



HCHS/SOL Question by Question Instructions Wellbeing Form (WBE/WBS), Version A

General Instructions

The Well-being questionnaire consists of two brief measures that assess depressive symptoms and “trait anxiety”, respectively. The Hispanic Community Health Study/Study of Latinos includes the Center for Epidemiological Study measure of depression (10- item version) and the Spielberger Trait Anxiety Scale (10-item version) in order to evaluate the relationships between depression and anxiety and health in this population. In addition, these measures will allow an assessment of the prevalence of depression and anxiety symptoms among the Latino subgroups.

Question by Question Instructions

Q1 – Q 10

The CESD 10 is a measure of thoughts or feelings related to recent depression. Interviewers should read the script exactly as it appears on the screen. Emphasis should be placed on the time frame, PAST WEEK.

Interviewers should then read the answers and let respondents know that for each question there will be 4 possible answers – rarely or none of the time (<1 day/week), some or little of the time (1-2 days/week), occasionally or a moderate amount of time (3-4 days/week), or all of the time (5-7 days/week). The number of days per week should be read to help the respondent understand each of the categories. In addition, hand motions to indicate the continuum from the low end of the scale to the high end of the scale can be helpful. Show cards or the instrument itself displaying the Likert scale when describing the answer categories.

After describing the answer categories, the interviewer should proceed with asking each question and the corresponding answer categories. The interviewer may re-read the answer options if the participant has problems recalling them or choosing a category. When asking these questions, interviewers should be careful to not comment on respondent’s answers and to record answers in a non-judgmental manner.

Q11 –20

Trait anxiety reflects the existence of STABLE individual differences in the tendency to respond with an unpleasant emotional arousal in the anticipation of threatening situations. Interviewers should read the script exactly as it appears on the screen. The respondent should refer to how he or she GENERALLY feels. The interviewer may re-read the answer options if the participant has problems recalling them or choosing a category.

BE CAREFUL. In contrast to the CES-D questions in 1-10, there is no reference to a specific time period in these questions. This is because the questions are designed to uncover a stable pattern of behavior. ONLY IF the individual asks for clarification on the time period, the interview can clarify by recommending that the respondent think about the PREVIOUS YEAR. When asking these questions, interviewers should be careful to not comment on respondent’s answers and to record answers in a non-judgmental manner.