



Data Collection Worksheet

Please Note: The Data Collection Worksheet (DCW) is a tool to aid integration of a PhenX protocol into a study. The PhenX DCW is not designed to be a data collection instrument. Investigators will need to decide the best way to collect data for the PhenX protocol in their study. Variables captured in the DCW, along with variable names and unique PhenX variable identifiers, are included in the PhenX Data Dictionary (DD) files.

1. Have you lost 5 or more pounds at any time over the past 12 months?

1 Yes (if yes, go to 1b)

0 No (go to question 2)

8 Dont know (go to question 2)

7 Refused (go to question 2)

1b. How much weight did you lose in the past 12 months? If you are not sure, please make your best guess.

___ ___ ___ pounds

8 Dont know/dont remember

7 Refused

2. Were you trying to lose weight?

1 Yes (go to question 2b)

0 No (go to question 3)

8 Dont know (go to question 3)

7 Refused (go to question 3)

2b. What methods did you use to lose weight?

-1 Reduced food intake (decreased quantities of all food eaten)

-1 Limiting your intake to only 1 or 2 types of food (e.g., ate only grapefruit or only lean meats)

-1 Reduced fat intake

- 1 [] Use of fat/caloric modified foods (low fat, fat-free)
- 1 [] Use of a liquid diet formula such as Slim-fast or Optifast
- 1 [] Commercial weight loss program (Weight Watcher, Jenny Craig, or self-help group (Over Eaters Anonymous, TOPS)
- 1 [] Decreased alcohol intake
- 1 [] Increased exercise
- 1 [] Increased smoking
- 1 [] Diet pills (prescription or nonprescription)
- 1 [] Stomach surgery/intestinal bypass
- 1 [] Consulted with dietician/physician/other professional
- 1 [] Other (Please specify): _____

3. What do you think caused this weight loss? (Interviewer note: Please check all that apply)

- 1 [] Illness (please specify): _____
- 1 [] Surgery (please specify): _____
- 1 [] Medications
- 1 [] Stressful time
- 1 [] Loss of appetite
- 1 [] Change in eating habits
- 1 [] Change in exercise habits/amount of physical activity
- 1 [] Other (please specify): _____
- 1 [] Dont know

Protocol source: <https://www.phenxtoolkit.org/protocols/view/251101>