

MDC Neck Shoulder Questionnaire

2023-09-28

Contents:	Data on occupational status, lifestyle factors, mechanical exposures and psychosocial factors, with particular focus on neck shoulder pain.
# lines:	12 614
# variables:	339
Selection:	Among 30 446 participants in the Malmö Diet and Cancer Study, 14 555 individuals who have filled in baseline questionnaire version 2 and been screened between February 1992 and December 1994 (based on the variable sdate in Bodycomp) were invited to a 1-year follow-up study, out of these 12 614 responded and were included in the study.
Reference:	<p>Canivet C, Nilsson P M, Lindeberg S I, Karasek R, Östergren P-O. Insomnia increases risk for cardiovascular events in women and in men with low socioeconomic status: a longitudinal, register-based study. <i>J Psychosom Res.</i> 2014; 76(4), 292-299. doi:10.1016/j.jpsychores.2014.02.001</p> <p>Canivet C, Östergren P-O, Choi B, Nilsson P, af Sillen U, Moghadassi M, Karasek R, Isacsson S O. Sleeping problems as a risk factor for subsequent musculoskeletal pain and the role of job strain: results from a one-year follow-up of the Malmo Shoulder Neck Study Cohort. <i>Int J Behav Med,</i> 2008; 15(4), 254-262. doi:905440510 [pii]10.1080/10705500802365466</p> <p>Canivet C, Östergren P-O, Lindeberg S I, Choi B, Karasek R, Moghaddassi M, Isacsson S O. Conflict between the work and family domains and exhaustion among vocationally active men and women. <i>Soc Sci Med,</i> 2010; 70(8), 1237-1245. doi:10.1016/j.socscimed.2009.12.029</p> <p>Östergren P-O, Hanson B S, Balogh I, Ektor-Andersen J, Isacsson A, Örbæk P, Winkel J, Isacsson S-O. Incidence of shoulder and neck pain in a working population: effect modification between mechanical and psychosocial exposures at work? Results from a one year follow up of the Malmö shoulder and neck study cohort. <i>J Epidemiol Community Health.</i> 2005 Sep;59(9):721-8. doi: 10.1136/jech.2005.034801.</p>

List of variables

Name	Variable label	Type	Format	Value label	Male	Female
lopnrMKC	Sequence number for baseline examination in the MDC cohort (Numeric)	Numeric	F5		5 595	7 019
udatum2_23	Neck-Shoulder questioning date (corrected in 2023). <i>Remarks:</i> Records of eight individuals with apparently wrong dates were corrected in 2023.	Date	SDATE10		5 593	7 014
Education - Occupation						
ar1	Have you been in work/employment for at least one day in the past week?	Numeric	F1	1 = Yes 2 = No	5 534	6 929
ar2	Which of the following alternatives applies to you?	Numeric	F1	1 = Housewife 2 = Employed - go to question AR2B 3 = Retired 4 = Student 5 = Unemployed - go to question AR2E	5 556	6 967
ar2b	Number of working hours per week?	Numeric	F3		3 278	3 860
ar2e	Unemployed, since how long (number of months)?	Numeric	F3		385	391
ar3a	How many times have you been on sick leave in the past 12 months (since you were at Malmö-Diet-Cancer)?	Numeric	F2		898	1 373

Name	Variable label	Type	Format	Value label	Male	Female
ar3b	How many days in total have you been on sick leave in the past 12 months (since you were at Malmö-Diet-Cancer)?	Numeric	F3		965	1 508
ar3c	How many days have you been on sick leave due to problems from your neck and shoulders in the past 12 months (since you were at Malmö-Diet-Cancer)?	Numeric	F4		121	198
ar3d	Are you currently on sick leave?	Numeric	F1	1 = No 2 = Yes - go to question AR3D1	4 177	4 965
ar3d1	If yes on question ar3d, since when (year and month when sick leave began)?	Numeric	F4		256	328
ar4a	Number of months you have been employed or worked (main employment/occupation) in the past 12 months (months).	Numeric	F2		3 426	4 030
ar4ykod	Main employment/occupation in the past 12 months (Nordic occupational classification, NYK80).	Numeric	F3		3 427	4 016
ar4sei_23	Main employment/occupation in the past 12 months (Socioeconomic classification, SEI) (corrected in 2023). <i>Remarks:</i> Records of ten individuals with apparently wrong sei codes were corrected in 2023.	Numeric	F2	11 = Unskilled employees in goods production (manual workers) 12 = Unskilled employees in service production (manual workers) 21 = Skilled employees in goods production (manual workers) 22 = Skilled employees in service production (manual workers) 33 = Assistant non-manual employees, lower level (normally <2 years post-comprehensive school education) 36 = Assistant non-manual employees, higher level, without or with subordinates (normally 2, but not 3, years of post-comprehensive school education) 46 = Intermediate non-manual employees, without or with subordinates (normally 3, but not 6, years of post-comprehensive school education) 56 = Professionals and other higher non-manual employees, without or with subordinates (normally at least 6 years of post-comprehensive school education) 57 = Upper-level executives in private enterprises or organisations 60 = Self-employed professionals (normally at least 6 years of post-comprehensive school education) 76 = Self-employed without employees (not farmers) 77 = Small-scale entrepreneurs (with 1-9 employees) (not farmers) 78 = Large-scale entrepreneurs (with 10 or more employees or large scale farmers with >100 ha arable land and/or >400 ha forest land) 79 = Entrepreneurs, unspecified number of employees 86 = Small-scale farmers (<=20 ha arable land and < =100 ha forest land) 87 = Medium-scale farmers (21-100 ha arable land and 101-400 ha forest land) 89 = Farmers (unspecified size of arable land and/or forest land) 99 = Data missing	3 426	4 016

Name	Variable label	Type	Format	Value label	Male	Female
ar4c	Main work tasks (what did you do or produce?)	String	A20		5 595	7 019
ar4f	Main employment/occupation in the past 12 months (terms of employment).	Numeric	F1	1 = Employee 2 = Self-employed without employees 3 = Self-employed with 1-9 employees 4 = Self-employed with 10 or more employees	3 409	3 987
Work tasks and work environment						
ar5	Does your work involve sitting down?	Numeric	F1	1 = Not at all 2 = Some 3 = Much	3 397	3 986
ar6	Does your work involve standing still?	Numeric	F1	1 = Not at all 2 = Some 3 = Much	3 394	3 980
ar7	Does your work involve walking?	Numeric	F1	1 = Not at all 2 = Some 3 = Much	3 402	3 989
ar8	Does your work involve lying down?	Numeric	F1	1 = Not at all 2 = Some 3 = Much	3 393	3 966
ar9	Does your work involve standing on one or two knees, or crouching?	Numeric	F1	1 = Not at all 2 = Some 3 = Much	3 397	3 983
ar10	Does your work involve working with your back severely twisted?	Numeric	F1	1 = Not at all 2 = Some 3 = Much	3 395	3 976
ar11	Does your work involve working with your back very much bent forward?	Numeric	F1	1 = Not at all 2 = Some 3 = Much	3 401	3 986
ar12	Does your work involve working with your head bent backwards?	Numeric	F1	1 = Not at all 2 = Some 3 = Much	3 395	3 977
ar13	Does your work involve working with your head bent slightly forward?	Numeric	F1	1 = Not at all 2 = Some 3 = Much	3 393	3 980
ar14	Does your work involve working with the head bent very much forward?	Numeric	F1	1 = Not at all 2 = Some 3 = Much	3 382	3 961
ar15	Does your work involve working with lifted and/or outstretched arms?	Numeric	F1	1 = Not at all 2 = Some 3 = Much	3 400	3 981
ar16	Does your work involve making repeated finger movements several times per minute?	Numeric	F1	1 = Not at all 2 = Some 3 = Much	3 398	3 980
ar17	Does your work involve making repeated arm movements several times per minute?	Numeric	F1	1 = Not at all 2 = Some 3 = Much	3 397	3 979
ar18	Does your work involve your making precise movements? (for example musician, dentist, etc)	Numeric	F1	1 = Not at all 2 = Some 3 = Much	3 387	3 971
ar19	Does your work involve working on a shaking foundation, such as a driver's seat?	Numeric	F1	1 = Not at all 2 = Some 3 = Much	3 391	3 975
ar20	Does your work involve working with vibrating hand-held machines?	Numeric	F1	1 = Not at all 2 = Some 3 = Much	3 395	3 976
ar21	Does your work involve handling and / or lifting objects weighing a few hundred grams with your own muscular strength?	Numeric	F1	1 = Not at all 2 = Some 3 = Much	3 396	3 973
ar22	Does your work involve handling and / or lifting objects weighing 1 - 5 kilos with your own muscular strength?	Numeric	F1	1 = Not at all 2 = Some 3 = Much	3 397	3 979

Name	Variable label	Type	Format	Value label	Male	Female
ar23	Does your work involve handling and / or lifting objects weighing 6 - 15 kilos with your own muscular strength?	Numeric	F1	1 = Not at all 2 = Some 3 = Much	3 400	3 975
ar24	Does your work involve handling and / or lifting objects weighing 15 - 45 kilos with your own muscular strength?	Numeric	F1	1 = Not at all 2 = Some 3 = Much	3 397	3 974
ar25	Does your work involve handling and / or lifting objects weighing more than 45 kilos with your own muscular strength?	Numeric	F1	1 = Not at all 2 = Some 3 = Much	3 396	3 977
ar26	Does your work involve jumping, striding or performing similar movements between different heights?	Numeric	F1	1 = Not at all 2 = Some 3 = Much	3 399	3 978
ar27	Does your work involve becoming exposed to sudden unexpected large strains ('near-accident')?	Numeric	F1	1 = Not at all 2 = Sometimes 3 = Often	3 397	3 971
ar28a	How is your position in the workplace? Decides my own pace of work.	Numeric	F1	1 = Almost always 2 = Often 3 = Rarely 4 = No, never	3 397	3 979
ar28b	How is your position in the workplace? Decides the placement of my breaks myself	Numeric	F1	1 = Almost always 2 = Often 3 = Rarely 4 = No, never	3 394	3 967
ar28c	How is your position in the workplace? Decides the placement of my holiday myself	Numeric	F1	1 = Almost always 2 = Often 3 = Rarely 4 = No, never	3 390	3 968
ar28d	How is your position in the workplace? Participates in the appointment of my immediate manager	Numeric	F1	1 = Almost always 2 = Often 3 = Rarely 4 = No, never	3 125	3 827
ar28e	How is your position in the workplace? Participates in the selection of co-workers	Numeric	F1	1 = Almost always 2 = Often 3 = Rarely 4 = No, never	3 246	3 872
ar28f	How is your position in the workplace? Participates in the design of my physical environment	Numeric	F1	1 = Almost always 2 = Often 3 = Rarely 4 = No, never	3 334	3 928
ar29	What degree of physical activity is usually demanded in your work? <i>Remarks:</i> Description of the alternatives: 1 = Very easy Sitting work (e.g. driving vehicles, reading, office work, teaching) 2 = Easy Standing work with little muscle activity (e.g. feeding, distribution of medicine in care, washing dishes, fine mechanical service work) 3 = Medium heavy Muscular work with medium intensity (e.g. walking around, lifting/carrying less than 5 kg, washing, making beds, cleaning, carpentry work, childcare) 4 = Heavy Muscular work with fairly high intensity and increased breathing (e.g. maintenance, heavier service work, lifting, carrying, turning patients in care, sweeping streets, heavier gardening work, loading and unloading goods) 5 = Very heavy Muscular work with high intensity and greatly increased breathing (eg concrete casting, carpentry work, shoveling soil, sand, lifting, carrying more than 25 kg	Numeric	F1	1 = Very light 2 = Light 3 = Medium heavy 4 = Heavy 5 = Very heavy	3 398	3 980

Name	Variable label	Type	Format	Value label	Male	Female
ar30	How physically strenuous do you usually consider your work to be?	Numeric	F2	0 = Less than alternative 1 1 = Very, very light 2 = 3 = Very light 4 = 5 = Fairly light 6 = 7 = Somewhat strenuous 8 = 9 = Strenuous 10 = 11 = Very strenuous 12 = 13 = Very, very strenuous 14 = More than alternative 13	3 400	3 989
ar31	Does your work demand that you work very fast?	Numeric	F1	1 = Yes, often 2 = Yes, sometimes 3 = No, seldom 4 = No, almost never	3 400	3 985
ar32	Does your work demand that you work very hard?	Numeric	F1	1 = Yes, often 2 = Yes, sometimes 3 = No, seldom 4 = No, almost never	3 396	3 976
ar33	Does your work demand too great an effort?	Numeric	F1	1 = Yes, often 2 = Yes, sometimes 3 = No, seldom 4 = No, almost never	3 397	3 984
ar34	Do you have enough time for your working tasks?	Numeric	F1	1 = Yes, often 2 = Yes, sometimes 3 = No, seldom 4 = No, almost never	3 397	3 984
ar35	Does your work often involve conflicting demands?	Numeric	F1	1 = Yes, often 2 = Yes, sometimes 3 = No, seldom 4 = No, almost never	3 401	3 982
ar36	Do you get opportunities to learn new things in your work?	Numeric	F1	1 = Yes, often 2 = Yes, sometimes 3 = No, seldom 4 = No, almost never	3 402	3 987
ar37	Does your work demand skill?	Numeric	F1	1 = Yes, often 2 = Yes, sometimes 3 = No, seldom 4 = No, almost never	3 396	3 979
ar38	Does your work demand ingenuity?	Numeric	F1	1 = Yes, often 2 = Yes, sometimes 3 = No, seldom 4 = No, almost never	3 400	3 984
ar39	Does your work mean that you have to do the same thing over and over again?	Numeric	F1	1 = Yes, often 2 = Yes, sometimes 3 = No, seldom 4 = No, almost never	3 404	3 992
ar40	Do you have the freedom to determine how your work will be performed?	Numeric	F1	1 = Yes, often 2 = Yes, sometimes 3 = No, seldom 4 = No, almost never	3 405	3 992
ar41	Do you have the freedom to determine what will be performed at your work?	Numeric	F1	1 = Yes, often 2 = Yes, sometimes 3 = No, seldom 4 = No, almost never	3 406	3 990
ar42	How often do you have to work overtime?	Numeric	F1	0 = Have no fixed working time 1 = Regularly, every week 2 = Relatively often, every month 3 = Relatively seldom, once or twice per year 4 = Never	3 405	3 990
ar43	Does your work mean inconvenient working hours or shift work?	Numeric	F1	1 = Yes 2 = No	3 404	3 989

Name	Variable label	Type	Format	Value label	Male	Female
ar44a	Permanent changes in your employment in the past 12 months: Have changed profession/position	Numeric	F1	1 = No 2 = Yes	3 312	3 871
ar44b	Permanent changes in your employment in the past 12 months: Have been given changed work duties	Numeric	F1	1 = No 2 = Yes	3 314	3 870
ar44c	Permanent changes in your employment in the past 12 months: Have been given changed working hours	Numeric	F1	1 = No 2 = Yes	3 309	3 875
ar44d	Permanent changes in your employment in the past 12 months: Have received new technical aids	Numeric	F1	1 = No 2 = Yes	3 298	3 856
ar44e	Permanent changes in your employment in the past 12 months: Got new colleagues with whom I collaborate on a daily basis	Numeric	F1	1 = No 2 = Yes	3 310	3 876
ar44f	Permanent changes in your employment in the past 12 months: Got a new immediate work manager	Numeric	F1	1 = No 2 = Yes	3 294	3 867
ar44g	Permanent changes in your employment in the past 12 months: The work has been moved to other premises	Numeric	F1	1 = No 2 = Yes	3 304	3 873
ar44h	Permanent changes in your employment in the past 12 months: Got much more to do	Numeric	F1	1 = No 2 = Yes	3 306	3 874
ar44i	Permanent changes in your employment in the past 12 months: Have had much less to do	Numeric	F1	1 = No 2 = Yes	3 262	3 818
ar44j	Permanent changes in your employment in the past 12 months: Have been given significantly more difficult tasks	Numeric	F1	1 = No 2 = Yes	3 291	3 847
ar44k	Permanent changes in your employment in the past 12 months: Have been given significantly easier tasks	Numeric	F1	1 = No 2 = Yes	3 266	3 820
ar44l	Permanent changes in your employment in the past 12 months: Have largely the same work duties as 12 months ago	Numeric	F1	1 = No 2 = Yes	3 333	3 897
ar45a	Permanent changes in your employment in the past 12 months: Changed the number of working hours per week	Numeric	F1	1 = No 2 = Yes, decreased 3 = Yes, increased	3 360	3 931
ar45b	Permanent changes in your employment in the past 12 months: Physical activity has changed	Numeric	F1	1 = No 2 = Yes, decreased 3 = Yes, increased	3 338	3 880
ar45c	Permanent changes in your employment in the past 12 months: The total time I sit has changed	Numeric	F1	1 = No 2 = Yes, decreased 3 = Yes, increased	3 341	3 907
ar45d	Permanent changes in your employment in the past 12 months: The total time I stand still has changed	Numeric	F1	1 = No 2 = Yes, decreased 3 = Yes, increased	3 331	3 903
ar45e	Permanent changes in your employment in the past 12 months: The total time I walk has changed	Numeric	F1	1 = No 2 = Yes, decreased 3 = Yes, increased	3 338	3 909
ar45f	Permanent changes in your employment in the past 12 months: The total amount of time I work with my back heavily bent forward has changed	Numeric	F1	1 = No 2 = Yes, decreased 3 = Yes, increased	3 343	3 889
ar45g	Permanent changes in your employment in the past 12 months: The total time I work with my hands above shoulder height has changed	Numeric	F1	1 = No 2 = Yes, decreased 3 = Yes, increased	3 338	3 888
ar45h	Permanent changes in your employment in the past 12 months: Total time I handle (lift, hold, carry, push, pull) objects over 1 kg has changed	Numeric	F1	1 = No 2 = Yes, decreased 3 = Yes, increased	3 342	3 893

Name	Variable label	Type	Format	Value label	Male	Female
ar45i	Permanent changes in your employment in the past 12 months: The total time I work with handheld instruments/tools that vibrate has changed	Numeric	F1	1 = No 2 = Yes, decreased 3 = Yes, increased	3 325	3 842
ar45j	Permanent changes in your employment in the past 12 months: The total time I work at the screen has changed	Numeric	F1	1 = No 2 = Yes, decreased 3 = Yes, increased	3 242	3 815
ar45k	Permanent changes in your employment in the past 12 months: The total time I perform the same hand/finger movements many times per minute has changed	Numeric	F1	1 = No 2 = Yes, decreased 3 = Yes, increased	3 329	3 869
ar45l	Permanent changes in your employment in the past 12 months: The total time I perform precise movements has changed	Numeric	F1	1 = No 2 = Yes, decreased 3 = Yes, increased	3 322	3 848
ar45m	Permanent changes in your employment in the past 12 months: The possibility to freely vary my working position during the working day has changed	Numeric	F1	1 = No 2 = Yes, decreased 3 = Yes, increased	3 341	3 902
ar46	Are you rooted at your place of work and do you have a feeling of strong solidarity with your colleagues?	Numeric	F1	0 = Don't have any colleagues 1 = Very much 2 = To some extent 3 = Not particularly 4 = Not at all	3 399	3 981
ar47	In the past 12 months, have you been a supervisor (manager of one or more people) in your work?	Numeric	F1	1 = No 2 = Yes	3 392	3 970
ar48	How many hours per week do you work on average with some kind of work in front of a screen?	Numeric	F1	1 = Never work in front of a screen 2 = Some time, but less than 2 hours 3 = 2-5 hours 4 = 6-10 hours 5 = 11-15 hours 6 = 16-20 hours 7 = 21-30 hours 8 = More than 30 hours	3 393	3 961
ar49	Do you think you have the knowledge and skills to cope with your work? I perceive myself	Numeric	F1	1 = ...as very overqualified 2 = ...in some respects be overqualified 3 = ...as suitably qualified 4 = ...lack of certain knowledge that were needed 5 = ...lack a lot of knowledge that was needed	3 397	3 977
ar50	There is a calm and pleasant atmosphere at my place of work	Numeric	F1	0 = Don't have any colleagues 1 = Completely true 2 = Fairly often true 3 = Not really 4 = Completely wrong	3 401	3 983
ar51	There is a strong solidarity at my place of work	Numeric	F1	0 = Don't have any colleagues 1 = Completely true 2 = Fairly often true 3 = Not really 4 = Completely wrong	3 399	3 984
ar52	My colleagues stand me by	Numeric	F1	0 = Don't have any colleagues 1 = Completely true 2 = Fairly often true 3 = Not really 4 = Completely wrong	3 399	3 976
ar53	My colleagues understand that I may have a bad day	Numeric	F1	0 = Don't have any colleagues 1 = Completely true 2 = Fairly often true 3 = Not really 4 = Completely wrong	3 383	3 963
ar54	I get along well with my superiors	Numeric	F1	0 = Don't have any superiors 1 = Completely true 2 = Fairly often true 3 = Not really 4 = Completely wrong	3 395	3 978

Name	Variable label	Type	Format	Value label	Male	Female
ar55	I like my colleagues	Numeric	F1	0 = Don't have any colleagues 1 = Completely true 2 = Fairly often true 3 = Not really 4 = Completely wrong	3 397	3 979
ar56	Have you had any extra work - besides your main work - during the last five years of professional work?	Numeric	F1	1 = No – go to question AR59 2 = Yes - go to question AR56A	5 467	6 815
ar56a	If yes on question AR56, describe in a few words which tasks you had in your extra work	String	A80		5 595	7 019
ar57	For how long did you have extra work in the last five years you worked?	Numeric	F1	1 = Continuous to some extent throughout that time 2 = For certain periods during that time 3 = Only the last year 4 = In previous years, but not the most recent	641	602
ar58	How many hours per week did you spend on your extra work on average?	Numeric	F1	1 = 1-5 hours/week 2 = 6-10 hours/week 3 = 11-15 hours/week 4 = More than 16 hours/week	639	586
ar59	Have you ever been unemployed, laid off or looked for work without getting anything during your working life?	Numeric	F1	1 = No – proceed to question AR 62 2 = Yes	5 514	6 904
ar60a	How many times at different ages have you been unemployed, laid off or looked for work without getting anything? 15-24 years	Numeric	F1	0 = 0 times 1 = 1 time 2 = 2-4 times 3 = 5 or more times	409	292
ar60b	How many times at different ages have you been unemployed, laid off or looked for work without getting anything? 25-34 years	Numeric	F1	0 = 0 times 1 = 1 time 2 = 2-4 times 3 = 5 or more times	417	344
ar60c	How many times at different ages have you been unemployed, laid off or looked for work without getting anything? 35-44 years	Numeric	F1	0 = 0 times 1 = 1 time 2 = 2-4 times 3 = 5 or more times	432	439
ar60d	How many times at different ages have you been unemployed, laid off or looked for work without getting anything? 45-54 years	Numeric	F1	0 = 0 times 1 = 1 time 2 = 2-4 times 3 = 5 or more times	653	686
ar60e	How many times at different ages have you been unemployed, laid off or looked for work without getting anything? 55-64 years	Numeric	F1	0 = 0 times 1 = 1 time 2 = 2-4 times 3 = 5 or more times	456	468
ar61_23	For how long have you been unemployed in total in your life (months) (corrected in 2023)? <i>Remarks:</i> Records of four individuals with apparently wrong number of months were set to missing in 2023.	Numeric	F4		1 258	1 253
ar62	How many hours a week do you work on average with 'household work' (incl. going out shopping) (hours/week)?	Numeric	F3		5 443	6 886

Name	Variable label	Type	Format	Value label	Male	Female
ar63	<p>What degree of physical activity is usually required in your daily homework?.</p> <p><i>Remarks: This question applies to unpaid home work, either it is your full-time job or you have a paid professional job as well!</i></p> <p>1 = Very easy Sitting work (e.g. driving vehicles, reading, office work, teaching) 2 = Easy Standing work with little muscle activity (e.g. feeding, distribution of medicine in care, washing dishes, fine mechanical service work) 3 = Medium heavy Muscular work with medium intensity (e.g. walking around, lifting/carrying less than 5 kg, washing, making beds, cleaning, carpentry work, childcare) 4 = Heavy Muscular work with fairly high intensity and increased breathing (e.g. maintenance, heavier service work, lifting, carrying, turning patients in care, sweeping streets, heavier gardening work, loading and unloading goods) 5 = Very heavy Muscular work with high intensity and greatly increased breathing (eg concrete casting, carpentry work, shoveling soil, sand, lifting, carrying more than 25 kg)</p>	Numeric	F1	<p>1 = Very easy 2 = Easy 3 = Medium 4 = Heavy 5 = Very heavy</p>	5 152	6 627
ar64	How physically demanding do you usually find your daily housework?	Numeric	F2	<p>0 = 1 = Very, very easy 2 = 3 = Very easy 4 = 5 = Quite easy 6 = 7 = Somewhat strenuous 8 = 9 = Exercising 10 = 11 = Very strenuous 12 = 13 = Very, very strenuous 14 =</p>	5 399	6 944
Social network and social support						
so1	What is your civil status?	Numeric	F1	<p>1 = Married 2 = Single 3 = Divorced 4 = Widow/widower</p>	5 585	7 001
so2	Do you live alone?	Numeric	F1	<p>1 = Yes 2 = No, with husband/wife/girlfriend/boyfriend without children 3 = No, with husband/wife/girlfriend/boyfriend with children 4 = No, with children and no other adult 5 = No, with parents 6 = No, with other</p>	5 584	6 999
so3	Have you lately suffered from stress or mental pressure because of problems or demands not related to your work?	Numeric	F1	<p>1 = Yes 2 = No</p>	5 519	6 902
so4	Are you able to receive help from anyone when you are ill or have other practical problems?	Numeric	F1	<p>1 = Yes 2 = Yes, probably 3 = No, probably not 4 = No, not at all</p>	5 580	7 000

Name	Variable label	Type	Format	Value label	Male	Female
so5	How many persons do you feel that you know well and that you can talk to about most things?	Numeric	F1	0 = 0 1 = 1-3 2 = 4-6 3 = 7-9 4 = 10-15 5 = 16-30 6 = More than 30	5 580	6 999
so6	Do you feel that you have one or more persons who will support you strongly when you deal with stress and problems in life?	Numeric	F1	1 = Yes, I am sure 2 = Yes, probably 3 = Not so sure 4 = No	5 582	6 998
so7	Do you have someone in whose company you can be yourself, who will accept you just the way you are, warts and all?	Numeric	F1	1 = Yes, I am sure 2 = Yes, probably 3 = Not so sure 4 = No	5 580	6 999
so8	Do you sometimes feel alone?	Numeric	F1	1 = Often 2 = Sometimes 3 = Seldom 4 = Never	5 581	7 003
so9	If you are a member of a society or club, would you say that you feel a strong solidarity with this society or club and its members?	Numeric	F1	0 = I am not a member 1 = Very much 2 = To some extent 3 = Not particularly 4 = Not at all	5 576	6 986
so10	Do you feel a strong solidarity with your relatives (excluding husband, wife, girlfriend/boyfriend and children)?	Numeric	F1	0 = Have no relatives 1 = Very much 2 = To some extent 3 = Not particularly 4 = Not at all	5 580	7 000
so11a	Have you participated in a study circle or course at your place of work during the last 12 months?	Numeric	F1	1 = Yes	1 145	1 778
so11b	Have you participated in a study circle or course in your spare time during the last 12 months?	Numeric	F1	1 = Yes	960	1 889
so11c	Have you participated in a union meeting during the last 12 months?	Numeric	F1	1 = Yes	1 070	1 254
so11d	Have you participated in a meeting of some other association during the last 12 months?	Numeric	F1	1 = Yes	2 296	1 967
so11e	Have you been to the theatre or cinema during the last 12 months?	Numeric	F1	1 = Yes	3 089	4 582
so11f	Have you been to an art exhibition during the last 12 months?	Numeric	F1	1 = Yes	2 300	3 338
so11g	Have you been to church during the last 12 months?	Numeric	F1	1 = Yes	2 282	3 342
so11h	Have you attended a sports event during the last 12 months?	Numeric	F1	1 = Yes	2 485	1 255
so11i	Have you written a letter to a newspaper or magazine during the last 12 months?	Numeric	F1	1 = Yes	402	283
so11j	Have you participated in a demonstration of some kind during the last 12 months?	Numeric	F1	1 = Yes	336	326
so11k	Have you visited, for example, a dance-hall, nightclub etc during the last 12 months?	Numeric	F1	1 = Yes	2 486	2 578
so11l	Have you participated in a larger family gathering during the last 12 months?	Numeric	F1	1 = Yes	2 160	3 295
so11m	Have you been to a private party during the last 12 months?	Numeric	F1	1 = Yes	4 630	6 036
so11n	Have you done none of the above during the last 12 months?	Numeric	F1	1 = None of the above	192	228
so12	Are you rooted in your neighbourhood and do you feel a strong solidarity with it?	Numeric	F1	1 = Very much 2 = Some 3 = Not particularly 4 = Not at all	5 580	6 994

Name	Variable label	Type	Format	Value label	Male	Female
so13	Are you a part of a group of friends who have something in common or are doing something together, for example playing cards, listening to music, making excursions etc?	Numeric	F1	1 = Yes 2 = No	5 574	6 987
Your childhood (up to 16 years)						
so14	Which of the following matches your time of growing up (up to the age of 16)?	Numeric	F1	1 = My parents were married and/or cohabiting throughout my childhood 2 = My parents were never married or living together 3 = My parents divorced and/or moved apart before I turned 16 4 = Both/one of my parents died before I turned 16	5 578	7 002
so15	Did your family have a hard time financially when you were growing up (up to the age of 16)?	Numeric	F1	1 = No, no significant financial problems 2 = Yes, mild and/or relatively short periods of financial problems 3 = Yes, severe and/or prolonged periods of financial problems	5 571	6 992
Feelings and thoughts during the last month						
so16	During the last month: How often have you felt that you were unable to control important things in your life?	Numeric	F1	1 = Never 2 = Almost never 3 = Sometimes 4 = Fairly often 5 = Very often	5 581	7 001
so17	During the last month: How often have you been unsure of your capacity to handle your personal problems?	Numeric	F1	1 = Never 2 = Almost never 3 = Sometimes 4 = Fairly often 5 = Very often	5 583	7 005
so18	During the last month: How often have you felt that things did not turn out the way you wished?	Numeric	F1	1 = Never 2 = Almost never 3 = Sometimes 4 = Fairly often 5 = Very often	5 580	7 005
so19	During the last month: How often have you felt that your problems have become too much for you?	Numeric	F1	1 = Never 2 = Almost never 3 = Sometimes 4 = Fairly often 5 = Very often	5 583	7 000
Tobacco and alcohol						
lv1	Do you smoke?	Numeric	F1	1 = Yes, I smoke regularly 2 = Yes, I smoke occasionally 3 = No, I have stopped smoking - go to question LV1C 4 = No, I have never smoked	5 531	6 980
lv1c	Year of smoking cessation?	Numeric	F2		2 467	1 981
lv2	How much do you smoke?	Numeric	F1	0 = Do not smoke	3 547	4 301
lv2a	How many cigarettes do you smoke per day?	Numeric	F2		1 244	1 747
lv2b	How many cigars or cigarillos do you smoke per day?	Numeric	F2		99	41
lv2c	How many grams of pipe tobacco do you smoke per week?	Numeric	F3		176	10
lv3	Do you take snuff?	Numeric	F1	1 = Yes - go to question LV3A 2 = No	5 533	6 869
lv3a	How many snuff-boxes do you take per week?	Numeric	F2		393	22
lv4	Do you chew tobacco?	Numeric	F1	1 = Yes 2 = No	5 529	6 869
lv5	Do you use nicotine chewing gum?	Numeric	F1	1 = Yes 2 = No	5 536	6 863

Name	Variable label	Type	Format	Value label	Male	Female
lv6	Do the persons you live with smoke indoors, or have they done so previously?	Numeric	F1	1 = No 2 = Yes, for less than 10 years 3 = Yes, for 10-20 years 4 = Yes, for more than 20 years	5 451	6 708
lv7	Do you regularly stay in places of work (apart from your home) where people smoke, or have you previously been staying in such places regularly?	Numeric	F1	1 = No 2 = Yes, for less than 10 years 3 = Yes, for 10-20 years 4 = Yes, for more than 20 years	5 565	6 966
lv8	When did you last drink beer (excluding light beer), wine or liquor?	Numeric	F1	0 = Have not drunk anything in the past year (go to question LV17) 1 = Have drunk sometime in the past year, but NOT in the past 30 days (go to question LV17) 2 = Have drunk sometime in the past 30 days	5 581	6 978
Alcohol consumption in the last 30 days (go to question LV17 if you did not drink anything)						
lv9	On how many days did you drink beer (excluding light beer), wine or liquor during the last 30-day period?	Numeric	F2		4 658	5 113
lv10	On how many days did you drink beer (excluding light beer) during the last 30-day period?	Numeric	F2		5 595	7 019
lv11a	How much beer (excluding light beer) did you drink on such a day in general (number of 33 cl bottles)?	Numeric	F2		5 595	7 019
lv11b	How much beer (excluding light beer) did you drink on such a day in general (number of 45 cl cans)?	Numeric	F2		5 595	7 019
lv12	On how many days did you drink wine during the last 30-day period?	Numeric	F2		5 595	7 019
lv13a	How much wine did you drink on such a day in general (number of glasses, 12 cl)?	Numeric	F2		5 595	7 019
lv13b	How much wine did you drink on such a day in general (number of bottles, 37 cl)?	Numeric	F1		5 595	7 019
lv13c	How much wine did you drink on such a day in general (number of bottles, 75 cl)?	Numeric	F1		5 595	7 019
lv14	On how many days did you drink liquor, for example vodka, gin or whiskey, during the last 30-day period?	Numeric	F2		5 595	7 019
lv15a	How much liquor did you drink on such a day in general (number of drinks, 4-6 cl)?	Numeric	F2		5 595	7 019
lv15b	How much liquor did you drink on such a day in general (number of bottles, 37 cl)?	Numeric	F1		5 595	7 019
lv15c	How much liquor did you drink on such a day in general (number of bottles, 75 cl)?	Numeric	F1		5 595	7 019
lv16a	On how many days during the last 30-day period did it occur that you in one day drank 5 bottles of beer or 4 cans of beer (excluding light beer) or more?	Numeric	F2		5 595	7 019
lv16b	On how many days during the last 30-day period did it occur that you in one day drank 1 bottle of wine or more?	Numeric	F2		5 595	7 019
lv16c	On how many days during the last 30-day period did it occur that you in one day drank 37 cl liquor or more?	Numeric	F2		5 595	7 019
State of health						
lv18	Have you substantially changed your eating habits because of illness or some other reasons?	Numeric	F1	1 = Yes 2 = No (if no, go on to question LV20)	5 572	6 979
lv19a1	If yes, how have you changed your eating habits? I eat more meat	Numeric	F1	1 = Yes	65	60
lv19a2	I eat more vegetables	Numeric	F1	1 = Yes	507	826
lv19a3	I eat more fruit	Numeric	F1	1 = Yes	454	746
lv19a4	I eat more fat	Numeric	F1	1 = Yes	17	13

Name	Variable label	Type	Format	Value label	Male	Female
lv19a5	I eat more fibre	Numeric	F1	1 = Yes	445	694
lv19a6	I eat more food in general (larger portions)	Numeric	F1	1 = Yes	28	35
lv19a7	I eat more vitamin/mineral/herbal preparations	Numeric	F1	1 = Yes	122	278
lv19a8	I eat more vegetarian food	Numeric	F1	1 = Yes	111	174
lv19a9	I eat more hot meals	Numeric	F1	1 = Yes	102	166
lv19b1	I eat less meat	Numeric	F1	1 = Yes	282	508
lv19b2	I eat less vegetables	Numeric	F1	1 = Yes	25	38
lv19b3	I eat less fruit	Numeric	F1	1 = Yes	21	31
lv19b4	I eat less fat	Numeric	F1	1 = Yes	464	761
lv19b5	I eat less fibre	Numeric	F1	1 = Yes	23	28
lv19b6	I eat less food in general (smaller portions)	Numeric	F1	1 = Yes	320	534
lv19b7	I eat less vitamin/mineral/health preparations	Numeric	F1	1 = Yes	34	50
lv19b8	I eat less vegetarian food	Numeric	F1	1 = Yes	27	41
lv19b9	I skip more meals than before	Numeric	F1	1 = Yes	180	203
lv20	What medical prescription drugs do you use regularly? (incl tranquilizers and sleeping pills)	Numeric	F1	0 = I don't take any medicines at all	3 262	3 079
ht1	How do you feel right now, physically and mentally, with respect to your health and your well-being? (Make a choice between 1 and 7)	Numeric	F1	1 = Feel very bad, could not feel worse 2 = 3 = 4 = 5 = 6 = 7 = Feel very well, could not feel better	5 576	6 981
ht2	Has your health and well-being changed in the past 12 months?	Numeric	F1	1 = Yes, for the better 2 = Unchanged 3 = Yes, for the worse	5 582	7 002
ht3	Have you had any problems with your neck at any time during the last 12 months (such as pain, ache, discomfort)	Numeric	F1	1 = No, never 2 = Yes, once in a while 3 = Yes, sometimes 4 = Yes, often 5 = Yes, all the time	5 588	7 010
ht4	Do you have problems with your neck right now?	Numeric	F1	0 = Have not had neck problems 1 = Yes 2 = No	5 582	7 005
ht5	Have you been on sick leave during the last 12 months because of problems with your neck?	Numeric	F1	0 = I have not had any problems with my neck 1 = No, I have not been on sick-leave 2 = Yes, 1-7 days 3 = Yes, 8-30 days 4 = Yes, 31-90 days 5 = Yes, more than 90 days	5 487	6 805
ht6	In the past 12 months, have you sought or been treated for pain, ache or discomfort in the neck?	Numeric	F1	1 = No 2 = Yes, once 3 = Yes, several times	5 581	6 991
ht7	Have you had problems with your shoulders at any time during the last 12 months (such as pain, ache, discomfort)?	Numeric	F1	1 = No, never 2 = Yes, once in a while 3 = Yes, sometimes 4 = Yes, often 5 = Yes, all the time	5 591	7 005
ht8	Do you have problems with your shoulders right now?	Numeric	F1	0 = Have not had shoulder problems 1 = Yes 2 = No	5 590	7 000

Name	Variable label	Type	Format	Value label	Male	Female
ht9	Have you been on sick leave during the last 12 months because of problems with your shoulders?	Numeric	F1	0 = I have not had any problems with my shoulders 1 = No, I have not been on sick leave 2 = Yes, 1-7 days 3 = Yes, 8-30 days 4 = Yes, 31-90 days 5 = Yes, more than 90 days	5 494	6 826
ht10	In the past 12 months, have you sought or been treated for pain, ache or discomfort in the shoulders/shoulders?	Numeric	F1	1 = No 2 = Yes, once 3 = Yes, several times	5 582	6 991
ht11	Have you at any time during the past 12 months had problems in your lumbar/lower back (such as pain, ache, discomfort)?	Numeric	F1	1 = No, never 2 = Yes, once in a while 3 = Yes, sometimes 4 = Yes, often 5 = Yes, constantly	5 583	7 005
ht12	Do you have problems with your lumbar/lower back right now?	Numeric	F1	0 = I have not had any problems with my lumbar/lower back 1 = Yes 2 = No	5 578	6 999
ht13	Have you been on sick leave during the past 12 months because of problems in your lumbar/lower back?	Numeric	F1	0 = I have not had any problems with my lumbar/lower back 1 = No, I have not been on sick leave 2 = Yes, 1-7 days 3 = Yes, 8-30 days 4 = Yes, 31-90 days 5 = Yes, more than 90 days	5 485	6 829
ht14	In the past 12 months, have you sought or been treated for pain, ache or discomfort in the lumbar/lower back?	Numeric	F1	1 = No 2 = Yes, once 3 = Yes, several times	5 572	6 998
ht15	Have you had problems with your hands, wrists or elbows at any time during the past 12 months? <i>Remarks: Have you ticked 'no, never' on all questions HT3, HT7, HT11 and HT15? Yes --> go to question AH1 No --> go to question SM1.</i>	Numeric	F1	1 = No, never 2 = Yes, once in a while 3 = Yes, sometimes 4 = Yes, often 5 = Yes, all the time	5 589	7 008
ht16	Do you have any problems with your hands, wrists or elbows right now?	Numeric	F1	0 = Have not had problems in hands, wrists or elbows 1 = Yes 2 = No	5 581	6 998
ht17	Have you been on sick leave during the past 12 months because of the problems with your hands, wrists or elbows?	Numeric	F1	0 = I have not had any problems with my hands, wrists or elbows 1 = No, I have not been on sick leave 2 = Yes, 1-7 days 3 = Yes, 8-30 days 4 = Yes, 31-90 days 5 = Yes, more than 90 days	5 507	6 843
ht18	In the past 12 months, have you sought or been treated for pain, aches or discomfort in your hands, wrists or elbows?	Numeric	F1	1 = No 2 = Yes, once 3 = Yes, several times	5 569	6 987
Have you ticked "No, never" on all questions HT3, HT7, HT11 and HT15? Yes ---> Go to question AH1 No ---> Go to question SM1						
Pain						
sm1a	When did you first start feeling your pain (year)?	Numeric	F2		3 777	5 203
sm1b	When did you first start feeling your pain (month)?	Numeric	F2		3 763	5 192

Name	Variable label	Type	Format	Value label	Male	Female
sm2a	What best describes your pain problem in the past 12 months?	Numeric	F1	1 = Have had more or less pain throughout 2 = Had pain for several periods, but was pain-free in between, but had pain for most of the time 3 = Had pain for several periods, but was problem-free for most of the time 4 = Have had pain on a few short occasions (less than a month)	4 086	5 694
sm2b	When was the last time you had pain?	Numeric	F1	1 = More than 6 months ago - go to question sm3 2 = Between 1 and 3 months ago - go to question sm3 3 = Less than 1 month ago - skip to question sm3 4 = Having pain now	4 058	5 628
sm2c	How long has the pain been as it is now (number of months)?	Numeric	F3		1 919	2 933
sm5min	How strong has your pain felt during your last period of pain when it is least pronounced	Numeric	F2	0 = no pain 20 = worst imaginable pain	3 997	5 406
sm5max	How strong has your pain felt during your last period of pain when it is worst	Numeric	F2	0 = no pain 20 = worst imaginable pain	3 995	5 401
sm6	How strong has your pain felt most often during your last period of pain?	Numeric	F2	0 = no pain 20 = worst imaginable pain	3 947	5 342
sm8a	What do you think is the most important reason why your pain problem started? An accident?	Numeric	F1	1 = Yes, in traffic 2 = Yes, at work 3 = Yes, at sports 4 = Yes, other 5 = No	3 552	4 735
sm8a4	If 'Yes' on question SM8A.	Numeric	F1	1 = pain problem started immediately after 2 = the pain problem started a few weeks after 3 = the pain problem started several months or years after	1 241	1 409
sm8b	What do you think is the most important reason why your pain problem started? Heavy physical work?	Numeric	F1	1 = Yes 5 = No	3 397	4 505
sm8b1	If 'Yes' on question SM8B.	Numeric	F1	1 = the pain problem started already after a short time 2 = the pain problem started after a long time of work	1 416	1 572
sm8c	What do you think is the most important reason why your pain problem started? Work with monotonous movements?	Numeric	F1	1 = Yes 5 = No	3 349	4 679
sm8c1	If 'Yes' on question SM8C.	Numeric	F1	1 = the pain problem started already after a short time 2 = the pain problem started after a long time of work	1 291	2 335
sm8d_23	What do you think is the most important reason why your pain problem started (corrected in 2023)? Emotional stress?. <i>Remarks:</i> Record of one individual with apparently wrong code was set to missing in 2023.	Numeric	F1	1 = Yes 5 = No	3 180	4 395
sm8e	What do you think is the most important reason why your pain problem started? A surgery?	Numeric	F1	1 = Yes, for something other than the pain (something went wrong) 2 = Yes, because of the pain (the result was not good) 5 = No	3 063	4 183
sm8e2	If 'Yes' on question SM8E.	Numeric	F1	1 = the pain problem started already after a short time 2 = the pain problem started several months after the surgery	132	206

Name	Variable label	Type	Format	Value label	Male	Female
sm8f	What do you think is the most important reason why your pain problem started? Pregnancy and childbirth?	Numeric	F1	1 = Yes 5 = No	2 551	4 243
sm8f1	If 'Yes' on question sm8f.	Numeric	F1	1 = the pain problem started already during the pregnancy 2 = the pain problem started during or shortly after childbirth 3 = the pain problem started several months after childbirth	1	259
sm8g	What do you think is the most important reason why your pain problem started? A medical illness?	Numeric	F1	1 = Yes 5 = No	2 705	3 801
sm8h	What do you think is the most important reason why your pain problem started? A cancer disease?	Numeric	F1	1 = Yes 5 = No	2 626	3 754
sm8i	What do you think is the most important reason why your pain problem started? The pain just started, cause unknown	Numeric	F1	1 = Yes 5 = No	2 966	4 005
sm8j	What do you think is the most important reason why your pain problem started? Do you know the name of your diagnosis?	Numeric	F1	1 = Yes - go to questions SM8J1 to SM8J3 5 = No	3 018	4 223
sm8j1	If 'Yes' on question SM8J, write the name of your diagnosis (diagnosis 1) (transferred to ICD9-code).	String	A4		991	1 467
sm8j2	If 'Yes' on question SM8J, write the name of your diagnosis (diagnosis 2) (transferred to ICD9-code).	String	A4		123	242
sm8j3	If 'Yes' on question SM8J, write the name of your diagnosis (diagnosis 3) (transferred to ICD9-code).	String	A4		5	43
sm8k	What do you think is the most important reason why your pain problem started? None of the above	Numeric	F1	1 = Yes 5 = No	1 736	2 183
sm21	How does the pain affect your situation today? I stay at home most of the time because of my pain. Introduction with description to questions SM21-SM48: Because of your pain problem, it may be difficult for you to do what you normally do. This is a list (SM21-SM48) of phrases that different people have used to describe how the pain affects them. As you read them, you may find some that fit your situation today. When you read the list, think about yourself today. When you read a formulation that describes your situation today, put a cross next to 'Correct'. If a formulation does not fit your situation today, put a cross next to 'Wrong'.	Numeric	F1	1 = Correct 2 = Wrong	3 483	4 880
sm22	How does the pain affect your situation today? Because of my pain, I often have to move around to make my situation more comfortable. <i>Remarks:</i> See SM21.	Numeric	F1	1 = Correct 2 = Wrong	3 584	5 008
sm23	How does the pain affect your situation today? I walk slower than usual because of my pain. <i>Remarks:</i> See SM21.	Numeric	F1	1 = Correct 2 = Wrong	3 554	4 967
sm24	How does the pain affect your situation today? Because of my pain, I am not doing any of the household chores I usually do. <i>Remarks:</i> See SM21.	Numeric	F1	1 = Correct 2 = Wrong	3 466	4 899
sm25	How does the pain affect your situation today? Because of my pain, I use the handrail when climbing stairs. <i>Remarks:</i> See SM21.	Numeric	F1	1 = Correct 2 = Wrong	3 518	4 939

Name	Variable label	Type	Format	Value label	Male	Female
sm26	How does the pain affect your situation today? Because of my pain, I lie down more often to rest. <i>Remarks: See SM21.</i>	Numeric	F1	1 = Correct 2 = Wrong	3 538	4 966
sm27	How does the pain affect your situation today? Because of my pain, I have to lean on something to get up from a reclining chair. <i>Remarks: See SM21.</i>	Numeric	F1	1 = Correct 2 = Wrong	3 527	4 926
sm28	How does the pain affect your situation today? Because of my pain, I try to get other people to do things for me. <i>Remarks: See SM21.</i>	Numeric	F1	1 = Correct 2 = Wrong	3 493	4 894
sm29	How does the pain affect your situation today? Getting dressed is slower than usual because of my pain. <i>Remarks: See SM21.</i>	Numeric	F1	1 = Correct 2 = Wrong	3 549	4 918
sm30	How does the pain affect your situation today? I only stand for short periods of time because of my pain. <i>Remarks: See SM21.</i>	Numeric	F1	1 = Correct 2 = Wrong	3 492	4 898
sm31	How does the pain affect your situation today? Because of my pain, I try not to bend or kneel. <i>Remarks: See SM21.</i>	Numeric	F1	1 = Correct 2 = Wrong	3 557	4 982
sm32	How does the pain affect your situation today? I have difficulty getting up from a chair because of my pain. <i>Remarks: See SM21.</i>	Numeric	F1	1 = Correct 2 = Wrong	3 523	4 903
sm33	How does the pain affect your situation today? I feel pain pretty much all the time. <i>Remarks: See SM21.</i>	Numeric	F1	1 = Correct 2 = Wrong	3 527	4 944
sm34	How does the pain affect your situation today? I have difficulty turning over in bed because of my pain. <i>Remarks: See SM21.</i>	Numeric	F1	1 = Correct 2 = Wrong	3 535	4 950
sm35	How does the pain affect your situation today? My appetite is not very good because of my pain. <i>Remarks: See SM21.</i>	Numeric	F1	1 = Correct 2 = Wrong	3 472	4 873
sm36	How does the pain affect your situation today? I have trouble putting on my socks because of my pain. <i>Remarks: See SM21.</i>	Numeric	F1	1 = Correct 2 = Wrong	3 403	4 664
sm37	How does the pain affect your situation today? I only walk short distances because of my pain. <i>Remarks: See SM21.</i>	Numeric	F1	1 = Correct 2 = Wrong	3 342	4 666
sm38	How does the pain affect your situation today? I sleep worse because of my pain. <i>Remarks: See SM21.</i>	Numeric	F1	1 = Correct 2 = Wrong	3 403	4 780
sm39	How does the pain affect your situation today? Because of my pain, I get help from others to get dressed. <i>Remarks: See SM21.</i>	Numeric	F1	1 = Correct 2 = Wrong	3 289	4 574
sm40	How does the pain affect your situation today? I sit down most of the day because of my pain. <i>Remarks: See SM21.</i>	Numeric	F1	1 = Correct 2 = Wrong	3 291	4 585
sm41	How does the pain affect your situation today? I avoid heavy work tasks in my household because of my pain. <i>Remarks: See SM21.</i>	Numeric	F1	1 = Correct 2 = Wrong	3 346	4 802
sm42	How does the pain affect your situation today? Because of my pain, I am more irritable and impatient than usual. <i>Remarks: See SM21.</i>	Numeric	F1	1 = Correct 2 = Wrong	3 377	4 703

Name	Variable label	Type	Format	Value label	Male	Female
sm43	How does the pain affect your situation today? Because of my pain, I walk up stairs more slowly than usual. <i>Remarks: See SM21.</i>	Numeric	F1	1 = Correct 2 = Wrong	3 365	4 719
sm44	How does the pain affect your situation today? I stay in my bed most of the time because of my pain. <i>Remarks: See SM21.</i>	Numeric	F1	1 = Correct 2 = Wrong	3 274	4 582
sm45	How does the pain affect your situation today? Because of my pain, I try to avoid movements with my arms above shoulder height. <i>Remarks: See SM21.</i>	Numeric	F1	1 = Correct 2 = Wrong	3 411	4 788
sm46	How does the pain affect your situation today? Because of my pain, I sometimes drop things from my hands. <i>Remarks: See SM21.</i>	Numeric	F1	1 = Correct 2 = Wrong	3 325	4 719
sm47	How does the pain affect your situation today? Because of my pain, I try to avoid heavy lifting. <i>Remarks: See SM21.</i>	Numeric	F1	1 = Correct 2 = Wrong	3 533	5 004
sm48	How does the pain affect your situation today? Because of my pain, I try to avoid many monotonous movements. <i>Remarks: See SM21.</i>	Numeric	F1	1 = Correct 2 = Wrong	3 378	4 789
General state of health and well-being (over the past few weeks)						
ah1	Have you recently (the past few weeks): Been able to concentrate on what you are doing? <i>Introduction and description to questions AH1-AH30: We would like to know how your general health and well-being has been in recent weeks. We want you to answer ALL the questions on the following pages by ticking the option that you think is best for you. Remember that we would like to know how you experience your situation recently and right now, not how it has been further back in time. It is important that you try to answer all the questions!</i>	Numeric	F1	1 = Better than usual 2 = As good as usual 3 = Worse than usual 4 = Much worse than usual	5 580	6 996
ah2	Have you recently (the last few weeks): Had trouble sleeping due to anxiety? <i>Remarks: See AH1.</i>	Numeric	F1	1 = Not at all 2 = No more than usual 3 = Something more than usual 4 = Much more than usual	5 581	7 000
ah3	Have you recently (the last few weeks): Had anxious, restless nights? <i>Remarks: See AH1.</i>	Numeric	F1	1 = Not at all 2 = No more than usual 3 = Something more than usual 4 = Much more than usual	5 577	6 993
ah4	Have you recently (the last few weeks): Been able to keep yourself going and busy? <i>Remarks: See AH1.</i>	Numeric	F1	1 = Better than usual 2 = As good as usual 3 = Worse than usual 4 = Much worse than usual	5 579	6 999
ah5	Have you recently (the last few weeks): Had activities outside the home to the same extent as usual? <i>Remarks: See AH1.</i>	Numeric	F1	1 = More than usual 2 = As much as usual 3 = Less than usual 4 = Much less than usual	5 569	6 969
ah6	Have you recently (the last few weeks): Coped as well as most would in your situation? <i>Remarks: See AH1.</i>	Numeric	F1	1 = Better than most 2 = About the same 3 = Soon worse 4 = Much worse	5 563	6 976
ah7	Have you recently (the last few weeks): Felt that you are generally doing things well? <i>Remarks: See AH1.</i>	Numeric	F1	1 = Better than usual 2 = As good as usual 3 = Worse than usual 4 = Much worse than usual	5 581	6 994

Name	Variable label	Type	Format	Value label	Male	Female
ah8	Have you recently (the last few weeks): Been satisfied with how you completed your tasks? <i>Remarks: See AH1.</i>	Numeric	F1	1 = More satisfied 2 = As satisfied as usual 3 = Less satisfied than usual 4 = Much less satisfied	5 580	6 997
ah9	Have you recently (the last few weeks): Been able to feel warmth and affection for your loved ones? <i>Remarks: See AH1.</i>	Numeric	F1	1 = Easier than usual 2 = As easy as usual 3 = Harder than usual 4 = Much harder than usual	5 568	6 992
ah10	Have you recently (the last few weeks): Found it easy to get along with others? <i>Remarks: See AH1.</i>	Numeric	F1	1 = Easier than usual 2 = As easy as usual 3 = Harder than usual 4 = Much harder than usual	5 583	6 997
ah11	Have you recently (the last few weeks): Spent a lot of time making small talk with people? <i>Remarks: See AH1.</i>	Numeric	F1	1 = More time than usual 2 = Same amount of time as usual 3 = Less time than usual 4 = Much less time than usual	5 580	6 999
ah12	Have you recently (the last few weeks): Felt that you play an important role in various contexts? <i>Remarks: See AH1.</i>	Numeric	F1	1 = More than usual 2 = As much as usual 3 = Less important than usual 4 = Much less important than usual	5 575	6 980
ah13	Have you recently (the last few weeks): Felt capable of deciding on different things? <i>Remarks: See AH1.</i>	Numeric	F1	1 = More capable than usual 2 = Same as usual 3 = Less than usual 4 = Much less capable	5 582	6 994
ah14	Have you recently (the last few weeks): Experienced a constant feeling of tension? <i>Remarks: See AH1.</i>	Numeric	F1	1 = Not at all 2 = No more than usual 3 = Something more than usual 4 = Much more than usual	5 582	6 990
ah15	Have you recently (the last few weeks): Felt that you cannot cope with your difficulties? <i>Remarks: See AH1.</i>	Numeric	F1	1 = Not at all 2 = No more than usual 3 = Something more than usual 4 = Much more than usual	5 582	6 993
ah16	Have you recently (the last few weeks): Felt that life forces you to fight hard all the time? <i>Remarks: See AH1.</i>	Numeric	F1	1 = Not at all 2 = No more than usual 3 = Something more than usual 4 = Much more than usual	5 583	6 998
ah17	Have you recently (the last few weeks): Been able to enjoy your usual daily tasks? <i>Remarks: See AH1.</i>	Numeric	F1	1 = Better than usual 2 = As good as usual 3 = Worse than usual 4 = Much worse than usual	5 582	6 995
ah18	Have you recently (the last few weeks): Been taking things hard? <i>Remarks: See AH1.</i>	Numeric	F1	1 = Not at all 2 = No more than usual 3 = Something more than usual 4 = Much more than usual	5 581	6 998
ah19	Have you recently (the last few weeks): Been afraid or panicked for no particular reason? <i>Remarks: See AH1.</i>	Numeric	F1	1 = Not at all 2 = No more than usual 3 = Something more than usual 4 = Much more than usual	5 580	6 996
ah20	Have you recently (the last few weeks): Been able to deal with your problems? <i>Remarks: See AH1.</i>	Numeric	F1	1 = Better than usual 2 = As good as usual 3 = Worse than usual 4 = Much worse than usual	5 581	6 988
ah21	Have you recently (the last few weeks): Felt that all the problems are growing over your head? <i>Remarks: See AH1.</i>	Numeric	F1	1 = Not at all 2 = No more than usual 3 = Something more than usual 4 = Much more than usual	5 583	6 994
ah22	Have you recently (the last few weeks): Felt unhappy and depressed? <i>Remarks: See AH1.</i>	Numeric	F1	1 = Not at all 2 = No more than usual 3 = Something more than usual 4 = Much more than usual	5 581	6 993
ah23	Have you recently (the last few weeks): Lost faith in yourself? <i>Remarks: See AH1.</i>	Numeric	F1	1 = Not at all 2 = No more than usual 3 = Something more than usual 4 = Much more than usual	5 582	6 996

Name	Variable label	Type	Format	Value label	Male	Female
ah24	Have you recently (the last few weeks): Thought of yourself as a worthless person? <i>Remarks: See AH1.</i>	Numeric	F1	1 = Not at all 2 = No more than usual 3 = Something more than usual 4 = Much more than usual	5 582	6 993
ah25	Have you recently (the last few weeks): Thought that life is completely meaningless? <i>Remarks: See AH1.</i>	Numeric	F1	1 = Not at all 2 = No more than usual 3 = Something more than usual 4 = Much more than usual	5 582	6 996
ah26	Have you recently (the last few weeks): Felt hopeful about your own future? <i>Remarks: See AH1.</i>	Numeric	F1	1 = More than usual 2 = Same as usual 3 = Less than usual 4 = Much less than usual	5 582	6 991
ah27	Have you recently (the last few weeks): Felt pretty happy when everything is considered? <i>Remarks: See AH1.</i>	Numeric	F1	1 = More than usual 2 = Same as usual 3 = Less than usual 4 = Much less than usual	5 579	6 987
ah28	Have you recently (the last few weeks): Felt nervous and tense all the time? <i>Remarks: See AH1.</i>	Numeric	F1	1 = Not at all 2 = No more than usual 3 = Something more than usual 4 = Much more than usual	5 581	6 995
ah29	Have you recently (the last few weeks): Felt like life wasn't worth living? <i>Remarks: See AH1.</i>	Numeric	F1	1 = Not at all 2 = No more than usual 3 = Something more than usual 4 = Much more than usual	5 583	6 993
ah30	Have you recently (the last few weeks): Felt on certain occasions that you could not do anything at all because you felt so mentally ill? <i>Remarks: See AH1.</i>	Numeric	F1	1 = Not at all 2 = No more than usual 3 = Something more than usual 4 = Much more than usual	5 574	6 984
ah31	How often do you have problems with or feel worried about family members or relatives (e g parents or parents-in-laws?)	Numeric	F1	1 = Always 2 = Often 3 = Sometimes 4 = Rarely 5 = Never	5 571	6 985
ah32	How often does it happen that you do not have enough money to afford the food or clothing you/your family needs?	Numeric	F1	1 = Always 2 = Often 3 = Sometimes 4 = Rarely 5 = Never	5 580	6 993
ah33	How much difficulty do you have in meeting your bills when they come?	Numeric	F1	1 = Great difficulties 2 = Some difficulties 3 = Slight difficulties 4 = No difficulties	5 580	6 990
ah34	To what degree do you have problems with your home (e g too small a home, major repair needs, moisture problems, etc)?	Numeric	F1	1 = Major problems 2 = Some problems 3 = Minor problems 4 = No problem	5 580	6 995
ah35	To what extent do you have problems in your residential area (e g noise, unsafe street environment, poor access to shops and other services?)	Numeric	F1	1 = Major problems 2 = Some problems 3 = Small problems 4 = No problem	5 581	6 998
ah36	Have you been involuntarily unemployed at any time during the past 2 years	Numeric	F1	1 = Yes - go to questions AH36A and AH36B 2 = No - go to question AH37	5 461	6 771
ah36a	If 'Yes' on question AH36, how many times in the last two years have you been unemployed?	Numeric	F2		576	551
ah36b	If 'Yes' on question AH36, approximately how long have you been unemployed in total during the past two years (months)? ATTENTION! If you are unemployed - go to question AH39	Numeric	F2		587	572
ah37	Have you been notified of dismissal or have you been dismissed from your workplace even though you are still working?	Numeric	F1	1 = Yes 2 = No	4 554	5 343

Name	Variable label	Type	Format	Value label	Male	Female
ah38	How great do you assess the risk that you yourself will become unemployed within a year?	Numeric	F1	1 = High risk 2 = Some risk 3 = Little risk 4 = No risk	4 366	5 013
ah39	Is anyone you live with currently unemployed, e g partner, husband, wife, parents, children?	Numeric	F1	1 = Yes 2 = No 3 = Do not live with anyone	5 493	6 767
Work, stress and family (only filled in by full or part-time employment in the past 12 months, others continue with question HM1)						
sf1a	Would you agree that: Family commitments limit the time you can devote to your work? <i>The full wording of the introductory question (to be answered if you have been employed full or part-time in the past 12 months): Do you think that your family life and your family commitments interfere with your work in any of the following ways? Would you agree that: ...</i>	Numeric	F1	1 = Not at all 2 = To some extent 3 = A lot 4 = Not applicable	3 356	3 918
sf1b	Would you agree that: Worries about the family or other family problems make it difficult for you to concentrate on work? <i>Remarks: See SF1A.</i>	Numeric	F1	1 = Not at all 2 = To some extent 3 = A lot 4 = Not applicable	3 345	3 929
sf1c	Would you agree that: Family activities cause that you don't have time to sleep as much as you need to function well? <i>Remarks: See SF1A.</i>	Numeric	F1	1 = Not at all 2 = To some extent 3 = A lot 4 = Not applicable	3 346	3 919
sf1d	Would you agree that: Family commitments take over the time you would need to relax or be to yourself? <i>Remarks: See SF1A.</i>	Numeric	F1	1 = Not at all 2 = To some extent 3 = A lot 4 = Not applicable	3 347	3 924
sf2a	Would you agree that your work limit the time you can spend with your family? <i>The full wording of the introductory question (to be answered if you have been employed full or part-time in the past 12 months): To what extent do you think that the commitments in your work limit your family life? Would you agree that ...</i>	Numeric	F1	1 = Not at all 2 = To some extent 3 = A lot 4 = Not applicable	3 346	3 901
sf2b	Would you agree that problems at work make you irritable at home? <i>Remarks: See SF2A.</i>	Numeric	F1	1 = Not at all 2 = To some extent 3 = A lot 4 = Not applicable	3 342	3 910
sf2c	Would you agree that your work involve a lot of traveling and time away from home? <i>Remarks: See SF2A.</i>	Numeric	F1	1 = Not at all 2 = To some extent 3 = A lot 4 = Not applicable	3 338	3 908
sf2d	Would you agree that your work require so much energy that you can not deal with things that need to be done at home? <i>Remarks: See SF2A.</i>	Numeric	F1	1 = Not at all 2 = To some extent 3 = A lot 4 = Not applicable	3 339	3 920
sf3	To what extent do you think that the work you have contributes to the benefit of society, compared to other work? <i>Remarks: The question should only be answered if you have been employed full or part-time in the past 12 months.</i>	Numeric	F1	1 = Does not contribute at all or negatively 2 = Contributes to a certain extent 3 = Contributes to a large extent 4 = Contributes to a very large extent	3 364	3 936
sf4a	How much time do you use daily to travel to and from work (hours)? <i>Remarks: Fixed alternatives were 0, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 hours.</i>	Numeric	F2		1 386	1 429
sf4b	How much time do you use daily to travel to and from work (minutes)? <i>Remarks: Fixed alternatives were 0-9 (coded 5), 10, 20, 30, 40, 50 minutes.</i>	Numeric	F2		2 620	3 109

Name	Variable label	Type	Format	Value label	Male	Female
Health and recovery						
hm1	How often do you feel physically exhausted at the end of the day?	Numeric	F1	1 = Almost never or never 2 = Sometimes 3 = Often 4 = Very often or always	5 547	6 978
hm2	How often do you feel emotionally or psychologically exhausted at the end of the day?	Numeric	F1	1 = Almost never or never 2 = Sometimes 3 = Often 4 = Very often or always	5 549	6 978
hm3a	To what extent have you during the past four weeks felt full of zest for life?	Numeric	F1	1 = All the time 2 = Most of the time 3 = A lot of the time 4 = Part of the time 5 = Quite a small part of the time 6 = Not at all	5 547	6 960
hm3b	Been a very nervous person?	Numeric	F1	1 = All the time 2 = Most of the time 3 = A lot of the time 4 = Part of the time 5 = Quite a small part of the time 6 = Not at all	5 550	6 960
hm3c	To what extent during the past four weeks have you felt so down that nothing could cheer you up?	Numeric	F1	1 = All the time 2 = Most of the time 3 = A lot of the time 4 = Part of the time 5 = Quite a small part of the time 6 = Not at all	5 551	6 963
hm3d	To what extent during the past four weeks have you felt calm and peaceful?	Numeric	F1	1 = All the time 2 = Most of the time 3 = A lot of the time 4 = Part of the time 5 = Quite a small part of the time 6 = Not at all	5 552	6 961
hm3e	To what extent during the past four weeks have you had lots of energy?	Numeric	F1	1 = All the time 2 = Most of the time 3 = A lot of the time 4 = Part of the time 5 = Quite a small part of the time 6 = Not at all	5 551	6 957
hm3f	To what extent during the past four weeks have you felt fepressed and sad?	Numeric	F1	1 = All the time 2 = Most of the time 3 = A lot of the time 4 = Part of the time 5 = Quite a small part of the time 6 = Not at all	5 551	6 959
hm3g	To what extent during the past four weeks have you felt exhausted?	Numeric	F1	1 = All the time 2 = Most of the time 3 = A lot of the time 4 = Part of the time 5 = Quite a small part of the time 6 = Not at all	5 546	6 963
hm3h	To what extent during the past four weeks have you been a happy person?	Numeric	F1	1 = All the time 2 = Most of the time 3 = A lot of the time 4 = Part of the time 5 = Quite a small part of the time 6 = Not at all	5 550	6 954
hm3i	To what extent during the past four weeks have you felt tired?	Numeric	F1	1 = All the time 2 = Most of the time 3 = A lot of the time 4 = Part of the time 5 = Quite a small part of the time 6 = Not at all	5 554	6 966

Name	Variable label	Type	Format	Value label	Male	Female
hm4a	Do you agree: At home, I feel that I have control over what happens in most situations. <i>The full wording of the introductory description to the question:</i> The following statements apply to how to manage one's situation and various factors related to health. Put a cross in the box that best shows whether you agree with the statement. Agree with ...	Numeric	F1	1 = Not at all 2 = Mostly not 3 = To some extent 4 = By and large 5 = Totally	5 556	6 973
hm4b	Do you agree: At work, I feel that I have control over what happens in most situations. <i>Remarks:</i> See HMA4.	Numeric	F1	1 = Not at all 2 = Mostly not 3 = To some extent 4 = By and large 5 = Totally	3 973	4 494
hm4c	Do you agree: Keeping myself healthy depends on things that I can do myself. <i>Remarks:</i> See HMA4.	Numeric	F1	1 = Not at all 2 = Mostly not 3 = To some extent 4 = By and large 5 = Totally	5 547	6 958
hm4d	Do you agree: There are things I can do myself to reduce my risk of getting cancer. <i>Remarks:</i> See HMA4.	Numeric	F1	1 = Not at all 2 = Mostly not 3 = To some extent 4 = By and large 5 = Totally	5 527	6 927
hm4e	Do you agree: There are things that I can do myself to reduce the risk of having a heart attack. <i>Remarks:</i> See HMA4.	Numeric	F1	1 = Not at all 2 = Mostly not 3 = To some extent 4 = By and large 5 = Totally	5 539	6 954
hm4f	Do you agree: Anyone who thinks too much about their health gets sick more easily. <i>Remarks:</i> See HMA4.	Numeric	F1	1 = Not at all 2 = Mostly not 3 = To some extent 4 = By and large 5 = Totally	5 521	6 928
hm4g	Do you agree: I have to be very sick before I go to the doctor. <i>Remarks:</i> See HMA4.	Numeric	F1	1 = Not at all 2 = Mostly not 3 = To some extent 4 = By and large 5 = Totally	5 550	6 965
hm4h	Do you agree: People like me do not have time to think about their health. <i>Remarks:</i> See HMA4.	Numeric	F1	1 = Not at all 2 = Mostly not 3 = To some extent 4 = By and large 5 = Totally	5 473	6 826
hm4i	Do you agree: The most important thing for good health is the innate physique. <i>Remarks:</i> See HMA4.	Numeric	F1	1 = Not at all 2 = Mostly not 3 = To some extent 4 = By and large 5 = Totally	5 536	6 938
hm4j	Do you agree: It is chance that determines whether one has good health or not. <i>Remarks:</i> See HMA4.	Numeric	F1	1 = Not at all 2 = Mostly not 3 = To some extent 4 = By and large 5 = Totally	5 521	6 935
hm4k	Do you agree: When you are sick, it is the doctor who knows best what to do. <i>Remarks:</i> See HMA4.	Numeric	F1	1 = Not at all 2 = Mostly not 3 = To some extent 4 = By and large 5 = Totally	5 546	6 962
hm4l	Do you agree: Taking care of my health is very important to me. <i>Remarks:</i> See HMA4.	Numeric	F1	1 = Not at all 2 = Mostly not 3 = To some extent 4 = By and large 5 = Totally	5 549	6 961

Name	Variable label	Type	Format	Value label	Male	Female
hm4m	Do you agree: I think it is important to know new findings about what is healthy and unhealthy. <i>Remarks: See HMA4.</i>	Numeric	F1	1 = Not at all 2 = Mostly not 3 = To some extent 4 = By and large 5 = Totally	5 545	6 951