

Chapter 17

Mood and Personality

BACKGROUND

For Visit 3, the CES-D will be interviewer administered to all participants. The NEO-FFI will be only be collected for all new enrollees (grandchildren generation and all new family members) by interviewer administration.

CES-D

Depressive symptomatology as assessed by the Center for Epidemiological Studies – Depression (CES-D) scale constitutes the primary measure of psychological status to be used in the LLFS. The CES-D and validated modifications are among the most widely used general assessments of depressive symptoms in population studies. Depression has been correlated to cardiovascular morbidity and mortality. The abbreviated or 10-item version with four response options (rarely or none, some or a little, a moderate amount and most or all of the time) was selected for use in this study. The total score of this version ranges from 0 to 30 with high scores indicating greater depressive symptoms. Items 5 and 8 are positively worded (I felt hopeful about the future, I was happy) and are thus reverse scored. When two or fewer items are skipped a prorated score should be computed. When three or more items are skipped, the total score should be treated as missing.

Methods: When a participant asks for an interpretation of a particular response, the following definitions should be given.

Rarely or none of the time	=	Less than one full day
Some of the time	=	One to two days
A moderate amount of time	=	Three to four days
Most or all of the time	=	Five to seven days

Use Refused or Don't Know when:

- The question is asked, but the participant chooses not to answer. For example, response is: *"I would rather not say"* or *"Go on to the next question"*.
- The question is asked, but the participant does not know, does not remember, or does not understand the question.

Scoring: The computer calculates the score based on an algorithm which totals the scores for all responses in questions 1 through 10. Total the response values from 1 (some) through 3 (most) for all questions.

Do not include "Refused or Don't Know" in the score. If each question is answered, the total score will be 0 to 30.

Important: Interviewer – Please note total score to determine whether the participant needs an immediate referral for depression.

CES-D Alerts: A CES-D alert is identified as a score of greater than or equal to 14 on the modified 30 point CES-D (Depression) scale. In addition, any mention or indication during the clinic exam of suicidal tendencies is also to be considered an alert. If this occurs, the interviewer should let the participant know that it is possible to obtain help in dealing with such feelings. If the interviewer is uncomfortable with doing this, a supervisor may discuss this with the participant. The participant should be asked if he/she has a physician that could be consulted regarding depression. If the participant indicates he/she has no outside resource, the interviewer may provide a professional referral that has been selected by the site's Principal Investigator.

DETAILED INSTRUCTIONS FOR CES-D

For Form Questions 1 through 10:

1. The CES-D Questionnaire consists of ten questions. Since it is a scale for depression, it must be completed using responses by the participant, not a proxy.
2. *Script: "I am going to read you a list of ways you might have felt or behaved during the past week or past 7 days. After I read an item, please look at this card and tell me how often you have felt this way during the past week."*
3. Hand Card CESD to participant. See Appendix B.
4. Read each item as it is written on the form, continuing with the response categories. For example:

Script: "During the past week I was bothered by things that usually don't bother me. How often did you feel this way? Did you feel that way rarely or none of the time, some or a little of the time, a moderate amount of time, or most of the time during the past week?"
5. Discontinue reading the responses when the participant provides a response before you are finished. On the next item, however, use your best judgment to decide whether to begin reading the entire set of responses.
6. Check the response on the form. If the participant refuses to respond to the statement, check "Refused or Don't know".
7. If the participant asks about the meaning of an item or tries to qualify a statement, simply repeat the statement. For example:

Participant: *What do you mean by 'bothered'?*

Interviewer: *"I was bothered by things that usually don't bother me. Did you feel that way rarely, none of the time, most of time, or all of the time?"*

If the participant still asks about the meaning or says s/he does not understand, check Refused or Don't Know.

NEO FIVE-FACTOR INVENTORY (PANEL 11B)

The complete five-factor inventory (60 questions) will administered to all newly enrolled participants (grandchildren and all new relatives) at Visit 3.

Methods: This questionnaire should be administered to the participant using the following script:

Interviewer Script: "Now I'm going to read some statements. Listen carefully. For each statement, choose the response on this card that best represents your opinion. Choose strongly disagree (1) if the statement is definitely false for you, choose Disagree (2) if the statement is mostly false, choose Neutral (3) if you can't decide, choose Agree (4) if the statement is mostly true, and choose Strongly agree (5) if the statement is mostly true for you. For example, if statement was "I laugh easily", and this was definitely true for you, you would say "strongly agree" (or choose Category 5).

Important Scoring Note: If you receive 10 "I don't know" (i.e., neutral) responses in a row, you can stop administering the questionnaire. The remainder of the questions should be marked as "R" in the DES.

Alternate Phrasing of Unfamiliar Words: If the participant is not familiar with a word used in a statement, you may give them a synonym for the unfamiliar word. These substitutions should only be used if the participant says they do not understand the word or phrase. Suggested substitutions are listed question-by-question below.

Bolded text is modification to original item:

1. None needed
2. None needed
3. I don't like to waste **or spend too much time** daydreaming, **or thinking or dreaming about things during the day.**
4. I try to be courteous **or polite** to everyone I meet.
5. I try to keep my belongings **and things** clean and neat.
6. I often feel inferior **or not as good as / less important than** others.
7. None needed
8. None needed
9. I often get into arguments with my family and [coworkers] **classmates.**
10. I'm pretty good about pacing myself **or giving myself enough time (taking the right amount of time)** so as to get things done on time.
11. When I am under a great deal of stress, sometimes I fell like I'm going to pieces **or I'm going to fall apart.**
12. I don't consider myself especially "light hearted" **or easy going, relaxed.**
13. I am interested by the patterns I find in art and nature; **I am interested in art and nature.**
14. Some people feel that I am selfish and egotistical; **that I only care about myself or spend a lot of time thinking about myself.**
15. I am not a very methodical **or planful, orderly person.**
16. I rarely (**hardly ever**) feel lonely or blue.
17. None needed
18. I believe letting children hear controversial speakers **with whom many people disagree** can only confuse and mislead them.
19. I would rather cooperate **or work together** with others than compete with them.
20. I try to perform all the tasks assigned to me conscientiously **or carefully; mindfully.**
21. I often fell tense or jittery; **nervous, shaky.**

22. None needed
23. Poetry has little or no effect on me; **poetry doesn't do much for me.**
24. I tend to be cynical and skeptical of others' intentions; **I think other people have bad intentions, I don't trust people.**
25. I have a clear set of goals **or things I want to do**, and I work toward them in an orderly fashion (**a certain order**).
26. Sometimes I feel completely worthless **or of no use or value.**
27. None needed
28. None needed
29. I believe that most people will take advantage of you, **or use you for their benefit**, if you let them.
30. I waste a lot of time (**spend too much time**) before settling down to work.
31. I rarely (**hardly ever**) feel fearful or anxious **or afraid.**
32. None needed
33. I seldom (**don't often**) notice the moods or feelings that different environments produce; **in other words, I don't often notice the moods or feelings different places have or notice feeling different in different places.**
34. None needed
35. I work hard to accomplish my goals; **to finish the things I want to do.**
36. None needed
37. I am a cheerful, high spirited **or happy** person.
38. I believe we should look to our religious authorities (**leaders**) for decisions on moral issues **or to help us with problems about what is right and wrong.**
39. Some people think of me as cold and calculating **or unemotional and sneaky.**
40. When I make a commitment, I can always be counted on to follow through; **When I say I'll do something, I do it.**
41. None needed
42. I am not a cheerful optimist; **I am not a happy person who is hopeful about the future.**
43. Sometimes when I am reading poetry or looking at a work of art, I feel a chill or a wave of excitement; **I get excited.**
44. I'm hard-headed and tough-minded **or stubborn** in my attitudes; **in other words, I don't change my mind easily.**
45. Sometimes I am not as dependable or reliable (**or trustworthy**) as I should be.
46. I am seldom (**not often**) sad or depressed.
47. My life is fast-paced **or busy**; **in my life, a lot happens all the time.**
48. I have little interest in speculating on the nature of the universe or human condition; **in other words, I am not really interested in trying to figure out the meaning of things or people.**
49. I generally try to be thoughtful and considerate **and kind.**
50. I am a productive **or hard working** person who always gets the job done.
51. I often feel helpless (**powerless**) and want someone else to solve my problems.
52. None needed
53. I have a lot of intellectual curiosity; **I am curious about learning.**
54. None needed
55. I never seem to be able to get organized; **to get my things in an orderly, neat way.**
56. At times I have been so ashamed **or feel so bad about myself that** I just want to hide.
57. None needed
58. I often enjoy playing with theories and abstract ideas; **I often enjoy playing with ideas and guesses about the meaning of things and I enjoy trying to figure out things.**
59. If necessary, I am willing to manipulate, **trick or use people** to get what I want.
60. None needed

Alternative phrasings adapted from Markey PM, Markey CN, Tinsley BJ, Ericksen AJ. A preliminary validation of preadolescents' self-reports using the Five-Factor Model of personality JOURNAL OF RESEARCH IN PERSONALITY 36 (2): 173-181 APR 2002.

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