

CODING AND CALCULATIONS FOR THE *STUDENT HEALTH LIFESTYLE QUESTIONNAIRE* (SLQ)

Please give proper credit for use of this instrument to: Ruth C. Engs, *The Student Health and Lifestyle Questionnaire* IUScholarWorks permanent repository, Indiana University, Bloomington, IN
<http://hdl.handle.net/2022/17338>

The following is the SPSS program for the Student Health and Lifestyle Questionnaire as used on a mainframe computer. For use on a PC computer with SPSS or other software you will have to adjust the variables to be compatible with your software.

The variables and their space numbers plus the calculations are all found here. I have included one-way-analysis of variance and other statistics as used in the Engs and Aldo-Benson article for examples. You will need to recode it and use appropriate statistic for your study and data.

Compare each variable to the copy of the questionnaire with the coding to find out what spaces each variable is found in. You might wish to find someone who is familiar with SPSS code to help you. Please note that the original coding was designed for 80 spaces and two lines and you will need to make changes appropriate to your software. [Some comments for clarification are found in brackets]

TITLE ANALYSIS OF ALDO/ENGS STUDENT LIFESTYLE PATTERNS
SET WIDTH=80

COMMENT with a pc you will just need to tell the software where your variable is located.
DATA LIST FILE=**This is name of your data file on two lines=2**

COMMENT[the following describes what spaces each variable is in. the /1 = first page, /2 = second page]

/1 SEX 4 AGE 5-6 RACE 7 LIVE 8 HA 9-10 EAR 11-12 SINUS 15-16
NOSE 17-18 BRONCH 19-20 COUTH 23-24 COLD 25-26 SORET 27-28
HAY 33-34 STOMACH 39-40 NAUSEA 41-42
ULCER 43-44 DIARR 45-46 STRAIN 49-50 SPRAIN 51-52
NOENERG 57-58
MENS 59-60 CRAMPS 61-62 YEAST 63-64 VAG 65-66 UTIF 67-68 STDF 69-70
DOSE 73-74 UTIM 75-76 STDM 77-78

/2 MD 4-5 MCLASS 6-7 ANTIB 8-9 QEX1 10-11 HRX 12 (A) MINX 13
STRES 14-15 STHRS 16-17 ANGAR 18-19 ANGHRS 20-21 DEPRS 22-23
DEPHRS 24-25 BEFREQ 26(A) BEAMT 27-28 WINE 29 (A) WINAMT 30-31
LIQ 32 (A) LIQAMT 33-34 TOBAC 35-36 QCIGS 37-38 QDIP 39-40
MJ 41-42 QMJ 43-44 FBINGE 45 QBINGE 46

MISSING VALUES SEX TO QEX1,MINX TO DEPHRS,BEAMT,WINAMT
LIQAMT TO Qbinge(999)

MISSING VALUES BEFREQ, WINE,LIQ,HRX, HR2X("X")

```
RECODE BEFREQ WINE LIQ ("a"=7.0)("b"=2.5)("c"=1.0)("d"=.25)("e"=0)
  INTO BEFREQ1 WINE1 LIQ1
```

```
COMMENT[recoding of information to get quantity-frequency index and means of
  other variables in terms of per week]
```

```
COMMENT RECODING TO GET MINUTES OF EXERCISE PER WEEK
```

```
RECODE HRX ("a"=100)("b"=200)("c"=300)("d"=400)("e"=500)
```

```
  ("f"=600) ("1"=10)("2"=20)("3"=30)("4"=40)("5"=50)
```

```
  ("6"=60)("7"=70)("9"=90) INTO HRX1
```

```
RECODE MINX EX (1 =10)(2 =20)(3 =30)(4 =40)(5 =50)
```

```
(6 =60)(7 =70)(8 =80)(9 =90)(0=0)
```

```
COMPUTE EXE1=HRX1 + MINX
```

```
COMPUTE EXER1=EXE1*QEX1
```

```
COMPUTE F1=0
```

```
COMPUTE F2=0
```

```
COMPUTE F3=0
```

```
COMPUTE F4=0
```

```
COMPUTE F5=0
```

```
COMPUTE F6=0
```

```
IF (HA NE 0)F6 =F6 + 1
```

```
IF (EAR NE 0)F2 =F2 + 1
```

```
IF (SINUS NE 0)F4 =F4 + 1
```

```
IF (NOSE NE 0)F3 =F3 + 1
```

```
IF (BRONCH NE 0)F2 =F2 + 1
```

```
IF (COUTH NE 0)F2 =F2 + 1
```

```
IF (COLD NE 0)F2 =F2 + 1
```

```
IF (SORET NE 0)F2 =F2 + 1
```

```
IF (STOMACH NE 0)F1 =F1 + 1
```

```
IF (NAUSEA NE 0)F1 =F1 + 1
```

```
IF (ULCER NE 0)F3 =F3 + 1
```

```
IF (DIARR NE 0)F1 =F1 + 1
```

```
IF (STRAIN NE 0)F5 =F5 + 1
```

```
IF (SPRAIN NE 0)F5 =F5 + 1
```

```
IF (NOENERG NE 0)F6 =F6 + 1
```

```
IF (HAY NE 0)F4=F4+1
```

```
COMPUTE SCORE2=0
```

```
COMPUTE SCORE2=1.22 + 1.1*F2 + 1.4*F1 + 1.2*F4
```

```
COMMENT THIS REGRESSION FORMULA IS 87% OF VARIANCE FOR THESE 3
  FACTORS. This was based upon factor analysis for all variables
```

```
COMPUTE FA1=STOMACH+NAUSEA+DIARR
COMPUTE FA2=SORET+COLD+COUTH+EAR+BRONCH
COMPUTE FA3=ULCER+NOSE
COMPUTE FA4=SINUS+HAY
COMPUTE FA5=STRAIN+SPRAIN
COMPUTE FA6=HA+NOENERG
SELECT IF (FA1 LT 85 AND FA2 LT 140 AND FA4 LT 56 AND FA6 LT 56)
```

```
COMMENT THIS TOTAL HEALTH SCORE [tscore] IS MEAN ILLNESS SCORE
COMPUTE TSCORE= 1.3+1.1*FA2+1.6*FA1+1.0*FA6
COMPUTE HEALTH=0
IF (SCORE2 GE 6.4)HEALTH=2
IF (SCORE2 LE 4.0)HEALTH=1
```

```
COMMENT HIGH AND LOW HEALTH 1/2 SD > & < MEAN OF 20.9(SD=19.9)
COMPUTE HEALTHT=0
IF (TSCORE GE 30.8)HEALTHT=2
IF (TSCORE LE 9.9)HEALTHT=1
```

```
COMMENT CALCULATIONS OF MEAN AMOUNT OF BEER, WINE, LIQ AND TOTAL
AMT ALC
```

```
COMPUTE MEANB=0
COMPUTE MEANW=0
COMPUTE MEANL=0
COMPUTE MEANT=0
COMPUTE MEANB = BEFREQ1*BEAMT
COMPUTE MEANW = WINE1 * WINAMT
COMPUTE MEANL = LIQ1 * LIQAMT
COMPUTE MEANT= SUM(MEANB,MEANW,MEANL)
```

```
COMMENT CALCULATIONS TO GET CATEGORIES OF DRINKS/WEEK. Drink is also
equivalent to one unit of alcohol.
```

```
IF (MEANT GT 21)DRINK=2
IF (MEANT LE 7)DRINK=1
```

```
COMMENT LOOK IN LEVEL AND LEVELNEW FOR CRITERIA OF CUTOFFS
```

```
IF ( MEANT EQ 0)LEVEL=1
IF (MEANT GT 0 AND MEANT LE 7)LEVEL=2
IF (MEANT GT 7 AND MEANT LE 14)LEVEL=3
IF (MEANT GT 14 AND MEANT LE 21)LEVEL=4
IF (MEANT GT 21 AND MEANT LE 27)LEVEL=5
IF (MEANT GE 28)LEVEL=6
IF ( MEANT EQ 0)LEVEL1=1
IF (MEANT GT 0 AND MEANT LT 3.5)LEVEL1=2
```

IF (MEANT GE 3.5 AND MEANT LT 7)LEVEL1=3
IF (MEANT GE 7 AND MEANT LT 10.5)LEVEL1=4
IF (MEANT GE 10.5 AND MEANT LT 14)LEVEL1=5
IF (MEANT GE 14 AND MEANT LT 17.5)LEVEL1=6
IF (MEANT GE 17.5 AND MEANT LT 21)LEVEL1=7
IF (MEANT GE 21 AND MEANT LT 24.5)LEVEL1=8
IF (MEANT GE 24.5 AND MEANT LT 28)LEVEL1=9
IF (MEANT GE 28 AND MEANT LT 28)LEVEL1=10
IF (MEANT GT 28)LEVEL1=11
IF (MEANT EQ 0)DRINKS=0
IF (MEANT LT 7) DRINKS=1
IF (MEANT GT 7 AND MEANT LT 21)DRINKS=2
IF (MEANT GT 21)DRINKS=3

COMMENT FACTOR1 MEAN=3.5SD=5.1/FACTOR2 MEAN=5.6SD=10.5/FACT6
IF (FA1 GE 6.0)FACTOR1=2
IF (FA1 LE 1.0)FACTOR1=1
IF (FA2 GE 10.8)FACTOR2=2
IF (FA2 LE .4)FACTOR2=1
IF (FA6 GE 6.5)FACTOR6=2
IF (FA6 LE .01)FACTOR6=1

COMMENT COMPUTATIONS FOR OTHER VARIABLES

COMPUTE FAGS=TOBAC*QCIGS
IF (FAGS LT 5)SMOKE=1
IF (FAGS GE 5)SMOKE=2
IF (TOBAC EQ 0)TOBACF=1
IF (TOBAC GE 1)TOBACF=2
COMPUTE CHEW=QDIP*TOBAC
IF (CHEW EQ 0)DIPING=1
IF (CHEW GE 1)DIPING=2
IF (QDIP EQ 0)DIPF=1
IF (QDIP GE 1)DIPF=2
COMPUTE GRASS=MJ*QMJ
IF (GRASS EQ 0)JOINT=1
IF (GRASS GE 1)JOINT=2
IF (MJ EQ 0)MJF=1
IF (MJ GE 1)MJF=2
IF (EXER1 GT 0 OR EXER1 LE 436)EXERCISE=1
IF (EXER1 GE 1813)EXERCISE=2
COMMENT I/2 SD OF EXER1 = 688
COMPUTE STRESS=STRES*STHRS
COMPUTE ANGRY=ANGAR*ANGHRS
COMPUTE SAD=DEPRS*DEPHRS

SELECT IF (GRASS LT 600 AND STRESS LT 700 AND SAD LT 700 AND
TOBAC LT 31 AND EXER1 LT 6720 AND ANGRY LT 700 AND MJ LT 31)

COMMENT the following are examples of calculations for various items
T-TEST GROUPS=SEX/VARIABLES=MEANT,TSCORE,FA1,FA2,FA6
STATISTICS ALL
ONEWAY TSCORE BY LEVEL(1,6)/
/RANGE=SCHEFFE
/HARMONIC=ALL
/STATISTICS ALL
ANOVA FA1 BY LEVEL(1,6)/
STATISTICS ALL
ONEWAY FA1 BY LEVEL(1,6)/
/RANGE=SCHEFFE
/HARMONIC=ALL
/STATISTICS ALL
ANOVA FA2 BY LEVEL(1,6)/
STATISTICS ALL
ONEWAY FA2 BY LEVEL(1,6)/
/RANGE=SCHEFFE
/HARMONIC=ALL
/STATISTICS ALL
STATISTICS ALL
ONEWAY FA6 BY LEVEL(1,6)/
/RANGES=SCHEFFE
/HARMONIC=ALL
/STATISTICS ALL
ANOVA TSCORE BY DRINKS(1,3)/
STATISTICS ALL
ONEWAY TSCORE BY DRINKS(1,3)/
/RANGE=SCHEFFE
/HARMONIC=ALL
/STATISTICS ALL
ANOVA FA1 BY DRINKS(1,3)/
STATISTICS ALL
FINISH

NOTE: remember this is set up for a mainframe computer so please see your IT person for help
for using this for another program.