes per day

PART 3c: HOUSEWORK, HOUSE MAINTENANCE and CARING FOR FAMILY

This section is about some of the physical activities you might have done in the last 7 days in and around your home, like housework, gardening, yard work, general maintenance work, and caring for your family.

45.	Think about only those physical activities that you did for at least 10 minutes at a time. During the last 7 days, on how many days did you do vigorous physical activities like heavy lifting, chopping wood, shovelling snow, or digging in the garden or yard? [daysviggarden]	—	Days per week
		0	No vigorous activity
!	IF NO VIGOROUS ACTIVITY, SKIP TO QUESTION 47		
46.	How much time did you usually spend on one of those days doing vigorous physical activities in the garden or yard? [hoursviggarden]	—	Hours per day
	[minviggarden]	—	Minutes per day
47.	Again, think about only those physical activities that you did for at least 10 minutes at a time. During the last 7 days, on how many days did you do moderate activities like carrying light loads, sweeping, washing windows, and raking in the garden or yard? [daysmodgarden]	—	Days per week
		0	No moderate activity
!	IF NO MODERATE ACTIVITY, SKIP TO QUESTION 49		
48.	How much time did you usually spend on one of those days doing moderate physical activities in the garden or yard? [hoursmodgarden]	—	Hours per day
	[minmodgarden]	—	Minutes per day
49.	Once again, think about only those physical activities that you did for at least 10 minutes at a time. During the last 7 days, on how many days did you do moderate activities like carrying light loads, washing windows, scrubbing floors and sweeping inside your home? [daysmodhome]	—	Days per week
		0	No moderate activity
!	IF NO MODERATE ACTIVITY, SKIP TO QUESTION 51.		
50.	How much time did you usually spend on one of those days doing moderate physical activities inside your home? [hoursmodhome]	—	Hours per day
	[minmodhome]	—	Minutes per day

PART 3d: RECREATION, SPORT and LEISURE TIME PHYSICAL ACTIVITY

This section is about all the physical activities that you did in the last 7 days solely for recreation, sport, exercise or leisure. Please do not include any activities you have already mentioned.

51.	Not counting any walking you have already mentioned, during the last 7 days, on how many days did you walk for at least 10 minutes at a time in your leisure time? [dayswalkleisure]	—	Days per week
		0	No walking
!	IF NO WALKING, SKIP TO QUESTION 53		
52.	How much time did you usually spend on one of those days walking in your leisure time? [hourswalkleisure]	—	Hours per day
	[minuteswalkleisure]	—	Minutes per day
53.	Think about only those physical activities that you did for at least 10 minutes at a time. During the last 7 days , on how many days did you do vigorous physical activities like aerobics, running, fast bicycling, or fast swimming in your leisure time ? [daysvgleisure]	—	Days per week
		0	No vigorous activity
!	IF NO VIGOROUS ACTIVITY, SKIP TO QUESTION 55		
54.	How much time did you usually spend on one of those days doing vigorous physical activities in your leisure time? [hoursvgleisure]	—	Hours per day
	[minutesvgleisure]	—	Minutes per day
55.	Again, think about only those physical activities that you did for at least 10 minutes at a time. During the last 7 days, on how many days did you do moderate physical activities like bicycling at a regular pace, swimming at a regular pace, and doubles tennis in your leisure time ? [daysmodleisure]	—	Days per week
		0	No moderate activity
!	IF NO MODERATE ACTIVITY, SKIP TO QUESTION 57.		
56.	How much time did you usually spend on one of those days doing moderate physical activities in your leisure time? [hoursmodleisure]	—	Hours per day
	[minutesmodleisure]	—	Minutes per day

Part 4- ABOUT YOUR LEISURE TIME

These following questions will ask you about your leisure activities

57.	About how much time do you spend reading each day, including online reading? [reading]	1	None
		2	Less than one hour
		3	One to less than 2 hours
		4	Two to less than 3 hours
		5	Three or more hours
		9	Don't know
58.	Thinking of the last year , how often do you read newspapers, including online? [newspaper]	5	Every day or almost every day
		4	Several times a week
		3	Several times a month
		2	Several times a year
		1	Once a year or less
		9	Don't know
59.	During the past year , how often did you read magazines, including online? [magazines]	5	Every day or almost every day
		4	Several times a week
		3	Several times a month
		2	Several times a year
		1	Once a year or less
		9	Don't know
60.	During the past year , how often did you read books? [books]	5	Every day or almost every day
		4	Several times a week
		3	Several times a month
		2	Several times a year
		1	Once a year or less
		9	Don't know

61.	During the past year , how often did you play games like checkers or other board games, cards, puzzles, word games, mind teasers, or any other similar games? (This includes online games) [games]	5	Every day or almost every day
		4	Several times a week
		3	Several times a month
		2	Several times a year
		1	Once a year or less
		9	Don't know
62.	During the past year , how often did you participate in 'brain training' activities? This includes online and computer activities to improve memory and thinking such as Sudoku, and crosswords. [brain_training]	5	Every day or almost every day
		4	Several times a week
		3	Several times a month
		2	Several times a year
		1	Once a year or less
		9	Don't know
63.	During the past year , how often did you write letters or emails? [letters]	5	Every day or almost every day
		4	Several times a week
		3	Several times a month
		2	Several times a year
		1	Once a year or less
		9	Don't know
64.	During the past year , how often did you use online social network activities like facebook/ twitter?[socialnetworkactivities]	5	Every day or almost every day
		4	Several times a week
		3	Several times a month
		2	Several times a year
		1	Once a year or less
		9	Don't know
65.	In the past year , how many times did you visit a museum? [museum]	5	Every day or almost every day
		4	Several times a week
		3	Several times a month

		2	Several times a year
		1	Once a year or less
		9	Don't know
66.	In the past year , how many times did you attend a concert, play, or musical? [concert]	5	Every day or almost every day
		4	Several times a week
		3	Several times a month
		2	Several times a year
		1	Once a year or less
		9	Don't know
67.	In the past year , how often did you visit a library? [library]	5	Every day or almost every day
		4	Several times a week
		3	Several times a month
		2	Several times a year
		1	Once a year or less
		9	Don't know

Part 5- ABOUT YOUR FRIENDS AND FAMILY

We would like to know about your friends and relatives.

Considering all of your friends including those who live in your neighbourhood:

68.	How many of your friends do you see or hear from at least once a month? [numberoffriends]	1	None
		2	One
		3	Two
		4	Three or four
		5	Five to Eight
		6	Nine or more
69.	Are you satisfied with your relationships with friends and relatives? [satisfaction]	1	Yes
		0	No
70.	How often do you participate in religious services or social, political or community groups? [socialgroups]	0	Less than weekly
		1	Weekly or more

71.	Do you live alone or with other people? [livingstatus]	0	Live alone or with spouse only
		1	Live with extended family (children and grandchildren)

Part 5- ABOUT YOUR FOOD, DRINK and HABITS






In the past 12 months:

72.	How often do you eat smoked fish or seafood (such as smoked salmon, oysters, trout or others)? [smokedfish]	1	Never
		2	1-6 times a year
		3	7-11 times a year
		4	1 time per month
		5	2-3 times per month
		6	Once a week
		7	Twice a week
		8	3-4 times per week
		9	5-6 times per week
		10	Once a day
		11	Twice or more per day
73.	How often do you eat sushi or sashimi (containing raw fish or seafood including shellfish)? [sushi]	1	Never
		2	1-6 times a year
		3	7-11 times a year
		4	1 time per month
		5	2-3 times per month
		6	Once a week
		7	Twice a week
		8	3-4 times per week
		9	5-6 times per week
		10	Once a day
		11	Twice or more per day
74.	How often do you eat raw oysters, raw clams or other raw fish (not including raw fish in sushi)? [rawfish]	1	Never
		2	1-6 times a year
		3	7-11 times a year
		4	1 time per month
		5	2-3 times per month

		6	Once a week
		7	Twice a week
		8	3-4 times per week
		9	5-6 times per week
		10	Once a day
		11	Twice or more per day
75.	How often do you eat all other fish or seafood (including shellfish) that was not fried, smoked, or raw? [otherfish]	1	Never
		2	1-6 times a year
		3	7-11 times a year
		4	1 time per month
		5	2-3 times per month
		6	Once a week
		7	Twice a week
		8	3-4 times per week
		9	5-6 times per week
		10	Once a day
		11	Twice or more per day

The next questions are concerned with your alcohol consumption.

Example of Standard drink

					
Sparkling wine 100 ml	Wine 100 ml	Light Beer 425 ml	Regular Beer 285 ml	Fortified wine 60 ml	Spirits 30 ml

76.	How often do you have a drink containing alcohol? [frequency_week]	0	Never
		1	Monthly or less
		2	2-4 times a month
		3	2-3 times a week

		4	4 or more times a week
!	IF NEVER, SKIP TO QUESTION 78.		

77.	How many drinks do you have on a typical day when you are drinking? [quantity]	1	1
		2	2
		3	3
		4	4
		5	5
		6	6
		7	7
		8	8
		9	9
		10	10
		11	11
		12	12
		13	13
		14	14
		15	15
		16	16
		17	17
		18	18
		19	19
		20	20

The following questions ask about use of tobacco or nicotine products.

78.	Do you, or have you ever, smoked cigarettes, cigars, pipes or any other tobacco products? [smokingstatus]	1	Yes, currently
		2	Yes, not currently
		3	Never

The following questions ask about exposure to toxins.

79.	Have you ever been involved with mixing, applying or loading any pesticides, herbicides, weed killers, fumigants or fungicides? [pesticide]	1	Yes
		2	No
		9	Don't know

