







The Fourth Follow-up Study of the 1968 Tasmanian Asthma Survey

We would like to invite you to take part in a postal survey for a follow-up study of the 1968 Tasmanian Asthma Survey. In 1968, as part of a statewide survey of all 7 year old children, your parents filled in a questionnaire about your health. They also completed surveys for your brothers and sisters as well as for themselves. With 45,900 Tasmanians involved, this research is the largest asthma study in the world.

This current follow-up study will look at the factors that affect respiratory health in adults. We have found your address on the federal electoral rolls (allowed under sections 91(4A)(e) and 91(2A)(c) of the Commonwealth Electoral Act 1918 and Regulation 10 of the Electoral and Referendum Regulations) or recently from your brothers or sisters.

We would be grateful if you could help us by completing this survey booklet and returning it in the reply paid envelope provided. We'd like as many of you to complete the survey booklet as possible, even if you do not have any asthma or any respiratory problems. This is so we can compare information from people with and without respiratory illnesses to identify the causes of these conditions. This survey booklet contains:

- Consent Form which you need to sign if you agree to fill in this survey booklet
- · Respiratory Health Questionnaire
- Family Contact Details Form

We are asking for the details of your family so we can also survey them with a similar questionnaire in the future. Providing their details does not commit them to be involved in this study. You may wish to discuss this with them to make sure they are happy for you to pass on their information. A lot of time has gone by since the original study and if this letter happens to bring up memories of upsetting events that have occurred in your family, we sincerely apologise.

If you have questions about this research or need help in completing the survey, please contact Cathryn Wharton on **1800 110 711** (free call Australia wide) or email: inq-tas@unimelb.edu.au Alternatively, you could contact the chief investigator Dr Shyamali Dharmage on (03) 8344 0737.

Your participation in this survey is completely voluntary. If you do not wish to take part you are not obliged to, but please let us know by ringing 1800 110 711 (free call) so we do not send you a reminder letter. All information you provide is strictly confidential. Your Consent Form (page 2) and Family Contact Details Form (pages 11 and 12) which have your identifying information will be removed from this booklet and stored separately from your questionnaire. If you have a complaint about this project or concerns about your rights as a research participant, you can contact the Executive Officer, Human Research Ethics, The University of Melbourne on (03) 8344 4071.

Over the years this study has made many great contributions to the understanding of respiratory illnesses. Thank you for your help with this research so far and for taking the time to consider our request.

Sincere regards,

Dr Shyamali Dharmage, Senior Lecturer Chief Investigator of the T.A.S.

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Wharton

Cathryn Wharton, Senior Research Assistant Project Coordinator of the T.A.S.



Fourth Follow-up Study of the 1968 Tasmanian Asthma Survey

CONSENT FORM

If you agree to fill in this survey booklet we need you to sign below. Signing this form simply means that you are willing to take part in this postal survey and provide information in this booklet. It does not remove any of your legal rights as a research participant.

Please do not fold this booklet or remove any of the pages.

Before you post this booklet please make sure you have:

- 1. signed this Consent Form
- 2. completed the Respiratory Health Questionnaire (pages 3 to 10)
- 3. filled in the Family Contact Details Form (pages 11 and 12)

Post the completed booklet in the reply paid envelope provided or mail to:

Tasmanian Asthma Study Department of Public Health The University of Melbourne Reply Paid 75370 CARLTON VIC 3053

If you have any questions please contact Cathryn Wharton on 1800 110 711.

Participant Name:	ID number:
If the above name is <u>not correct</u> please record your current full name below	Эw.
Current name:	
I agree to complete this survey booklet that is part of a research study tit study of the 1968 Tasmanian Asthma Survey ", which is being conducted of The University of Melbourne.	-
I have been informed that the general purpose of this study is to identify the problems in adults. I know that my involvement in this research is voluntar at any time. I also understand that my personal information will be kept of will not be revealed in publications of results.	y and I am free to withdraw
I would like to receive a report on the findings of the study (please shade in the ov	al) Yes
Participant signature: Da	te:

RESPIRATORY HEALTH QUESTIONNAIRE TASMANIAN ASTHMA STUDY 1968 - 2003/04

	~
Please read these instructions & example • Please do not fold or bend this booklet.	es before you fill in the questionnaire.Unless indicated, shade in only one oval
Blue or Black pen Blue or black pen or 2B pencil. Please use a blue or black pen or 2B pencil.	Example: To indicate "female" A Male
Please mark your responses like this: ○ □	FemaleWhere a number is required,
Ovals must be completely shaded in.	write the number in the boxes and shade in the ovals.
Cross out any mistakes and shade	
in the correct oval, e.g: 🎽 👅	Example: To indicate "2"
If you need help to answer any of the	shade in ovals
questions please contact us on 1800 110 711 (free call).	2 3 3

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9 DEC

HEALTH QUESTIONS
 Have you ever been allergic to any of the following? SHADE ALL THAT APPLY
FoodsMedicineDustAnimals
O Pollen, grass, trees or flowers
2. Have you ever had eczema or any kind of skin allergy?
NoYes
3. Have you ever had hay fever (that is sneezing, running or blocked nose when you do not have a cold or the flu)?
NoYes
4. Have you had treatment for heart trouble in the past 10 years?
NoYes

	Are you disabled from walking by a condition other than heart or lung disease?	8.1 Are there months in which you have phlegm in your chest on most days?
	No Yes	 No → go to question 9 Yes → continue
r	Are you troubled by shortness of breath when nurrying on level ground or walking up a slight hill?	8.1.1 Do you bring up this phlegm on most days for at least three months each year?
	No → go to question 7Yes → continue	○ No ○ Yes
6	.1 Do you have to walk slower than people	8.1.2 For how many years have you had this phlegm?
	of your age because of breathlessness? No Yes	Less than 2 years2 - 5 yearsMore than 5 years
6	.2 Do you have to stop for breath when walking at your own pace on level ground?	9. Have you, at any time in your life, suffered from cough with phlegm in the chest (with or without a cold)?
	○ No○ Yes	 No → go to question 10 Yes → continue
6	.3 Do you ever get short of breath when resting?	9.1 Have you had cough with phlegm on
	○ No○ Yes	most days for at least three months of each year for two successive years?
	Do you usually cough when you do not nave a cold?	○ No○ Yes
	No → go to question 8 Yes → continue	10. Have you, at any time in your life, suffered from attacks of asthma or wheezy breathing? (Regard asthma and wheezy breathing as
7	.1 Are there months in which you cough on most days?	being much the same for this question.) ○ No → go to question 13
	 ○ No → go to question 8 ○ Yes → continue 	○ Yes → continue
	7.1.1 Do you cough on most days for at least three months of each year?	10.1 At what age did these attacks begin? (age in years) Write number AND shade in ovals
	NoYes	22
	7.1.2 For how many years have you had this cough?	3 3 4 4 5
	Less than 2 years2 - 5 yearsMore than 5 years	6 7 8 9
	Do you usually have phlegm in your chest when you do not have a cold?	10.2 How long ago did you have the last
	No → go to question 9 Yes → continue	attack?
	⊃ 165 → Continue	Within the last yearOver 1 year but lessthan 2 years agoOver 2 years ago

asthma?

11. Are you:

12. Have you been pregnant since you first had

 \bigcirc No \longrightarrow go to question 13

11.1 Have you ever noticed that your asthma changes with your monthly menstrual period? SHADE ONE ONLY No, my asthma does not change when I have my period Yes, my asthma gets worse when I have my period Yes, my asthma gets better when I have my period I don't have periods Don't know	 Yes → continue 12.1 What happened to your asthma during your pregnancies? SHADE ONE ONLY Improved Got worse Stayed the same Not the same for all pregnancies Don't know → go to question 13 				
Please answer A, B and C for questions 13 to 16. A. Has a doctor ever told you that you have or had this condition?	B. How old were you when you were told you had this condition? (age in years) Write number AND shade in ovals Eg. 2 years 0 2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0				
13. Asthma? ○ No → go to question 14 ○ Yes → continue	0 1 2 3 4 0 1 2 3 4 5 6 7 8 9 No Yes				
14. Chronic bronchitis? ○ No → go to question 15 ○ Yes → continue	0 1 2 3 4 O Yes				
15. Emphysema? ○ No → go to question 16 ○ Yes → continue	0 1 2 3 4 0 1 2 3 4 5 6 7 8 9 O Yes				
16. Chronic obstructive pulmonary disease or chronic obstructive ○ No → go to question 17 airways disease? ○ Yes→ continue	0 1 2 3 4 0 0 7 8 9 No Yes				
 17. Have you had wheezing or whistling in your chest in the last 12 months? (wheezing means a whistling sound, however high or low pitched and however faint.) No → go to question 18 Yes → continue 17.1 Have you been at all breathless when the wheezing noise was present? No Yes 17.2 Have you had this wheezing or whistling when you did not have a cold? No Yes 	 18. Have you, at any time in the last 12 months, woken up with a feeling of tightness in your chest? No Yes 19. Have you, at any time in the last 12 months, been woken at night by an attack of shortness of breath? No Yes 				

YOURSELF, WORK AND HOME Now, we are asking for some information about effect of these things on people's respiratory here.	
 20. In your lifetime, have you smoked at least 100 cigarettes or equal amounts of cigars, pipes, or any other tobacco product? No → go to question 21 Yes → continue 20.1 How old were you when you started smoking? (age in years) (age in years) Write number AND shade in ovals	20.3 How old were you when you stopped smoking? (age in years) Write number AND shade in ovals (age in years) 20.3.1 On average, during periods when
5 6 7 8 9	you smoked, how much did you smoke (total number of cigarettes or equivalent product)? (Provide the average number per day OR per week OR per month)
20.2 Do you currently smoke (within the last 4 weeks)?	per day OR per week OR per month
 Not at all → go to question 20.3 Yes, daily → continue Yes, at least weekly → continue Yes, less than weekly → continue 20.2.1 On average, how much do you currently smoke (total number of cigarettes or equivalent product)?	Write number AND shade in ovals 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
(Provide the average number per day OR per week OR per month)	7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7
Write number AND shade in ovals OR per week OR per month 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	21. Not counting yourself, how many people in your household currently smoke regularly (most days of the week) inside the house? Write number AND shade in ovals White number AND shade in ovals
, go to quodito 2 1	22. Do people smoke regularly (most days of the week) in the room where you work (not counting yourself)?NoYes

23. On average, how many hours per day are you exposed to other people's tobacco smoke (work and home)? Write number AND shade in ovals With the control of the control o	26. How many of your own (biological) children have you had? Write number AND shade in ovals 4 5 6 7 8 9
24. What is your height without shoes? (answer	If you have not had children → go to question 27 If you have had children → continue
either in feet and inches OR in centimetres.) Feet and Inches OR Centimetres OOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOO	26.1 How many of your own (biological) children have ever suffered from attacks of asthma or wheezy breathing? Write number AND shade in ovals Write number AND shade in ovals
25. What is your weight? (answer either in stone and pounds OR in pounds OR in kilograms)? Stone and Pounds OR Kilograms OOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOO	27. What is the highest educational or vocational qualification that you have completed? SHADE ONE ONLY Grade 1 to 6 Grade 7 to 9 Grade 10 or 11 Grade 12 or equivalent (eg. Higher School Certificate) Trade / Apprenticeship (eg. Hairdresser, electrician, plumber etc) Certificate or Diploma (eg. Child care, technician etc) University degree (eg. Bachelor) Higher University Degree (eg. Graduate Diploma, Masters, PhD)

28. Are you currently employed or self-employed? SHADE ONE ONLY	cooking?
○ Yes	SHADE ONE ONLY
 No, I am currently studying. 	○ Gas
 No, unemployed for less than 6 months and 	Electric
actively seeking work	 Coal, coke or wood
 No, unemployed for more than 6 months and actively seeking work 	Other
 No, I am not working due to health, family 	32. Do you have an exhaust fan over the stove?
or other reasons	
No, retired	 ○ No → go to question 33 ○ Yes → continue
No, other	○ Yes → continue
29. What is your main occupation?	32.1 When cooking how often do you use the fan?
SHADE ONE ONLY	All of the time
Managar ar administrator (ag. magistrato	All of the timeSome of the time
Manager or administrator (eg. magistrate, ganaral manager, school principal directo	
general manager, school principal, directo	None of the time
of nursing, farm manager)	
 Professional (eg. scientist, doctor, nurse, 	32.2 Does the fan take the fumes outside the
allied health professional, teacher, artist)	house?
 Associate professional (eg. technician, 	
manager, youth worker, police officer)	O No
 Tradesperson or related worker 	O Yes
(eg. hairdresser, gardener, florist)	Don't know
 Advanced clerical or service worker 	
(secretary, flight attendant, law clerk,	33. Has there ever been mould or mildew on any
personal assistant)	surfaces, other than food, in your home?
 Intermediate clerical, sales or service 	a N
worker (eg. typist, data entry operator,	○ No → go to instructions on bottom of page
receptionist, child care worker, nursing	Yes → continue
assistant, hospitality worker)	
 Intermediate production or transport 	33.1 Which rooms have been affected?
worker (eg. machine operator, bus driver,	SHADE ALL THAT APPLY
sewing machinist)	C. Dathwa area
 Elementary clerical, sales or service 	Bathrooms
worker (eg. filing/mail clerk, parking	Your bedroom
inspector, sales assistant, telemarketer,	Other bedrooms
housekeeper)	Living areas
 Labourer or related worker (cleaner, 	Kitchen
factory worker, farm hand, kitchen hand)	Any other area/s
House person	
	33.2 Has there been mould or mildew on any surface, other than food, in your home in the last 12 months?
	○ No
30 . Which types of heating do you use at home?	O No
SHADE ALL THAT APPLY	○ Yes
Goodusted central heating	
Gas ducted central heating	If you are male, please make sure you have
Coal or wood fire	signed the Consent Form (page 2) and
Gas room heater	completed the Family Contact Details Form
Electric heater (eg. radiator, fan or	(pages 11 & 12). Please return this whole
Dimplex-type) Other central heating (e.g. electric	
Other central heating (eg. electric,	booklet in the reply paid envelope provided.
hydronic, slab floor heating)	Thank you for your time and contribution to
Reverse cycle air-conditioning	the T.A.S.
Other	If you are female, please go to the next page.
	<u>In you are remaie, prease yo to the next page.</u>

SUPPLEMENT FOR WOMEN

We are looking at the reasons why more women have asthma than men, especially since it is more common in boys than in girls. This is why we are asking the following questions. Thank you for your help.

34. Have you ever had a menstrual period?

34.1 What was the age of your first period? (age in years)

Write number AND 3 3 shade in ovals 4 4 6 6

35. Have you **ever** used birth control pills or other hormonal contraceptives (implants or injections)?

35.1 At what age did you first use birth control pills or other hormonal contraceptives?

(age in years)

Write number AND shade in ovals

35.2 Are you currently taking birth control pills or other hormonal contraceptives?

NoYes

35.3 Over your whole lifetime, in total how many months or years have you taken birth control pills or other hormonal contraceptives? (answer in months **OR** years.)

36. Are you currently pregnant?

No

Yes

Don't know

37. Have you ever been pregnant in the past?

○ No → go to instructions below

Yes → go to question 38 (next page)

If No, please make sure that you have signed the Consent Form (page 2) and completed the Family Contact Details Form (pages 11 and 12). Please return this whole booklet in the reply paid envelope provided.

Thank you for your time and contribution to the T.A.S.

RESPIRATORY HEALTH QUESTIONNAIRE - TASMANIAN ASTHMA STUDY 1968 - 2003/04

38. For each of your past pregnancies (including live births, miscarriages, abortions or still births), please fill in the following information going down the page. If more than 8 pregnancies, please record the details on a separate piece of paper.

record the details of	1st pregnancy	2nd pregnancy	3rd pregnancy	4th pregnancy	5th pregnancy	6th pregnancy	7th pregnancy	8th pregnancy
38.1 What was your age when you became pregnant? (age in years) Write number AND shade in ovals	0 0 1 1 2 2 3 3 4 4 5 6 7 8 9	0 0 1 1 2 2 3 3 4 4 4 6 6 7 8 9	0 0 1 1 2 2 3 3 4 4 5 6 7 8 9	0 0 1 2 2 3 3 4 4 6 6 7 8 9	0 0 1 1 2 2 3 3 4 4 4 6 6 7 8 9	0 0 1 1 2 2 3 3 4 4 6 6 7 8 9	0 0 1 1 2 2 3 3 4 4 5 6 7 8 9	0 0 1 0 2 2 2 3 3 4 4 6 6 7 8 9
38.2 Taking 40 weeks as the usual length, how long was this pregnancy (counting from your last menstrual period)? Write number AND shade in ovals	0 0 0 1 1 0 2 2 3 3 3 4 4 4 5 6 7 8 9 Don't chnow	0 0 0 1 1 2 2 2 3 3 3 4 4 4 5 6 7 8 9 Don't chnow	0 0 0 1 1 0 2 2 3 3 3 4 4 4 5 6 7 8 9 Don't chnow	0 0 0 1 1 2 2 2 3 3 4 4 4 5 6 7 8 9 Don't chnow	0 0 0 1 1 0 2 2 3 3 3 4 4 4 3 6 7 8 9 Don't chnow	0 0 0 1 1 2 2 2 3 3 4 4 4 5 6 7 8 9 Don't chnow	0 0 0 1 1 2 2 3 3 3 4 4 4 6 6 7 8 9 Don't chnow	0 0 0 1 1 2 2 3 3 3 4 4 4 6 6 7 8 9 Don't chnow
38.3 Was this a live birth? (i.e not a miscarriage, abortion or stillbirth?)	○ No ○ Yes	○ No ○ Yes	○ No ○ Yes	○ No ○ Yes	○ No ○ Yes	○ No ○ Yes	O No O Yes	O No O Yes
38.4 IF LIVEBIRTH, did you breast- feed the baby or express breast milk for your baby?	O No Yes	○ No ○ Yes	O No Yes	○ No ○ Yes	O No Yes	○ No ○ Yes	O No Yes	○ No ○ Yes
38.5 IF BREASTFED, for how many months did you breastfeed or express breast milk? Write number AND shade in ovals	00010223334446566077788899		0 0 1 2 2 3 3 4 4 6 6 6 7 7 8 8 9 9		001020334466607768899	0 0 1 2 2 3 3 4 4 6 6 6 7 7 8 8 9 9	001020000000000000000000000000000000000	001023334466667788899

Now please make sure that you have signed the Consent Form (page 2) and completed the Family Contact Details Form (pages 11 & 12). Please return this whole booklet in the reply paid envelope provided.

Thank you for your time and contribution to the T.A.S.

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FAMILY CONTACT DETAILS FORM

We would like to collect the contact details of your family so we can also survey them with a similar questionnaire in the future. Providing their information does not commit them to be involved. You may wish to discuss this with them to make sure they are happy with you passing on their information.

ALL NAMES AND ADDRESSES ARE KEPT STRICTLY CONFIDENTIAL

If you have any questions about this research, contact Cathryn Wharton on 1800 110 711. Please DO NOT separate this page from your booklet. Thank you!

Main study part	icipant details:				
Your name:					Family ID:
Tour name.	If this is not correct please provide	le your current i	name below:		ID:
Current name:					
Your address:					
Tour address.	If this is not correct please provid	le your correct a	ddress below:		
Address:					
	Street number Street name		Suburb		Postcode
Home Ph:		Work Ph:		Mobile Ph:	
Details of your p	arents:				
				_	
Name:	If this is not correct please provid	le current name	helow		ID:
Current name:	If this is not correct picuse provid	е синен ните	betow.		
Address:	Street number Street name		Suburb		Postcode
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Home I n.		WOIKT II.		Mobile 1 n.	
Name:					ID:
	If this is not correct please provid	le current name	below:		
Current name:					
Address:					
	Street number Street name		Suburb		Postcode
Home Ph:		Work Ph:		Mobile Ph:	
Details of your b	orothers and sisters:				
Name:					ID:
rame.	If this is not correct please provide	le current name	below:		ID.
Current name:					
Address:					
Address.	Street number Street name		Suburb		Postcode
Home Ph:		Work Ph:		Mobile Ph:	
Name:					ID:
	If this is not correct please provid	le current name	below:		
Current name:					
Address:					
, , , , , , , , , , , , , , , , , , ,	Street number Street name	w p.	Suburb		Postcode
Home Ph:		Work Ph:		Mobile Ph:	
Name:					ID:
	If this is not correct please provid	le current name	below:		
Current name:					
Address:					
	Street number Street name		Suburb		Postcode
Home Ph:		Work Ph:		Mobile Ph:	

ПП