



WHO and INDEPTH

STUDY ON GLOBAL AGEING AND ADULT HEALTH

INDEPTH Short Summary Module



AGINCOURT HEALTH AND POPULATION UNIT

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Village Code: |_|_|_|

Household: |_|_|_|_|_|_|_|

Respondent ID: |_|_|_|_|_|_|_|_|

Fieldworker: |_|_|_|_|_|

Visit Date (YYYY/MM/DD): |_|_|_|_|/|_|_|_|/|_|_|_|_|_|

Final result code (see table below): |_|_|_|

FINAL RESULT CODE

01=COMPLETED INTERVIEW (INTERVIEW IS ACCEPTED AND

02=PARTIAL INTERVIEW (INTERVIEW IS PARTIALLY COMPLETED AND PERSON WILL NOT BE CONTACTED ANYMORE).

03=RESPONDENT CONTACTED-INITIAL REFUSAL

04=RESPONDENT CONTACTED-UNCERTAIN ABOUT INTERVIEW

05=RESISTANCE/REFUSAL BY RESPONDENT

06=FINAL REFUSAL BY RESPONDENT

07=FINAL REFUSAL BY OTHER HOUSEHOLD MEMBER

08=UNABLE TO LOCATE RESPONDENT

09=NO INTERVIEW BECAUSE RESPONDENT IS NOT ELIGIBLE: LESS THAN 50 YEARS, MENTALLY UNFIT OR TOO ILL.

10=LANGUAGE BARRIER

11=HOUSE IS VACANT OR HOUSEHOLD OCCUPANTS ARE ELSEWHERE (SEASONAL VACANCY, OTHER RESIDENCE)

12=UNSAFE OR DANGEROUS AREA OR NO ACCESS TO RESPONDENT

13=DECEASED RESPONDENT

14=RESPONDENT IN INSTITUTION: JAIL, HOSPITAL AND NOT ACCESSIBLE



Section 1000: Health State Descriptions

NOTE TO INTERVIEWERS: Where a DON'T KNOW response category is listed as an option - do not read this category out to the respondent.

I would like to ask you questions about your health and well-being. I know some of these questions may be sensitive or difficult to answer, but please try to provide an answer. I will ask about your overall health, including both your physical and your mental health. Some of the questions may sound similar or repetitive, but I need to ask all of the questions for the sake of completeness. This information is confidential and you will not be identified individually or without your consent.

Ndzi ta tsakela ku ku vutisa hi rihanyu na mahanyelo ya wena. Ndza swi tiva leswaku swin'wana swa swivutiso leswi swi na ntshikelelo kumbe swa tika ku swi hlamula, kambe ringeta ku nyika tinhlamulo. Ndzi ta vutisa hi rihanyu ra wena hi ku angarhela, leswi katsakanyaka miri na miehleketo. Swin'wana swa swivutiso leswi swi nga twala swi yelana kumbe ku vuyelela, kambe ndzi fanele ku swi vutisa hinkwaswo ku kota ku fika e makumu. Vuxokoxoko lebyi I xihundla na swona a wu nge paluxiwi u ri wexe e handle ka mpfumelelo wa wena.

Q1000	In general, how would you <u>rate your health today</u> ? <i>Hi ntolovelovelo, unga vula leswaku xiyimo xa wena xa rihanyu xi njhani namunthla?</i>	1 Very good 2 Good 3 Moderate 4 Bad 5 Very bad
Q1001	Overall in the last 30 days, how much difficulty did you have with <u>work or household activities</u> ? <i>Hi ku katsakanya ka masiku ya makume-nharhu lama nga hundza, I ku tikeriwa ka njhani loku u nga va na kona hi ntirho kumbe hi mintirho yi n'wana ya laha kaya?</i>	1 None 2 Mild 3 Moderate 4 Severe 5 Extreme/cannot do

Now I would like to review the different functions of your body. When answering these questions, I would like you to think about the last 30 days, taking both good and bad days into account. When I ask about difficulty, I would like you to consider how much difficulty you have had, on average, in the last 30 days, while doing the activity in the way that you usually do it. By difficulty I mean requiring increased effort, discomfort or pain, slowness or changes in the way you do the activity. Please answer this question taking into account any assistance you have available.

Sweswi ndzi lava ku humesela handle ku hambana ka ku tirha ka miri wa wena. Loko u hlamula swivutiso leswi, ndzi lava u ehleketa hi masiku ya makume-nharhu lama nga hundza. U tsundzuka swa kahle ni swo kala swi nga ri kahle. Loko ndzi vutisa hi ku tikeriwa ndzi lava u tekela enhlokweni ku I ku tikeriwa ka njhani loko unga va na kona ka masiku ya 30 lawa ya nga hundza, Loko uri ku endleni ka leswi u toloveleke ku swi endla. Leswi lavaka u engetela matimba, u twa ku vava, u nonoka u nga endli hi ndlela leyi u toloveleke ha yona. Ndzi kombela u hlamula swivutiso leswi u ri karhi u tekela enhlokweni ku pfuniwa kun'wana na kun'wana loku unga na kona.

NOTE TO INTERVIEWER: Read and show scale to respondent

MOBILITY

	Overall in the last 30 days... <i>Hi ku angarela ka masiku ya makume nharhu lama nga hundza</i>	NONE <i>KU HAVA</i>	MILD <i>KO VEVUKA</i>	MODERATE <i>XIKARHI</i>	SEVERE <i>NGOPFU</i>	EXTREME / CANNOT DO <i>NGOPFU-NGOPFU/U NGE KOTI KU ENDLA</i>
Q1002	...how much difficulty did you have with <u>moving around</u> ? <i>U ve na ku tikeriwa ka njhani hi ku famba famba?</i>	1	2	3	4	5



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Q1003	...how much difficulty did you have in <u>vigorous activities</u> (such as cycling or working in the fields)? 'Vigorous activities' require hard physical effort and cause large increases in breathing or heart rate. U ve na ku tikeriwa ko fika kwihi loko u endla mintiro leyi lavaka matimba (mintiro yo tika leyi lavaka matimba ya miri leswi vangaka ku engeteleka ka mahefemulelo kumbe ku ba ka mbilu)?	1	2	3	4	5
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SELF-CARE

	Overall in the last 30 days, how much difficulty ... Hi ku katsakanya/angarela ka masiku ya makume-nharhu lama nga hundza, u vile naku tikeriwa ka njhani...	NONE KU HAVA	MILD KO VEVUKA	MODERATE XIKARHI	SEVERE NGOPFU	EXTREME / CANNOT DO DO NGOPFU-NGOPFU/U NGE KOTI KU ENDLA
Q1004	... did you have with <u>self-care</u> , such as washing/bathing or dressing yourself? U ve na ku tikeriwa ka njhani hi ku tihlayisa,ku fana na ku tihlambisa/ku hlantswa kumbe ku tiambarisa/ambexa?	1	2	3	4	5
Q1005	... did you have in <u>taking care of and maintaining your general appearance</u> (for example, grooming, looking neat and tidy). A wu ri na ku tikeriwa ko fika kwihi eka nhlayiso wa miri wa wena (xikombiso,ku tisasekisa ku fana na ku lughisa misisi na min'wala, ku languteka u basile)	1	2	3	4	5
Q1006	... did you have in <u>staying by yourself</u> for a few days (for example, 3 to 7 days)? Hi ku tshama u ri wexe masiku nyana(masiku manharhu ku ya ka ya nkombo)	1	2	3	4	5

PAIN AND DISCOMFORT

	Overall in the last 30 days... Hi ku angarela ka masiku ya makume nharhu lama nga hundza	NONE KU HAVA	MILD KO VEVUKA	MODERATE XIKARHI	SEVERE NGOPFU	EXTREME / CANNOT DO DO NGOPFU-NGOPFU/U NGE KOTI KU ENDLA
Q1007	...how much of <u>bodily aches or pains</u> did you have? U vile na ku vava ka miri na swithavi swo fika kwihi?	1	2	3	4	5
Q1008	...how much <u>bodily discomfort</u> did you have? U vile na ku ka u nga ti twi kahle emirini ko fika kwihi?	1	2	3	4	5
If Q1007 and Q1008 are both = 1, "None"..... →						Q1010



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Q1009	... how much difficulty did you have in your <u>daily life</u> because of your <u>pain</u> ? U vile na ku tikeriwa ko fika kwihi ka vutomi bya wena bya siku rin'wana na rin'wana hikuva u ri na switlavi?	1	2	3	4	5
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COGNITION

	Overall in the last 30 days, how much difficulty ... Hi ku katsakanya/angarela ka masiku ya makume-nharhu lama nga hundza, u vile naku tikeriwa ka njhani...	NONE KU HAVA	MILD KO VEVUKA	MODERATE XIKARHI	SEVERE NGOPFU	EXTREME / CANNOT DO NGOPFU-NGOPFU/U NGE KOTI KU ENDLA
Q1010	... did you have with <u>concentrating or remembering things</u> ? Ka ku tinyiketela na ku tsundzuka swilo?	1	2	3	4	5
Q1011	... did you have in <u>learning a new task</u> (for example, learning how to get to a new place, learning a new game, learning a new recipe)? Ka kudyondza tirho wuntswa (xikombiso, ku dyondza ku ya eka tindhawu letintswa, ku dyondza mitlango yintswa, ku dyondza ta maswekelo letintswa)?	1	2	3	4	5

INTERPERSONAL ACTIVITIES

	Overall in the last 30 days, how much difficulty... Hi ku katsakanya/angarela ka masiku ya makume-nharhu lama nga hundza, u vile naku tikeriwa ka njhani...	NONE KU TIKE RIWA	MILD KO VEVUKA	MODERATE XI KARHI	SEVERE NGOPFU	EXTREME / CANNOT DO NGOPFU-NGOPFU/U NGE KOTI KU ENDLA
Q1012	... did you have with <u>personal relationships or participation in the community</u> ? Hi vuxaka bya wena bya lexihundleni kumbe ku teka xiphemu eka swa vaaka tiko?	1	2	3	4	5
Q1013	... did you have in <u>dealing with conflicts and tensions</u> with others? Ku tirhana na mikitsikitsi na timholovo	1	2	3	4	5
Q1014	... did you have with <u>making new friendships or maintaining current friendships</u> ? Ku endla vunghana lebyintswa kumbe ku hlayisa vunghana lebyi u nga na byona sweswi?	1	2	3	4	5
Q1015	... did you have with <u>dealing with strangers</u> ?	1	2	3	4	5



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Ku tirhana na vanhu voka vanga tiveki?					
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SLEEP AND ENERGY

		NONE KU HAVA	MILD KO VEVUKA	MODERATE XIKARHI	SEVERE NGOPFU	EXTREME / CANNOT DO NGOPFU- NGOPFU/U NGE KOTI KU ENDLA
	Overall in the last 30 days, how much of a problem ... Hi ku angarela eka masiku ya makume-nharhu lama nga hundza, I xiphiqo xihilexi unga va na xona.					
Q1016	... did you have with sleeping, such as <u>falling asleep</u> , waking up <u>frequently during the night</u> or waking up <u>too early</u> in the morning? Hi ku etlela, kufana na kuva u khomi hi vurhongo, ku va na nkelunkelu, kumbe ku va u pfuka ka ha ri mixo swinene?	1	2	3	4	5
Q1017	... did you have due to not <u>feeling rested and refreshed</u> during the day (for example, feeling tired or not having energy)? Hi xivangelo xo ka unga titwi u wisile siku hinkwaro (xikombiso ku titwa u karhele, ku ka u nga ri na matimba)?	1	2	3	4	5
Q1017a Q7518	How many hours did you sleep last night? I tiawara tingani leti unga ti etlela tolo na vusiku?	<input type="text"/> <input type="text"/> : <input type="text"/> <input type="text"/> HOURS : MINUTES 8888 DON'T REMEMBER				
Q1017b Q7519	Please rate the quality of your sleep last night. Was it very good, good, moderate, poor or very poor? Vula ku ri vurhongo bya wena a byi ri lebya njhani vusiku lebyi nga hundza.u byi ri kahle swinene, kahle, xikarhi, hansi kumbe hansi swinene	1 VERY GOOD 2 GOOD 3 MODERATE 4 POOR 5 VERY POOR				<input type="checkbox"/>

AFFECT

		NONE KU HAVA	MILD KO VEVUKA	MODERATE XIKARHI	SEVERE NGOPFU	EXTREME / CANNOT DO NGOPFU- NGOPFU/U NGE KOTI KU ENDLA
	Overall in the last 30 days, how much of a problem ... Hi ku angarela eka masiku ya makume-nharhu lama nga hundza, I xiphiqo xihilexi unga va na xona.					
Q1018	... did you have with <u>feeling sad, low or depressed</u> ? Hi ku titwa u nga tsakanga,u ri hansi,kumbe u ri na ntshikelelo?	1	2	3	4	5
Q1019	... did you have with <u>worry or anxiety</u> ? Hi ku vilela kumbe ku navela?	1	2	3	4	5

VISION (If respondent normally wears glasses or contact lenses, should answer the following Qs as when wearing glasses/contact lenses.)



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Q1020	When was the last time you had your <u>eyes</u> examined by a medical professional? <i>A ku ri rini ro hetelela loko mahlo ya wena ma kamberiwa hi mukamberi wa ntokoto?</i> <i>INTERVIEWER: ENTER YEARS OR MONTHS AGO. ENTER "00" IF LESS THAN 1 YEAR OR 1 MONTH AGO.</i>	<input type="text"/> <input type="text"/> YEARS AGO <input type="text"/> <input type="text"/> MONTHS AGO 0000 NEVER 8888 DON'T KNOW
Q1021	Do you use eyeglasses or contact lenses to <u>see far away</u> (for example across the street)? <i>U tirhisa tighilazi ta mahlo ku vona kule? (Xikombiso, hi tlhelo leri n'wana ra xitarata?)</i>	1 YES 2 NO
Q1022	Do you use eyeglasses or contact lenses to <u>see up close</u> (for example at arms length, like when you are reading)? <i>U tirhisa maghilazi ya mahlo ku vona swa le ku suhi xikombiso ndhawu yo leha ku ringana na voko ra wena, ku fana na loko u ri ku hlayeni?</i>	1 YES 2 NO

		NONE KU HAVA	MILD KO VEVUKA	MODERATE XIKARHI	SEVERE NGOPFU	EXTREME / CANNOT DO NGOPFU- NGOPFU/U NGE KOTI KU ENDLA
Q1023	Overall in the last 30 days, how much difficulty did you have in <u>seeing and recognising a person or object you know across the road</u> (from a distance of about 20 meters)? <i>Ka masiku ya makume-nharhu lama nga hundza, u vile na ku tikeriwa ko fika kwihi eka ku vona na ku va u tiva xan'wa nchumu kumbe munhu loyi u n'wi tivaka loyi anga hala thlelo rin'wana ra patu (ka xivandla xa kwalomu ka makume-mbirhi wa timitara?)</i>	1	2	3	4	5
Q1024	Overall in the last 30 days, how much difficulty did you have in seeing and recognising <u>an object at arm's length</u> (for example, reading)? <i>Ka masiku ya makume-nharhu lama nga hundza, u vile na ku tikeriwa ko fika kwihi ka ku vona kumbe ku tiva xa nchumu lexi nga kwalomu ka ku leha ka voko(xikombiso, ku hlaya)?</i>	1	2	3	4	5

FUNCTIONING ASSESSMENT

These next questions ask about difficulties due to health conditions. Health conditions include diseases or illnesses, other health problems that may be short or long lasting, injuries, mental or emotional problems, and problems with alcohol or drugs. Think back over the last 30 days and answer these questions thinking about how much difficulty you had doing the following activities.



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Swivutiso leswi landzelaka swivutisa hi ku tikeriwa hikokwalaho ka xiyimo xa rihanyu. Xiyimo xa rihanyu xi katsa mavabyi, swiphiqu swin'wana swa rihanyu leswi nga tekaka nkarhi wo koma kumbe nkarhi wo leha, ku vaviseka, swiphiqu swa mihleketo kumbe ku khunguvanyeka, na swiphiqu swa xihoko kumbe swidzidziharisi. Hleketa ndzhaku ka masiku ya makume-nharhu lama nga hundza u hlamula swivutiso leswi u hleketa kuri hi kwih ku tikeriwa loku unga na kona eku endleni ka mintiro leyi landzelaka. Swin'wana swa swivutiso leswi swi nga tikomba swi yeleda, kambe hi lava u swi tekela nhlokweni na ku ri i swa nkoka ku hi nyika tinhlamulo eka xivutiso xin'wana na xin'wana.

INTERVIEWER: For each question, please circle only one response.

	In the last 30 days, how much difficulty did you have ... Eka masiku ya makume-nharhu lama nga hundza, u vile na ku tikeriwa ko fika kwih	None Ku hava	Mild KO VEVUKA	Moderate Xikarhi	Severe Ngopfu	Extreme / cannot do Ngopfu- ngopfu/u nge koti ku endla	N/A
Q1025	... in standing for long periods? Ku yima nkarhi wo leha?	1	2	3	4	5	98
Q1026	... in taking care of your household responsibilities? Ku va u ri wena loyi a nga yena ahlayisaka muti?	1	2	3	4	5	98
Q1027	... in joining in community activities [for example, festivities, religious or other activities] in the same way as anyone else can? Ku va u joyina/u ngenelela eka swihungasi /mitlango ya vaaka tiko (xikombiso, switsakiso, swa vukhongereri kumbe swin'wana) hi ndlela leyi un'wana a nga swi kota ka ha kona?	1	2	3	4	5	98
Q1028	... concentrating on doing something for 10 minutes? Ku va u tinyiketela ku endla xo karhi ku ringana timinete ta khume?	1	2	3	4	5	98
Q1029	... in walking a long distance such as a kilometer? Ku famba mpfuka wo leha wo ringana na kilomitara?	1	2	3	4	5	98
Q1030	... in washing (bathing) your whole body? Ku hlamba miri wa wena hinkwawo?	1	2	3	4	5	98
Q1031	... in getting dressed? Ku tiambarisa	1	2	3	4	5	98
Q1032	... in your day to day work? Eka ntirho wa wena wa siku rin'wana na rin'wana?	1	2	3	4	5	98
Q1033	In the last 30 days, how much have you been emotionally affected by your health condition(s)? Ka masiku ya makume-nharhu lama nga hundza, l ka ngani laha u nga kavanyeteka emoyeni hikokwalaho ka xiyimo xa wena xa rihanyu?	1	2	3	4	5	98
Q1034	Overall, how much did these difficulties interfere with your life? Hi ku angarela, l ka ngani laha ku tikeriwa loku ku nga ngenelela eka vutomi bya wena?	1	2	3	4	5	98



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Q1035	Besides any vision (eyeglasses, contact lenses) or hearing aids, do you use any other assistive devices (such as a cane, walker, or other) for any difficulties you experience? Handle ka swo pfuneta ku vona (tighilazi ta mahlo) kumbe swo pfuneta ku twa leswi vuriweke laha henhla, u tirhisa swin'wana swo pfuneta (nhonga yo famba ha yona kumbe xin'wana) ka ku tikeriwa ku n'wana kumbe vutivi?	1 YES 2 NO
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Section 2000: Subjective Wellbeing and Quality of Life

Now, we'd like to ask for your thoughts about your life and life situation. We want to know how you feel about your health and quality of life. Sweswi, hi lava ku vutisa hi ku ehleketa ka wena hi vutomi na xiyimo xa vutomi bya wena. Hi lava ku tiva ku ri u titwa njhani hirihanyu na "quality" ya vutomi bya wena.

Q2001	Do you have enough energy for everyday life? U na ku enerisiwa yo ringanela ka siku rin'wana na rin'wana ra vutomi?	1 Completely. Hi ku hetiseka 2 Mostly. Ko tala 3 Moderately. Kahlenyana 4 A little. Ka ntsongo 5 None at all. A kuna nchumu ka hinkwaswo
Q2002	Do you have enough money to meet your needs? Una mali yo ringanela ku kuma/ku fikelela leswi u swi lavaka?	1 Completely. Hi ku hetiseka 2 Mostly. Ko tala 3 Moderately. Kahlenyana 4 A little. Ka ntsongo 5 None at all. A kuna nchumu ka hinkwaswo

Please tell us how satisfied you are with the following issues. U komberwa ku hi byela kuri u enerisiwa njhani hi leswi landzelaka.

		VERY SATISFIED ENERISA NGOPFU	SATISFIED ENERISA	NEITHER SATISFIED NOR DISSATISFIED KU VA SWIENERISWA KUMBE U NGA ENERISIWI	DISSATISFIED A SWIENERISI	VERY DISSATISFIED ASWI ENERISI NA KA NTSONGO
Q2003	How satisfied are you with your health? U na ku enerisiwa ka njhani hi rihanyu ra wena?	1	2	3	4	5
Q2004	How satisfied are you with yourself? U na ku enerisiwa ka njhani hi wena n'wini?	1	2	3	4	5
Q2005	How satisfied are you with your ability to perform your daily living activities? U na ku enerisiwa ka njhani hi swikoti bya ku endla mitirho ya wena ya masiku hinkwawo?	1	2	3	4	5
Q2006	How satisfied are you with your personal relationships? U na ku enerisiwa ka njhani hi leswi vuxaka bya wena ni vanhu?	1	2	3	4	5
Q2007	How satisfied are you with the conditions of your living place? U na ku enerisiwa ka njhani hi xiyimo xa ndhawu leyi u tshamaka ka yona?	1	2	3	4	5
Q2008	Taking all things together, how satisfied are you with your life as a whole these days? Ku teka swilo hinkwaswo ka swona xikan'we, u ti twa u enerisiwile ku fikela kwihi hi vutomi bya wena hinkwabyo masiku lawa?	1	2	3	4	5
Q2009	How would you rate your overall quality of life? U nga vula hi ku angarela kuri nkoka wa vutomi? <i>Read responses</i>	1 Very Good. Swi kahle ngopfu 2 Good. Swi kahle 3 Moderate. Xikarhi 4 Bad. A swi kahle 5 Very Bad. A swi kahle na ka tsongo 8 DON'T KNOW. A NDZI TIVI				
Q2010	Taking all things together, how would you say you are these days? Ku teka swilo hinkwaswo ka ndhawu yin'we, u nga vula kuri u njhani eka masiku lama? <i>Read responses</i>	1 Very happy. U tsake ngopfu 2 Happy. U tsakile 3 Neither happy nor unhappy. U wu tsakanga kumbe u tsakile 4 Unhappy. U wu tsakanga 5 Very unhappy. A wu tsakanga na switsongo 8 DON'T KNOW. U WU TIVI				



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