**WP2 Variable List for Self-Completion Postal Questionnaire**

This SPSS file contains 1158 cases, each representing a participant. The file corresponds to the WP2 Self completion questionnaire (attachment A) which contains:

* Participant ID and GP practice
* Demographic and health questions corresponding to questionnaire (variable labels start with ‘Q’)
* Each item from the Pittsburgh Sleep Quality Index (PSQI: variable names and labels start with ‘P’)

The file also contains:

* Coding frames for SES and health problems
* Scoring for each of the 7 components of the PSQI and the Global Score

|  |  |  |
| --- | --- | --- |
| Variable Number | Variable Name | Variable Label |
|  | ID\_full | Participant ID |
|  | Practice | GP practice participant recruited from |
|  | GPAgeGroup | Age Groups from GPs |
|  | Gender | Q1) Gender |
|  | Age | Q2) Age |
|  | Maritalstatus | Q3) Marital status |
|  | Numberchildren | Q4) Number of children |
|  | Paidemployment | Q5) Current paid employment |
|  | Jobtitle | Q6) Job title- as a string |
|  | SES | Social Economic Status in 9 groups (NS-SEC) |
|  | Lastworked | Q7) Age last worked |
|  | Healthproblems | Q8) Health problems- listed as a string |
|  | Counthealthprob | Number of health conditions listed (from Q8) |
|  | BP | Blood Pressure (from Q8) |
|  | Cholesterol | Cholesterol (from Q8) |
|  | Diabetes | Diabetes (from Q8) |
|  | Mentalhealth | Mental health/cognitive problems (from Q8) |
|  | Heartprob | Coronary event/problems/ cardio-vascular disease (current or past, from Q8) |
|  | Stroke | Stroke (from Q8) |
|  | muscl\_skeletal | Musculo-skeletal problems (arthritis, from Q8) |
|  | Cancer | Cancer (currently or recently, from Q8) |
|  | Stomach | Stomach or intestinal problems (from Q8) |
|  | Majorpastevent | Major past health events (including cancer 3+ years ago, from Q8) |
|  | Skin | Skin problems (from Q8) |
|  | Lungs | Problems with lungs or breathing (from Q8) |
|  | Other | Other or unknown (from Q8) |
|  | PQ1bedtime | P(Q1) - bedtime |
|  | PQ2minutesfallasleep | P(Q2) - minutes fall asleep |
|  | PQ3getup | P(Q3) - get up |
|  | PQ4hourssleep | P(Q4) - hours sleep |
|  | hoursinbed | hours in bed |
|  | P5a | P(5a) Cannot get to sleep within 30mins |
|  | P5b | P(5b) Wake up in the middle of the night or early morning |
|  | P5c | P(5c) Use bathroom |
|  | P5d | P(5d) Cannot breathe comfortably |
|  | P5e | P(5e) Cough or snore |
|  | P5f | P(5f) Too cold |
|  | P5g | P(5g) Too hot |
|  | P5h | P(5h) Have bad dreams |
|  | P5i | P(5i) Have pain |
|  | P5j | P(5j) Other reason |
|  | P6 | P(6) Sleep medication |
|  | P7 | P(7) Trouble staying awake |
|  | P8 | P(8) Lack enthusiasm |
|  | P9 | P(9) Sleep quality |
|  | PCOMP1subjective | PCOMP1: subjective sleep quality |
|  | PCOMP2sleeplatency | PCOMP2: sleep latency |
|  | PCOMP3duration | PCOMP3: sleep duration |
|  | PCOMP4Asubof4 | PCOMP4A: sub of 4 (efficiency as percentage) |
|  | PCOMP4efficiency | PCOMP4: efficiency |
|  | PCOMP5disturbances | PCOMP5: disturbances |
|  | PCOMP6medication | PCOMP6: medication |
|  | PCOMP7dysfunction | PCOMP7: dysfunction |
|  | PGLOBAL | PSQI global score |