Version #29/05/2008	Tasmanian Longitudinal Health Study PAG		S): Laboratory Visit Questionnaire
Participant ID :	Fa	mily I	D:
Participant Initials:			
Participant DOB:	/ /		
Interview Date :	/		
Interviewer Initials :			
to respond. Definitions of		s. To st	estion and all the categories before expecting them andardise the questionnaire administration across the questionnaire
HOME ENVIRONM	ENT		
First I am going to ask	few questions about your home an	d the	area where you live.
1. For how many years	s have you lived in your present ho	me?	(<1 year code as 1)
2. In which decade wa	s your present home built?		Before 1940 1941-1960 1961-1970 1971-1980 1981-1990 1990- Present Don't know
3. What is the base stru	ucture of your home?	Tick or	Concrete slab Stumps and wooden flooring Combination of above Don't know
4. How old is the mattr	ress in your bed?	Tick or	Less than 12 months old

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		1-5 years old More than 5 years old Don't know Not relevant (e.g. waterbed)		
5 . Is there fitted carpet in the bedroom?	□ No	T Yes		
If Yes 5.1 What is the age of the carpet?	Tick or	Less than 12 months old 1 - 5 years old More than 5 years old Don't know		
6. On average, how often is your bedroom vacuumed, or	if it ha	s a hard floor, how often is it		
swept or mopped?	Tick or	ne		
		5 or more times each week		
		2 - 4 times each week Once a week Less than once a week but more than once a month Once a month or less		
7. On avarage how often is your hadroom aired by ones	ina wi	ndays for at least for 1 hour?		
7. On average, how often is your bedroom aired by open	Tick or			
8. Do you keep or own any cats?				
If no, go to Q9		No Yes		
If yes > 8.1 How many?		Number		
8.2 Are the cats allowed ind	loors?	No Yes		
If no, go to Q9		ino i es		
If yes \sim 8.2.1 Are the cats allowed in	n the b	pedroom?		

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Now go to Q9		No Yes
110W go 10 Q)		
9. Has there been a cat in the house in the last 12 months	?	No Yes Don't know
AIR POLLUTION		
10. During working days (Monday to Friday) is the traffic no	oise at	home so intense that you would have to
close the windows so you are not disturbed?	Tick or	ne
		Constantly
		Frequently
		Seldom
		Never
		Don't know (never at home during BH)
11. During working days (Monday to Friday), how often do house?	heavy	vehicles such as trucks or buses pass your
	Tick	one
		Constantly
		Frequently
		Seldom
		Never
		Don't know (never at home during BH)
12. On a scale of 0 to 10, how much is the area where yo Zero means not at all and 10 means severely affected.	u live	e subjected to woodsmoke in winter? Number
13. On a scale of 0 to 10, how much is the area where yo Zero means not at all and 10 means severely affected.	ou live	e subjected to fog or smog in winter? Number

14. On a scale of 0 to 10, when you are at home, how much are you annoyed by outdoor

Version #1 11/02/2008 Tasmanian Longitudinal Health Study (TAHS): Laboratory Visit Questionnaire air pollution from traffic, industry, woodsmoke or other sources if you keep the windows open? Zero means no annoyance and 10 means intolerable annoyance. Definitions to be used when administering the questions below: "Attack" or "flare up" of asthma: is a period of time when asthma symptoms are worse or more frequent than usual. One could have asthma symptoms regularly or intermittently without getting attacks or flare-ups. The attacks tend to occur after a cold/sore throat or during an 'allergen season'. <u>Chronic Bronchitis/COPD/COAD/emphysema:</u> cough and sputum for at least 3 months for 2 successive years. **ASTHMA** Now I am going to ask few questions about few respiratory conditions that you may or may not have. **15.** Have you ever had asthma? No Yes If no, go to Q16 page 8 If yes continue 15a. How old were you when you had your first symptoms of asthma? years old 15.1 Was this confirmed by a doctor? No Yes If yes 15.2 How old were you when this was confirmed? years old 15.3 How old were you when you had your most recent symptoms of asthma? years old **Symptom Severity** 15.4. Have you been woken from your sleep by your asthma? last 12 months last 1 month No Yes No Yes *If Yes to last month:* 15.4.1 How many nights were you woken from sleep by your asthma in the last week? Number of nights 15.5. Have you had asthma symptoms when you wake in the morning? *last 12 months* last 1 month П No Yes No Yes *If Yes to last month:* 15.5.1 How many mornings in the last week? Number of mornings 15.6 Have you been limited in any of the following activities because of asthma?

have you been nimed in any of the following activities because of asunna:

Tick the appropriate boxes in each category:

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15.6.1	All activities				
15.6.2	When dressing	No	Yes		Yes
15.6.3	Walking on level ground	No	Yes		Yes
15.6.4	Hurrying on level ground	No	Yes		Yes
15.6.5	Walking up stairs or up hills	No	Yes		Yes
15.6.6	Active sports	No	Yes		Yes
15.6.7	Other (Specify)	No	Yes		Yes
	(1111)/	No	Yes	No Y	Yes
₿ If Yes to a	ny of 15.6.1 to 15.6.7, go to 15.7. If all were No, a	lo 15.6.8	8 first.		
15.6.8	Would you agree or disagree with the following s	statemer	nt:		
"Му	asthma has not limited any of my activities."	last 12	months disagree	last month	h disagree
	have your asthma symptoms (of any severity) be	en?			
Tick one	No asthma in the past 12 months				
	Asthma symptoms in the past 12 months but not	t in the l	last month	l	
	Asthma symptoms in the last month, but not free	quent (le	ess than o	nce per we	ek)
	Frequent (once per week or more but not daily)	in the la	ast 1 mont	h	
	Persistent (daily)				
If 'No asthma in the past 12 months', go to Q15.14. If any asthma in last 12 months continue					
An "attack" or	ent have your asthma attacks/flare ups been over the "flare up" of asthma is a period of time when asthma could have asthma symptoms regularly or intermitten	a sympto	oms are wo	orse or moi	
	None in the past 12 months				
	3 or less in the past 12 months				
	4 or more but less than monthly				
	More than monthly in the last 12 months				
	More than weekly or persistent				
	Not sure				

15.9. Have you had an episode of asthma which has made you unable your speech to only 1 or 2 words between breaths?	e to speak or se	evere enough to limit
your speech to only 1 of 2 words between breaths:	last 12 months	last 1 month
	No Yes	No Yes
15.10. On average, how would you rate the severity of your asthma?		
	last 12 months tick one	last 1 month tick one
Not severe at all		
Mild	ā	
Moderate		
Severe		
Not sure		
Events		
15.11. Have you lost any days from work, school or usual activities be	ecause of your a	ısthma?
	last 12 months	last 1 month
	No Yes	No Yes
<i>If yes</i> ♥: 15.11.1. How many?		
1) yes . 13.11.1.110 w many.		
	last 12 months	last 1 month
15.12. Have you had an attack or symptoms of asthma that was so bac general practitioner, ambulance, emergency locum or 24 hour		call your
	last 12 months	last 1 month
	No Yes	No Yes
If yes = 15.12.1. How many?		
	last 12 months	last 1 month
15.13. Have you had an attack or symptoms of asthma that was so bac emergency or casualty department?	l you had to go	to a hospital
	last 12 months	last 1 month
	No Yes	No Yes
<i>If yes</i> ○ 15.13.1. How many?		
	last 12 months	last 1 month
15.14 Have you ever been admitted to a bosnital because of your cath	ıma? 🗖	
15.14. Have you ever been admitted to a hospital because of your asth	ma? D	Yes
₿ If no, go to Q16		
If yes 7 15.14.1 In the past 12 months?		

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	No	Yes
If yes • 15.14.1.1 How many times in the last 12 months?	Number	
15.14.1.2 How many times in the last 1 month?	Number	
15.15. Have you ever had an attack or symptoms of asthma which resulte intensive care unit?	ed in an adm	nission to a hospital Yes
15.16 Have you ever been given a demonstration on the correct use of you	r metered do	ose inhaler? Yes
15.16.1 In the last 12 months?		Yes
15.17 Has your doctor ever checked your inhaler technique?	No No	T Yes
15.17.1 In the last 12 months?	□ No	Yes
15.18 Do you have written instructions from your doctor on how to mans or if you have an attack?		nma if it gets worse Yes
15.18.1 Last 12 months?	No	Yes
15.19 Has your doctor given you a verbal plan telling you how to manage if you have an attack?	· —	a if it gets worse or Yes
15.19.1 Last 12 months?	No	Yes
15.20 Do you have a peak flow meter of your own?		TYes
15.20.1 How often have you used it in the last 3 months? A) Never B) Some days C) Most days		
15.21 Has your doctor ever measured your breathing in his/flows/spirometry/bronchodilator response)?	ner surgery No	(including peak Yes
15.21.1 In the last 12 months?	□ No	T Yes

COPD/COAD/Chronic Bronchitis/EMPHYSEMA

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16. Have you ever had Chronic Obstructive Pulmonary Disease/Chronic Chronic Airways Disease/Chronic Bronchitis/Emphysema? Signs of these illnesses are cough and sputum for at least 3 months for 2 years.			
□ No		T Yes	
If no, go to Q17			
If yes continue			
16.1 Was this confirmed by a doctor?		T Yes	
If yes 7 16.2 How old were you when this was confirmed	ed?		years old
FAMILY PREDISPOSITION Interviewers note: Encourage respondents to give answers to the best of out the "Don't Know" option, and avoid using it whenever possible. If the of all of their siblings (or children), record their answers for the ones the	ey don	't know th	e health status
don't know about any of their siblings (or children), then use 'Don't Kno	-	.now abou	n. If they
I am now going to ask about the respiratory conditions of your family you are not aware of these details but respond according to what you	_		_
17. Has your biological mother ever had self reported or doctor diagnosed 17.1 Asthma?	:	Yes	Don't know
17.2 COPD, COAD, chronic bronchitis or emphysema?	No	Yes	Don't know
18 . Has your biological father ever had self reported or doctor diagnosed: 18.1 Asthma?			
18.2 COPD, COAD, chronic bronchitis or emphysema?	No No	Yes Yes	Don't know Don't know
19. Do you, or did you, have any biological brothers or sisters? This includes half-brothers and half-sisters, but not step-brothers or step-sisters.	No	Yes	Don't know
If No, go to Q20 If Yes continue			
19.1 How many?	Ü		
How many of your biological brothers or sisters have ever had self r	Numb eporte		Don't know or diagnosed:
19.2 Asthma?			П

Number

Don't know

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19.3 COPD, COAD, chronic bronchitis, emphysema?	Number]	Don't know
20. Do you, or did you, have any biological children?	□ No	T Yes	
[™] If No, go to Q21 If Yes continue			
20.1 How many?	Number]	
20.2. How many of them have ever had self reported or d	octor dia	ignosed a	sthma?
	Number]	Don't know
21. Has any member of your family or close relatives died from asthma? mean children, parents, siblings, nephews, nieces, grand parents, first cous	•	•	
If Yes: 21.1 How many?	Number		
22. Has any member of your family or close relatives died Bronchitis/Emphysema?	from	COPD/C	OAD/Chronic
If Yes: 22.1 How many?	No Number	Yes	Don't know
When administering Q23 and Q25:			
First ask the main question as given below i.e. "Have you used any is breathing in the last 12 months?"	nhaled n	nedicines	to help your
If the response is yes, get the participant to tell what medication/s he/she h	as used	and find v	what group of
drugs the participant's drug belongs to from the medication list provided v	vith this	questionn	aire.
Then administer the sub questions under each medication (i.e. if a Short A	cting be	ta-2-agoi	nist inhaler is
used complete 23.1 to 23.1.2.3)			
MEDICINES AND INHALERS			
23. Have you used any inhaled medicines to help your breathing in the last	12 mon	ths?	Yes
Which of the following have been used in the last 12 month	s?		

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23.1 Short Acting beta-2-agonist inhalers?	No	Yes
If no go to Q 23.2. If Yes continue		
23.1a Which one?		
23.1b Which type of inhaler device do you use?		
23.1c Strength/dose per puff (mcg)?	No	Yes
23.1d Are you currently using this medication?		
23.1e How long have you been using this particular medication? Days/Mths/Yrs		
23.1.1 In the last 12 months, how have you used them: TICK ONLY ONE BOX		
a) when needed□→ go to 23.1.1a b) in short courses□→ go to 23.1.1b c) continuously□→ go to 23.1.1c d) not at all□		
23.1.1a If "when needed": Average number of puffs per month		
23.1.1b If "in short courses": Number of courses in last 12 months		
Average number of puffs per day during flare-up]]
Average number of days of flare-up		_
23.1.1c If "continuously": Average number of puffs per day		
23.1.2 In the last 1 month, how have you used them: TICK ONLY ONE BOX a) when needed□→ go to 23.1.2a b) in short courses□→ go to 23.1.2b c) continuously□→ go to 23.1.2c d) not at all□		
23.1.2a If "when needed": Average number of puffs per month		
23.1.2b If "in short courses": Number of courses in last 12 months]
Average number of puffs per day during flare-up]]
Average number of days of flare-up]
23.1.2c If "continuously": Average number of puffs per day		

No

Yes

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23.2 Long Acting beta-2-agonists?		
23.2a Which one?		
23.2b Which type of inhaler device do you use?		
23.2c Strength/dose per puff (mcg)?	No	Yes
23.2d Are you currently using this medication?		
23.2e How long have you been using this particular medication? Days/Mths/Yrs		
23.2.1 In the last 12 months, how have you used them: TICK ONLY ONE BOX		
a) when needed ¬ go to 23.2.1a b) in short courses. ¬ go to 23.2.1b c) continuously ¬ go to 23.2.1c d) not at all		
23.2.1a <i>If</i> "when needed": Average number of puffs per month		
23.2.1b If "in short courses": Number of courses in last 12 months		
Average number of puffs per day during flare-up		
Average number of days of flare-up		
23.2.1c If "continuously": Average number of puffs per day		
23.2.2 In the last <u>1 month</u> , how have you used them: TICK ONLY ONE BOX		
a) when needed		
23.2.2a <i>If</i> "when needed": Average number of puffs per month		
23.2.2b If "in short courses": Number of courses in last 12 months		
Average number of puffs per day during flare-up	🖳	_
Average number of days of flare-up		
23.2.2c If "continuously": Average number of puffs per day		
23.3 Anticholinergic Inhalers?	No	Yes
23.3a Which one?		

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23.3b Which type of inhaler device do you use?
23.3c Strength/dose per puff (mcg)? No Yes
23.1d Are you currently using this medication?
23.3e How long have you been using this particular medication? Days/Mths/Yrs
23.3.1 In the last 12 months, how have you used them: TICK ONLY ONE BOX a) when needed
23.3.1c If "continuously": Average number of puffs per day
23.3.2 In the last 1 month, how have you used them: TICK ONLY ONE BOX a) when needed
23.3.2a If "when needed": Average number of puffs per month
23.3.2b If "in short courses": Number of courses in last 12 months
Average number of puffs per day during flare-up
Average number of days of flare-up
23.3.2c If "continuously": Average number of puffs per day
23.4 Inhaled Steroids?
23.4b Which type of inhaler device do you use?
23.4c Strength/dose per puff (mcg)? No Yes 23.1d Are you currently using this medication?

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23.4e How long have you been using this particular medication? Days/Mths/Yr	°S
23.4.1 In the last 12 months, how have you used them: TICK ONLY ONE BO	OX
a) when needed ¬→ go to 23.4.1a b) in short courses ¬→ go to 23.4.1b c) continuously ¬→ go to 23.4.1c d) not at all □	
23.4.1a If "when needed": Average number of puffs per month	
23.4.1b If "in short courses": Number of courses in last 12 months	
Average number of puffs per day during flare-up	
Average number of days of flare-up	
23.4.1c If "continuously": Average number of puffs per day	
23.4.2 In the last 1 month, how have you used them: TICK ONLY ONE BOX a) when needed	X
23.4.2a If "when needed": Average number of puffs per month	
23.4.2b If "in short courses": Number of courses in last 12 months	
Average number of puffs per day during flare-up	
Average number of days of flare-up	
23.4.2c If "continuously": Average number of puffs per day	N. V.
23.5 Inhaled cromoglycate/nedocromil? 23.5a Which one?	No Yes
23.5b Which type of inhaler device do you use?	
23.5c Strength/dose per puff (mcg)?	No Yes
23.1d Are you currently using this medication?	
23.5e How long have you been using this particular medication? Days/Mths/Yr	rs

23.5.1 In the last 12 months, how have you used them: TICK ONLY ONE BOX

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a) when needed		
23.5.1a If "when needed": Average number of puffs per month		
23.5.1b If "in short courses": Number of courses in last 12 months		
Average number of puffs per day during flare-up]
Average number of days of flare-up		
23.5.1c If "continuously": Average number of puffs per day		
23.5.2 In the last 1 month, how have you used them: TICK ONLY ONE BOX a) when needed		
23.5.2a If "when needed": Average number of puffs per month		
23.5.2b If "in short courses": Number of courses in last 12 months]
Average number of puffs per day during flare-up]
Average number of days of flare-up		
23.5.2c If "continuously": Average number of puffs per day		
23.6 Inhaled Compound Bronchodilators? 23.6a Which one?	No	Yes
23.6b Which type of inhaler device do you use?		
23.6c Strength/dose per puff (mcg)?	No	Yes
23.1d Are you currently using this medication?		
23.6e How long have you been using this particular medication? Days/Mths/Yrs		
23.6.1 In the last 12 months, how have you used them: TICK ONLY ONE BOX		
a) when needed		

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d) not at all
23.6.1a If "when needed": Average number of puffs per month
23.6.1b If "in short courses": Number of courses in last 12 months
Average number of puffs per day during flare-up
Average number of days of flare-up
23.6.1c If "continuously": Average number of puffs per day
23.6.2 In the last 1 month, how have you used them: TICK ONLY ONE BOX
a) when needed
23.6.2a If "when needed": Average number of puffs per month
23.6.2b If "in short courses": Number of courses in last 12 months
Average number of puffs per day during flare-up
Average number of days of flare-up
23.6.2c If "continuously": Average number of puffs per day
23.7 Inhaled combination of steroids and long acting beta 2 agonist? 23.7a Which one?
23.7b Which type of inhaler device do you use?
23.7c Strength/dose per puff (mcg)? No Yes 23.1d Are you currently using this medication?
23.7e How long have you been using this particular medication? Days/Mths/Yrs
23.7.1 In the last 12 months, how have you used them: TICK ONLY ONE BOX a) when needed
23.7.1a <i>If</i> "when needed": Average number of puffs per month

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23.7.1b If "in short courses": Number of courses in last 12 months
Average number of puffs per day during flare-up
Average number of days of flare-up
23.7.1c If "continuously": Average number of puffs per day
23.7.2 In the last 1 month, how have you used them: TICK ONLY ONE BOX
a) when needed
23.7.2a If "when needed": Average number of puffs per month
23.7.2b If "in short courses": Number of courses in last 12 months
Average number of days of flare-up.
23.7.2c If "continuously": Average number of puffs per day
23.8 Other inhaled medication?
No Yes 23.8a Which one?
23.8b Which type of inhaler device do you use?
23.8c Strength/dose per puff (mcg)? No Yes 23.1d Are you currently using this medication?
23.8d How long have you been using this particular medication? Days/Mths/Yrs
23.8.1 In the last 12 months, how have you used them: TICK ONLY ONE BOX
a) when needed ¬→ go to 23.8.1a b) in short courses ¬→ go to 23.8.1b c) continuously ¬→ go to 23.8.1c d) not at all
23.8.1a If "when needed": Average number of puffs per month
23.8.1b If "in short courses": Number of courses in last 12 months

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	Average number of puffs per day during flare-up		
	Average number of days of flare-up]
23.8.1c If "continuously"	": Average number of puffs per day]
23 8 2 In the last 1 month	how have you used them: TICK ONLY ONE BOX		
23.8.2 III the last <u>1 month</u> ,	·		
	a) when needed ¬ go to 23.8.2a b) in short courses ¬ go to 23.8.2b c) continuously ¬ go to 23.8.2c d) not at all		
			7
23.8.2a If "when needed"	: Average number of puffs per month	· [
23.8.2b If "in short course	es": Number of courses in last 12 months	🔲]
	Average number of puffs per day during flare-up	🖳	
	Average number of days of flare-up		_
23.8.2c If "continuously	": Average number of puffs per day		
24. Have you ever used in	haled steroids to help your breathing?	□ No	T Yes
₩ If l	No go to Q 25, if Yes continue	110	103
24.1 At what a	ge did you start using inhaled steroids?		years
24.2 In the pas	st 5 years, how many months would you have used inhaled		
steroids	on most days?		months
25. Have you used any p breathing at any time in th	ills, capsules, tablets or medicines, other than inhaled medie last 12 months?		
If I	No go to Q 26 page 20, if Yes continue	No	Yes
Which of the following h	ave been used in the last 12 months?		
25.1 Oral theophyllines			
If no go to Q2:	5.2 If Yes continue	No	Yes
25.1a Which one?			
	blet (mg)?	No	Yes
23.1c Are you currently us	sing this medication?		

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25.1d How long have you been using this particular medication? Days/Mths/Yrs		
25.1.1 In the last 12 months, how have you used them: TICK ONLY ONE BOX		
a) when needed		7
25.1.1a If "when needed": Average number of tablets per month		
25.1.1b If "in short courses": Number of courses in last 12 months		
Number of tablets per day during flare-up		_
Average number of days of flare-up		_
25.1.1c If "continuously": Number of tablets per day		
25.1.2 In the last 1 month, how have you used them: TICK ONLY ONE BOX		
a) when needed ¬ go to 25.1.2a b) in short courses ¬ go to 25.1.2b c) continuously ¬ go to 25.1.2c d) not at all		_
25.1.2a If "when needed": Average number of tablets per month		
25.1.2b If "in short courses": Number of courses in last 1 month		
Number of tablets per day during flare-up	.	_ -
Average number of days of flare-up		_
25.1.2c If "continuously": Number of tablets per day		
25.2 Oral Steroids?	□ Na	Vac
If no go to Q25.3 If Yes continue	No	Yes
25.2a Which one?		
25.2b Strength/dose per tablet (mg)?	No	Yes
23.1c Are you currently using this medication?		
25.2d How long have you been using this particular medication? Days/Mths/Yrs		
25.2.1 In the last 12 months, how have you used them: TICK ONLY ONE BOX		

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c) continuously go to 25.1.1c d) not at all□
25.2.1a If "when needed": Average number of tablets per month
25.2.1b If "in short courses": Number of courses in last 12 months
Number of tablets per day during flare-up
Average number of days of flare-up
25.2.1c If "continuously": Number of tablets per day
25.2.2 In the last 1 month, how have you used them: TICK ONLY ONE BOX
a) when needed□→ go to 25.2.2a b) in short courses□→ go to 25.2.2b c) continuously□→ go to 25.2.2c d) not at all□
25.2.2a If "when needed": Average number of tablets per month
25.2.2b If "in short courses": Number of courses in last 1 month
Number of tablets per day during flare-up
Average number of days of flare-up
25.2.2c If "continuously": Number of tablets per day
25.3 Oral Anti-leukotrienes?
No Yes If no go to Q25.4 If Yes continue
25.3a Which one?
25.3b Strength/dose per tablet (mg)? No Yes
23.1c Are you currently using this medication?
25.3d How long have you been using this particular medication? Days/Mths/Yrs
25.3.1 In the last 12 months, how have you used them: TICK ONLY ONE BOX
a) when needed□→ go to 25.3.1a b) in short courses□→ go to 25.3.1b c) continuously□→ go to 25.3.1c d) not at all□
25.3.1a If "when needed": Average number of tablets per month

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TAGE 20		
25.3.1b If "in short courses": Number of courses in last 12 months	🔲	
Number of tablets per day during flare-up		
Average number of days of flare-up		
25.3.1c If "continuously": Number of tablets per day		
25.3.2 In the last 1 month, how have you used them: TICK ONLY ONE BOX		
a) when needed		
25.3.2a If "when needed": Average number of tablets per month		
25.3.2b If "in short courses": Number of courses in last 1 month	. 🔲	
Number of tablets per day during flare-up		
Average number of days of flare-up	📙	
25.3.2c If "continuously": Number of tablets per day	. Ш	
25.4 Other Oral Medications?		
25.4.1 List	No	Yes
26 . Have you ever been prescribed home oxygen therapy?	□ No	Tes
If no go to Q27 If Yes continue	110	105
26.1 Are you currently using oxygen therapy at home?	□ No	Tes
26.2 For how many years have you been using oxygen therapy at home? 26.3 How have you used oxygen therapy during the last month?		years
26.3.1 For relief of symptoms or when needed		
26.3.2 For flare-ups or attacks	No	Yes U
26.3.3 Regularly, on a daily basis	No No	Yes Yes

onnaire	
□ No	T Yes
□ No	Tes
nonths?	
No	Yes
	No N