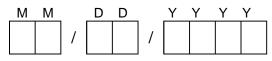
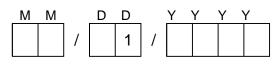
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<ul> <li>Answer every question to the best of your ability.</li> <li>It will take approximately 30 minutes to complete the questionnaire.</li> </ul>																			
1. What is your currer	nt mailing	address	s?																
Address Line 1:																			
Address Line 2 (optional):																			
City (or FPO/APO):																			
State/Province/Region (or AA/AE/AP):							ZIP/I	Postal	Cod	e:									
Country:																			
2. Phone number:																			

To update your contact information, please contact us by email at NHRC-VaccineRegistry@med.navy.mil or by phone at 619-553-9255.

3. What is today's date?



4. What is your date of birth?



5. What is your current weight?

	loounds

- 6. What is your current military status?
  - O Regular Active Duty
  - O Active Reserve/Guard
  - O Reserve/Guard (not active)
  - O Separated
- 7. What is your Rank/Grade? (For example: E-01, W-05, O-10, etc.)



<ol> <li>What is your current marital status? (Choose the single best answer)</li> </ol>	9. What is the highest level of education that you have completed? (Choose the single best answer)
○ Single, never married	O Less than high school completion/diploma
$\bigcirc$ Separated (no longer living as a married couple)	○ High school degree/GED/or equivalent
O Married (not separated)	○ Some college, no degree
O Divorced	O Associate's degree
○ Widowed	O Bachelor's degree
	O Master's, doctorate, or professional degree

10. Have you received any vaccinations since the time covered in your last survey?

O No	O Yes
------	-------

If you marked "NO," to question 10 skip to question 12. If you marked "YES" please proceed to question 11.

11. Please list all the vaccinations you have received since the time covered in your last survey.

	М	М		Υ	Υ	Υ	Υ		Μ	М		Y	Υ	Υ	Y
а.			/					d.			/ [				
b. [			/ [					e.			/ [				
С.			/					f.			/ [				

### 12. Since the time covered in your last survey:

	a.	Have you had a biological grandmother(s), mother, or sister(s) under the age of 65 develop heart disease?	O No	O Yes	O Unsure
	b.	Have you had a biological grandfather(s), father, or brother(s) under the age of 55 develop heart disease?	O No	O Yes	O Unsure
	c.	Have you had a first degree relative (for example, mother, father, sister, or brother) under the age of 50 develop a heart condition?	O No	O Yes	O Unsure
	d.	Has someone in your family been diagnosed with Myocarditis or Pericarditis?	O No	O Yes	O Unsure
13.	con	ce the time covered in your last survey, have you been diagnosed with any medical ditions and/or have you received treatment for any medical conditions? (please cons diac and non-cardiac conditions)	sider	O No	O Yes

If YES, please specify:

14. Since the time covered in your last survey, have you had any of the following symptoms?

a. Weakness (not related to exercise)	O No	O Yes
b. Fever	O No	O Yes
c. Gastrointestinal symptoms	O No	O Yes
d. Shortness of breath	O No	O Yes
e. Chest pain	O No	O Yes

If you have NOT experienced chest pain since completing your last survey, please skip to question 17 on page 4. If you marked "YES" to question 14e, please proceed to question 15.

15. The following questions relate to the chest pain you have experienced since completing your last survey. Does the pain...

a. Increase when you lie on your back	? O No	O Yes	e. Worsen when leaning forward while sitting?	' O No	O Yes
b. Decrease when you lie on your bac	k?O No	O Yes	f. Feel tender when you touch it?	O No	O Yes
c. Improve when lying on one side?	O No	O Yes	g. Other? (if YES, please describe)	O No	O Yes
d. Worsen when lying on one side?	O No	O Yes			
		ľ	describe other chest pair	۱	

16. The following questions ask how much your **heart condition** affected your life during the **past 4 weeks**. After each question, select 0, 1, 2, 3, 4, or 5 to show how much your life was affected. If a question **does not** apply to you, mark the 0 after that question.

Did your <b>heart condition</b> prevent you from living as you wanted during the <b>PAST 4 WEEKS</b> by:	No	Very Little		Moderately		Very Much
a. Causing swelling in your ankles or legs?	O 0	O 1	O 2	O 3	O 4	O 5
b. Making you sit or lie down to rest during the day?	0 0	O 1	02	03	O 4	○ 5
c. Making your walking about or climbing stairs difficult?	0 0	O 1	02	○ 3	O 4	05
d. Making your working around the house or yard difficult?	0 0	O 1	02	○ 3	O 4	○ 5
e. Making your going places away from home difficult?	0 0	O 1	02	O 3	O 4	O 5
f. Making your sleeping well at night difficult?	00	O 1	02	03	O 4	05

### Question 16 continued...

Did your **heart condition** prevent you from living as you wanted during the PAST 4 WEEKS by:

уо	u wanted during the <b>PAST 4 WEEKS</b> by:	No	Very Little		Moderately		Very Much
g.	Making your relating to or doing things with your friends or family difficult?	0 0	O 1	O 2	03	O 4	05
h.	Making your working to earn a living difficult?	0 0	O 1	02	○ 3	O 4	○ 5
i.	Making your recreational pastimes, sports or hobbies difficult?	00	O 1	O 2	O 3	O 4	O 5
j.	Making your sexual activities difficult?	O 0	O 1	02	03	O 4	○ 5
k.	Making you eat less of the foods you like?	0 0	O 1	O 2	O 3	O 4	O 5
I.	Making you short of breath?	0 0	O 1	02	○ 3	O 4	○ 5
m.	Making you tired, fatigued, or low on energy?	0 0	O 1	02	○ 3	O 4	05
n.	Making you stay in a hospital?	0 0	O 1	O 2	Ο3	O 4	O 5
0.	Costing you money for medical care?	0 0	O 1	02	03	O 4	O 5
p.	Giving you side effects from treatments?	O 0	O 1	O 2	○ 3	O 4	O 5
q.	Making you feel you are a burden to your family or friends?	0 0	O 1	0 2	O 3	O 4	O 5
r.	Making you feel a loss of self-control in your life?	0 0	O 1	O 2	○ 3	O 4	O 5
s.	Making you worry?	0 0	O 1	O 2	O 3	O 4	O 5
t.	Making it difficult for you to concentrate or remember things?	0 0	O 1	02	○ 3	○ 4	○ 5
u.	Making you feel depressed?	00	O 1	02	O 3	O 4	05

17. Have you taken over the counter or prescription non-steroidal anti-inflammatory drugs (NSAIDs) in the past six months? NSAIDs include aspirin, ibuprofen, and naproxen, which are frequently used to relieve fever, pain, and/or inflammation. There are several generic and name brand versions of NSAIDs, such as Motrin®, Advil®, Aleve®, and Relafen®.

O No O Yes

> If you marked "NO," to question 17, please skip to question 19. If you marked "YES", please proceed to question 18.

18. Please list all of the NSAIDs (over the counter and/or prescription) that you have taken in the past six months.

					Frequ	iency		
	Type/name of NSAID	Dose (in mg)	More than once a day	Daily	4-6 times a week	2-3 times a week	Weekly	Rarely
а. 🗌			] 0	0	0	0	0	0
b. 🗌			] 0	0	0	0	0	0
c.			] 0	0	0	0	0	0
d. 🗌			] 0	0	0	0	0	0

19. Have you ever been diagnosed with an autoimmune disorder (e.g. Graves' disease, rheumatoid arthritis, systemic lupus erythematosus, etc.)?

O No	Μ	М		Y	Y	Υ	Y
O Yes, if yes, please specify:			/ [				

20. Are you currently taking any prescription medications?

O No O Yes

If you marked "NO," to question 20, please skip to question 22. If you marked "YES", please proceed to question 21.

21. Please list all of the prescription medications you are **currently** taking.

	Drug Name	Dose	Frequency	Indication
a.				
b.				
C.				
d.				
e.				

22. In general, would you say your health is: (Please select only one)				
O Excellent	O Very good	O Good	O Fair	O Poor

23. Over the <b>g</b> 24-hour po	p <u>ast month</u> , how many h eriod?	ours of sleep did you get	in an average	hours		
24. About hov O None	v many times <u>each week</u> O Once a week	do you floss your teeth? O 2-3 times/week	O 4-7 times/wee	k	week	
25. Other that	n conventional medicine,	what other health treatm	ents have you used <u>in th</u> e	e last 6 months?		
a. Mind-bo	ody medicine: (e.g. biofee	back, hypnosis,spirtual h	nealing)	O No	O Yes	
b. Biologic	al based practices: (e.g.	herbal therapy, highdose	/megavitamin therapy, ho	meopathy) O No	O Yes	
c. Manipul	ative and body-based pra	actices: (e.g. acupressur	e, chiropractic care, mass	age) O No	O Yes	
d. Energy	medicine: (e.g. acupunct	ure, energy healing, mag	net therapy)	O No	O Yes	
	26. Excluding energy drinks, on an <u>average day</u> , how many 8-12 oz beverages containing caffeine do you drink (e.g. coffee, tea, soda)?					
O None	○ 1-2 per day	O 3-5 per day	○ 6-10 per day	○ 11 or more per d	ay	
			o you drink (e.g. Monster, erving. For example, one ○ 6-10 per day		servings.	
<ul> <li>28. About how many times <u>each week</u> do you eat from a fast food restaurant (like hamburgers, tacos, or pizza)?</li> <li>O None O Once a week O 2-3 times/week O 4-7 times/week O 8-14 times/week O 15 or more times/week</li> </ul>						

29. About how many days a <u>week</u> do you eat what is described as a heart healthy diet? (e.g. ≥ 5 servings of fruit and vegetables a day, low fat protein sources, whole grains, limit unhealthy oils)?

O None	○ Once a week	○ 2-3 days/week	○ 4-6 days/week	○ 7 days/week	
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30. In a <u>typical week</u>, how much time do you spend participating in...
 (Please mark both your typical "days per week" and "minutes per day" doing these activities)

a.	<b>STRENGTH TRAINING</b> or work that strengthens your muscles? (e.g. lifting/pushing/pulling weights)	Days per week	Minutes per day	<ul><li>O None</li><li>O Cannot physically do</li></ul>
b.	<b>VIGOROUS</b> exercise or work that causes heavy sweating or large increases in breathing or heart rate? (e.g. running, active sports, marching, biking)	Days per week	Minutes per day	O None O Cannot physically do
C.	<b>MODERATE</b> or <b>LIGHT</b> exercise or work that causes light sweating or slight increases in breathing or heart rate? (e.g. walking, cleaning, slow jogging)	Days per week	Minutes per day	O None O Cannot physically do

31. Choose the single best description of your USUAL daily activities.

O You sit during the day and do not walk much.

O You stand or walk a lot during the day, but do not carry or lift things often.

O You lift or carry light loads, or climb stairs or hills often.

O You do heavy work or carry heavy loads often.

32. On a typical day, how much time do you spend sitting and watching TV or videos or using a computer?

Hours per day

These next few questions are about drinking alcoholic beverages. Alcoholic beverages include liquor such as whiskey, gin, beer, wine, wine coolers, etc. For the purpose of this questionnaire:					
One	e drink = one 12-ounce b	peer, one 4-ounce glass of v	vine, or one 1.5-ounce sho	t of liquor	
33. In the <u>pas</u>	<u>t 6 months</u> , how often o	did you have a drink contain	ing alcohol?		
O Never	O Monthly or less	O 2-4 times a month	○ 2-3 times a week	O 4 or more times a week	
		If you marked "Never," sk	ip to question 36.		
34. In the <b>past 6 months</b> , on those days that you drank alcoholic beverages, on average, how many drinks did you have?drinks					
35. In the <b>past 6 months</b> , how often did you have 5 or more alcoholic beverages on one occasion?					
O Never	O Monthly or less	○ 2-4 times a month	O 5-10 times a month	O 11 or more times a month	

36. In the past 6 months, have you used any of the following tobacco products?

a. Cigarettes	- O No	O Yes
b. Cigars	O No	O Yes
c. Pipes	O No	O Yes
d. Smokeless tobacco (chew, dip, snuff)	O No	O Yes

If you marked a "YES," go to question 37. If you marked all "NO," skip to question 38. 37. When smoking, how many packs per day did you or do you smoke?

O Less than half a pack per day

O Half to 1 pack per day

O 1 to 2 packs per day

O More than 2 packs per day

38. Have you ever tried to quit smoking?

O Yes, and succeeded

O Yes, but not successfully

O No

### 39. The following questions ask how often you felt or behaved a certain way. In the past **MONTH**, how often have you...

	le past MONTH, now olten nave you	Never	Almost Never	Some- times	Fairly Often	Very Often
a.	been upset because of something that happened unexpectedly?	0	0	0	0	0
b.	felt that you were <b><u>unable</u></b> to control the important things in your life?	0	0	0	0	0
c.	felt nervous and/or stressed?	0	0	0	0	0
d.	dealt successfully with irritating life hassles?	0	0	0	0	0
e.	felt that you were effectively coping with important changes that were occurring in your life?	0	0	0	0	0
f.	felt confident about your ability to handle your personal problems?	0	0	0	0	0
g.	felt that things were going your way?	0	0	0	0	0
h.	found that you could <b><u>not</u></b> cope with all the things that you had to do?	0	0	0	0	0
i.	been able to control irritations in your life?	0	0	0	0	0
j.	felt you were on top of things?	0	0	0	0	0
k.	been angered because of things that happened that were outside of your control?	0	0	0	0	0
I.	found yourself thinking about things that you have to accomplish?	0	0	0	0	0
m.	been able to control the way you spend your time?	0	0	0	0	0
n.	felt difficulties were piling up so high that you could <b><u>not</u></b> overcome them?	0	0	0	0	0

# Because of your frequent military moves, please provide contact information for someone who will always know your whereabouts.

## Alternative point of contact:

Last Name:	First Name	: Middle Initial:
Relationship:		
Address Line 1:		
Address Line 2 (optional):		
City (or FPO/APO):		
State/Province/Region (or AA/AE/AP):	ZIP/I	Postal Code:
Country:		
Phone number:		
Email address:		

Thank you for taking the time to complete this survey. If you have any questions or concerns regarding this survey, please contact us at: NHRC-VaccineRegistry@med.navy.mil