Common Cold Project

Pittsburgh Cold Study 1
1993-1996

Sheldon Cohen, PhD
Carnegie Mellon University

Code Book

CONTENTS

CONTENTS - *continued*

Introduction

Pittsburgh Cold Study 1 (PCS1) was a prospective viral challenge study conducted from 1993-1996 among healthy volunteers ages 18-55 (mean 29.1; SD 9.1). This study replicated and extended the association between psychological stress and common cold susceptibility found in the British Cold Study (BCS). For example, PCS1 elaborated upon the self-report questionnaire used in the BCS to measure major stressful life events by instead assessing the occurrence of major stressors with the Life Events and Difficulties Schedule (LEDS)—an intensive interview measure of life stress. The richness of the data obtained by using the LEDS allowed for examination of the extent to which stressors occurring in differing life domains (interpersonal difficulties, work stressors, other) and persisting for differing lengths of time (<1 month, 1-6 months, 6-24 months, >24 months) were associated with susceptibility to the common cold. PCS1 also focused on the role of social integration (number of social roles [domains] in which a person has social contact) in common cold susceptibility. Several other psychosocial variables were also assessed in this study, including social status and personality (Big 5). Pre-challenge biological measures included stress hormones (cortisol, epinephrine, norepinephrine), and both functional (natural killer [NK] cell cytotoxicity) and quantitative (white blood cell counts) measures of immunity.

Participants were 125 men and 151 women from the Pittsburgh, Pennsylvania metropolitan area who responded to newspaper advertisements and were judged to be in good health after a medical examination. Participants were compensated $800 for their participation. At baseline, participants completed a telephone screening followed by an in-person health evaluation by study physicians to assess study eligibility. After completing baseline psychosocial questionnaires and biological assessments, participants were administered nasal drops containing either rhinovirus 39 (RV39; n=147) or rhinovirus 21 (RV21; n=129). They were then followed in quarantine for 5 days and monitored for development of infection and objective signs of illness (see viral challenge timeline below). Approximately 28 days after virus exposure, blood was collected for serological testing. Volunteers were considered to have a cold if they both were infected with the study virus and met illness criteria.

How to Use this Document

The present document is divided into eight sections, with each representing a category of variable. These are the same measurement categories that appear on the Common Cold Project (CCP) website (www.cmu.edu/common-cold-project). To find descriptive information for a given set of variables, move your cursor over the page number corresponding to the variable category of interest, and click when the pointer appears. Doing so will bring you to a table that includes the following information for all variables comprising that category:

- Variable name (or Var Name)
- Variable label
- Value labels (or Values)
- Formula

Identical information is included in the SPSS data files, when opened to variable view.

With limited exception, most variables are numeric. String variables can be identified by the suffix "_str" which appears at the end of the variable name. All missing data are represented by empty cells.

Value labels are provided for categorical and dichotomous variables. Variables with labeled values are indicated by blue shading of the cells in the Value Labels column, with the values themselves appearing in a separate table. The table can be accessed by clicking on the value label code corresponding to the variable of interest.

Formulas are provided for created variables. All variables were created in SPSS, thus any function terms appearing in the formula are consistent with SPSS analysis language. Most functions are self-explanatory, but the following information may be helpful for individuals who are unfamiliar with SPSS.

Function Term	Explanation
mean.x	Used when an average of several variables is being computed, but only X (where X is less than the total number of variables included in the computation) need be non-missing.
sum.x	Same as above, but with component variables being summed rather than averaged.
count	Used to count the number of time a specified value appears within a set of variables. The value to be counted is identified in parenthesis at the end of the list of variables. The value can be eigher a single number (1) or a range (1 thru highest).
lt, le, gt, ge	Less than; less than or equal to; greater than; greater than or equal to
datediff	Used to compute the temporal difference between two date or time variables. Arguments are listed in parenthesis, with the earlier of the two times appearing first; desired time increment (hours, months, days, etc.) is listed after the arguments.

If a formula for a given variable includes reference to another variable from another category, a link is provided, which can be accessed by clicking on the indicated variable.

INFECTION & COLDS

VARIABLE NAME	VARIABLE LABEL	VALUES	FORMULA
subj_id	subject ID		
study.id	Cold Study ID	STUDYID	
INFCOLD	***ASSESSMENT OF INFECTION & COLDS***		
pc1.virus	challenge virus	VIRUS1	
pre_ab	pre-challenge serum viral-specific Ab titer	Ab	
post_ab	Post serum viral-specific Ab titer	Ab	
seroconv	Seroconversion based on pre_ab -> post_ab	SERO	if post_ab ge 4*(pre_ab) then seroconv = 1; if post_ab lt 4*(pre_ab) then seroconv = 0
q0.nastitr	Pre-challenge (Day 0) virus titer ($\log_{10}$ EID50/ml)		
q1.nastitr	Post Day 1 virus titer (log10 EID50/ml)		
q2.nastitr	Post Day 2 virus titer (log10 EID50/ml)		
q3.nastitr	Post Day 3 virus titer (log10 EID50/ml)		
q4.nastitr	Post Day 4 virus titer (log10 EID50/ml)		
q5.nastitr	Post Day 5 virus titer (log10 EID50/ml)		
q0.nasclr	Pre-challenge (Day 0) nasal clearance time (min)		
q1.nasclr	Post Day 1 nasal clearance time (min)		
q2.nasclr	Post Day 2 nasal clearance time (min)		
q3.nasclr	Post Day 3 nasal clearance time (min)		
q4.nasclr	Post Day 4 nasal clearance time (min)		
q5.nasclr	Post Day 5 nasal clearance time (min)		
q0.mucwt	Pre-challenge (Day 0) mucus weight (g)		
q1.mucwt	Post Day 1 mucus weight (g)		
q2.mucwt	Post Day 2 mucus weight (g)		
q3.mucwt	Post Day 3 mucus weight (g)		
q4.mucwt	Post Day 4 mucus weight (g)		
q5.mucwt	Post Day 5 mucus weight (g)		
q1.mucwt_adj	Post Day 1 mucus weight (g) - adjusted		q1.mcwt_adj = q1.mucwt - q0.mucwt (repeated for all 5 post-challenge values)
q2.mucwt_adj	Post Day 2 mucus weight (g) - adjusted		NOTE: if q1.mucwt - q0.mcuwt lt 0, q1.mucwt_adj = 0.
q3.mucwt_adj	Post Day 3 mucus weight (g) - adjusted		
q4.mucwt_adj	Post Day 4 mucus weight (g) - adjusted		
q5.mucwt_adj	Post Day 5 mucus weight (g) - adjusted		
post.mucwt_tot	Total Adjusted Post Mucus Weight (g)		post.mucwt_adj = sum(q1.mucwt_adj to q5mucwt_adj)

INFECTION & COLDS

VARIABLE NAME	VARIABLE LABEL	VALUES	FORMULA
q1.nasclr_adj	Post Day 1 nasal clearance (min) - adjusted		q1.nasclr_adj = q1.nasclr - q0.nasclr (repeated for all 5 post-challenge values)
q2.nasclr_adj	Post Day 2 nasal clearance (min) - adjusted		NOTE: if q1.naslcr - q0.nasclr lt 0, q1.nasclr_adj = 0.
q3.nasclr_adj	Post Day 3 nasal clearance (min) - adjusted		
q4.nasclr_adj	Post Day 4 nasal clearance (min) - adjusted		
q5.nasclr_adj	Post Day 5 nasal clearance (min) - adjusted		
post.nasclr_avg	Avg Adjusted Post Nasal Clearance Time (min)		post.nasclr_adj = mean(q1.nasclr_adj to q5nasclr_adj)
post.infected	Meets criteria for infection?	YES/NO	if (seroconv = 1 or post.shedany = 1) post.infected = 1;
			if (seroconv = 0 and post.shedany = 0) post.infected = 0.
post.objcold	Meets objective criteria for cold?	YES/NO	if (post.infected = 1) and (post.mucwt_adj $\geq$10 or post.nasclr_adj $\geq$7) post.objcold = 1;
			if (post.infected = 0) or (post.mucwt_adj <10 and post.nasclr_adj <7) post.objcold = 0.
post.nastitr_tot	Total Post virus titer (log10 EID50/ml)		post.nastitr_tot = sum(q1.nastitr, q2.nastitr, q3.nastitr, q4.nastitr, q5.nastitr)
q0.shed	Pre-challenge (Day 0) virus shedding	YES/NO	
q1.shed	Post Day 1 virus shedding		
q2.shed	Post Day 2 virus shedding		
q3.shed	Post Day 3 virus shedding		
q4.shed	Post Day 4 virus shedding		
q5.shed	Post Day 5 virus shedding		
post.sheddays	Total Post days shed virus		post.sheddays = sum.5(q1.shed, q2.shed, q3.shed, q4.shed, q5.shed).
post.shedany	Any Post virus shedding?	YES/NO	if sum(q1.shed to q5.shed) $\geq$1, post.shedany=1; if sum(q1.shed to q5.shed)=0, post.shedany=0
symp	*****SELF-REPORTED COLD SYMPS*****		
q_1.nascon	Pre-challenge (Day -1) nasal congestion	SYMPSEV	
q0.nascon	Pre-challenge (Day 0) nasal congestion		
q01.nascon	Pre-challenge nasal congestion (Avg Day -1, Day 0)		q01.nascon = mean(q_1.nascon, q0.nascon)
q1.nascon	Post Day 1 nasal congestion		
q2.nascon	Post Day 2 nasal congestion		
q3.nascon	Post Day 3 nasal congestion		
q4.nascon	Post Day 4 nasal congestion		
q5.nascon	Post Day 5 nasal congestion		
q_1.sneez	Pre-challenge (Day -1) sneezing	SYMPSEV	
q0.sneez	Pre-challenge (Day 0) sneezing		
q01.sneez	Pre-challenge sneezing (Avg Day -1, Day 0)		q01.sneez = mean(q_1.sneez, q0.sneez)

| INFECTION & COLDS | BIOLOGICAL PATHWAYS | DEMOGRAPHICS | HEALTH PRACTICES | PSYCH & SOCIAL | SELF-REPORTED HEALTH | TRIAL DATA | Q'RNTINE AFFECT & HEALTH BEHAVIORS |

2

INFECTION & COLDS

VARIABLE NAME	VARIABLE LABEL	VALUES	FORMULA
q1.sneez	Post Day 1 sneezing		
q2.sneez	Post Day 2 sneezing		
q3.sneez	Post Day 3 sneezing		
q4.sneez	Post Day 4 sneezing		
q5.sneez	Post Day 5 sneezing		
q_1.runno	Pre-challenge (Day -1) runny nose	SYMPSEV	
q0.runno	Pre-challenge (Day 0) runny nose		
q01.runno	Pre-challenge runny nose (Avg Day -1, Day 0)		q01.runno = mean(q_1.runno, q0.runno)
q1.runno	Post Day 1 runny nose		
q2.runno	Post Day 2 runny nose		
q3.runno	Post Day 3 runny nose		
q4.runno	Post Day 4 runny nose		
q5.runno	Post Day 5 runny nose		
q_1.srthr	Pre-challenge (Day -1) sore throat	SYMPSEV	
q0.srthr	Pre-challenge (Day 0) sore throat		
q01.srthr	Pre-challenge sore throat (Avg Day -1, Day 0)		q01.srthr = mean(q_1.srthr, q0.srthr)
q1.srthr	Post Day 1 sore throat		
q2.srthr	Post Day 2 sore throat		
q3.srthr	Post Day 3 sore throat		
q4.srthr	Post Day 4 sore throat		
q5.srthr	Post Day 5 sore throat		
q_1.cough	Pre-challenge (Day -1) cough	SYMPSEV	
q0.cough	Pre-challenge (Day 0) cough		
q01.cough	Pre-challenge cough (Avg Day -1, Day 0)		q01.cough = mean(q_1.cough, q0.cough)
q1.cough	Post Day 1 cough		
q2.cough	Post Day 2 cough		
q3.cough	Post Day 3 cough		
q4.cough	Post Day 4 cough		
q5.cough	Post Day 5 cough		

INFECTION & COLDS

VARIABLE NAME	VARIABLE LABEL	VALUES	FORMULA
q_1.hdach	Pre-challenge (Day -1) headache	SYMPSEV	
q0.hdach	Pre-challenge (Day 0) headache		
q01.hdach	Pre-challenge headache (Avg Day -1, Day 0)		q01.hdach= mean(q_1.hdach, q0.hdach)
q1.hdach	Post Day 1 headache		
q2.hdach	Post Day 2 headache		
q3.hdach	Post Day 3 headache		
q4.hdach	Post Day 4 headache		
q5.hdach	Post Day 5 headache		
q_1.chill	Pre-challenge (Day -1) chills	SYMPSEV	
q0.chill	Pre-challenge (Day 0) chills		
q01.chill	Pre-challenge chills (Avg Day -1, Day 0)		q01.chill = mean(q_1.chill, q0.chill)
q1.chill	Post Day 1 chills		
q2.chill	Post Day 2 chills		
q3.chill	Post Day 3 chills		
q4.chill	Post Day 4 chills		
q5.chill	Post Day 5 chills		
q_1.malais	Pre-challenge (Day -1) malaise	SYMPSEV	
q0.malais	Pre-challenge (Day 0) malaise		
q01.malais	Pre-challenge malaise (Avg Day -1, Day 0)		q01.malais = mean(q_1.malais, q0.malais)
q1.malais	Post Day 1 malaise		
q2.malais	Post Day 2 malaise		
q3.malais	Post Day 3 malaise		
q4.malais	Post Day 4 malaise		
q5.malais	Post Day 5 malaise		
q_1.cold	Pre-challenge (Day -1) Have a cold or flu?	YES/NO	
q0.cold	Pre-challenge (Day 0) Have a cold or flu?		
q1.cold	Post Day 1 Have a cold or flu?		
q2.cold	Post Day 2 Have a cold or flu?		
q3.cold	Post Day 3 Have a cold or flu?		
q4.cold	Post Day 4 Have a cold or flu?		
q5.cold	Post Day 5 Have a cold or flu?		

INFECTION & COLDS BIOLOGICAL PATHWAYS DEMOGRAPHICS HEALTH PRACTICES PSYCH & SOCIAL SELF-REPORTED HEALTH TRIAL DATA Q'RNTINE AFFECT & HEALTH BEHAVIORS

4

INFECTION & COLDS

VARIABLE NAME	VARIABLE LABEL	VALUES	FORMULA
generalillness	*****GENERAL ILLNESS SYMPS*****		
q0.poorap	Pre-challenge (Day 0) poor appetite	SYMPSEV	
q1.poorap	Post Day 1 poor appetite		
q2.poorap	Post Day 2 poor appetite		
q3.poorap	Post Day 3 poor appetite		
q4.poorap	Post Day 4 poor appetite		
q5.poorap	Post Day 5 poor appetite		
q0.ache	Pre-challenge (Day 0) aches	SYMPSEV	
q1.ache	Post Day 1 aches		
q2.ache	Post Day 2 aches		
q3.ache	Post Day 3 aches		
q4.ache	Post Day 4 aches		
q5.ache	Post Day 5 aches		
q0.mscltns	Pre-challenge (Day 0) muscle tension	SYMPSEV	
q1.mscltns	Post Day 1 muscle tension		
q2.mscltns	Post Day 2 muscle tension		
q3.mscltns	Post Day 3 muscle tension		
q4.mscltns	Post Day 4 muscle tension		
q5.mscltns	Post Day 5 muscle tension		
q0.upstom	Pre-challenge (Day 0) upset stomach	SYMPSEV	
q1.upstom	Post Day 1 upset stomach		
q2.upstom	Post Day 2 upset stomach		
q3.upstom	Post Day 3 upset stomach		
q4.upstom	Post Day 4 upset stomach		
q5.upstom	Post Day 5 upset stomach		
endrawdata	****END OF RAW SYMP DATA****		
q0.jacksn_scr	Pre-challenge (Day 0) Jackson Symp Score		q0.jacksn_scr = sum(q0.runno, q0.sneez, q0.srthr, q0.nascon, q0.cough, q0.hdach, q0.chill, q0.malais)
q1.jacksn_scr	Post Day 1 Jackson Symp Score		
q2.jacksn_scr	Post Day 2 Jackson Symp Score		(repeated for all post-challenge days)
q3.jacksn_scr	Post Day 3 Jackson Symp Score		
q4.jacksn_scr	Post Day 4 Jackson Symp Score		
q5.jacksn_scr	Post Day 5 Jackson Symp Score		

INFECTION & COLDS BIOLOGICAL PATHWAYS DEMOGRAPHICS HEALTH PRACTICES PSYCH & SOCIAL SELF-REPORTED HEALTH TRIAL DATA Q'RNTINE AFFECT & HEALTH BEHAVIORS

5

VARIABLE NAME	VARIABLE LABEL	VALUES	FORMULA
q1.runno_adj	Post Day 1 runny nose - adjusted		q1.runno_adj = q1.runno-q0.runno (repeated for all 5 post-challenge days)
q2.runno_adj	Post Day 2 runny nose - adjusted		NOTE: if q1.runno - q0.runno lt 0, q1.runno_adj = 0.
q3.runno_adj	Post Day 3 runny nose - adjusted		
q4.runno_adj	Post Day 4 runny nose - adjusted		
q5.runno_adj	Post Day 5 runny nose - adjusted		
q1.sneez_adj	Post Day 1 sneezing - adjusted		q1.sneez_adj = q1.sneez-q0.sneez (repeated for all 5 post-challenge days)
q2.sneez_adj	Post Day 2 sneezing - adjusted		NOTE: if q1.sneez - q0.sneez lt 0, q1.sneez_adj = 0.
q3.sneez_adj	Post Day 3 sneezing - adjusted		
q4.sneez_adj	Post Day 4 sneezing - adjusted		
q5.sneez_adj	Post Day 5 sneezing - adjusted		
q1.srthr_adj	Post Day 1 sore throat - adjusted		q1.srthr_adj = q1.srthr-q0.srthr (repeated for all 5 post-challenge days)
q2.srthr_adj	Post Day 2 sore throat - adjusted		NOTE: if q1.srthr - q0.srthr lt 0, q1.srthr_adj = 0.
q3.srthr_adj	Post Day 3 sore throat - adjusted		
q4.srthr_adj	Post Day 4 sore throat - adjusted		
q5.srthr_adj	Post Day 5 sore throat - adjusted		
q1.nascon_adj	Post Day 1 nasal congest - adjusted		q1.nascon_adj = q1.nascon-q0.nascon (repeated for all 5 post-challenge days)
q2.nascon_adj	Post Day 2 nasal congest - adjusted		NOTE: if q1.nascon - q0.nascon lt 0, q1.nascon_adj = 0.
q3.nascon_adj	Post Day 3 nasal congest - adjusted		
q4.nascon_adj	Post Day 4 nasal congest - adjusted		
q5.nascon_adj	Post Day 5 nasal congest - adjusted		
q1.cough_adj	Post Day 1 cough - adjusted		q1.cough_adj = q1.cough-q0.cough (repeated for all 5 post-challenge days)
q2.cough_adj	Post Day 2 cough - adjusted		NOTE: if q1.cough - q0.cough lt 0, q1.cough_adj = 0.
q3.cough_adj	Post Day 3 cough - adjusted		
q4.cough_adj	Post Day 4 cough - adjusted		
q5.cough_adj	Post Day 5 cough - adjusted		
q1.hdach_adj	Post Day 1 headache - adjusted		q1.hdach_adj = q1.hdach-q0.hdach (repeated for all 5 post-challenge days)
q2.hdach_adj	Post Day 2 headache - adjusted		NOTE: if q1.hdach - q0.hdach lt 0, q1.hdach_adj = 0.
q3.hdach_adj	Post Day 3 headache - adjusted		
q4.hdach_adj	Post Day 4 headache - adjusted		
q5.hdach_adj	Post Day 5 headache - adjusted		

INFECTION & COLDS   BIOLOGICAL PATHWAYS   DEMOGRAPHICS   HEALTH PRACTICES   PSYCH & SOCIAL   SELF-REPORTED HEALTH   TRIAL DATA   Q'RNTINE AFFECT & HEALTH BEHAVIORS

6

INFECTION & COLDS

VARIABLE NAME	VARIABLE LABEL	VALUES	FORMULA
q1.chill_adj	Post Day 1 chills - adjusted		q1.chill_adj = q1.chill-q0.chill (repeated for all 5 post-challenge days)
q2.chill_adj	Post Day 2 chills - adjusted		NOTE: if q1.chill - q0.chill lt 0, q1.chill_adj = 0.
q3.chill_adj	Post Day 3 chills - adjusted		
q4.chill_adj	Post Day 4 chills - adjusted		
q5.chill_adj	Post Day 5 chills - adjusted		
q1.malais_adj	Post Day 1 malaise - adjusted		q1.malais_adj = q1.malais-q0.malais (repeated for all 5 post-challenge days)
q2.malais_adj	Post Day 2 malaise - adjusted		NOTE: if q1.malais - q0.malais lt 0, q1.malais_adj = 0.
q3.malais_adj	Post Day 3 malaise - adjusted		
q4.malais_adj	Post Day 4 malaise - adjusted		
q5.malais_adj	Post Day 5 malaise - adjusted		
q1.jacksn_scr_adj	Post Day 1 Adjusted Jackson Symp Score		q1.jacksn_scr_adj = q1.jacksn_scr-q0.jacksn_scr (repeated for all 5 post-challenge days)
q2.jacksn_scr_adj	Post Day 2 Adjusted Jackson Symp Score		NOTE: if q1.jacksn_scr - q0.jacksn_scr lt 0, q1.jacksn_scr_adj = 0.
q3.jacksn_scr_adj	Post Day 3 Adjusted Jackson Symp Score		
q4.jacksn_scr_adj	Post Day 4 Adjusted Jackson Symp Score		
q5.jacksn_scr_adj	Post Day 5 Adjusted Jackson Symp Score		
q0.totsymp	Pre-challenge (Day 0) Total # Jackson Symps		count q0.totsymp = q0.runno q0.sneez q0.srthr q0.nascon q0.cough q0.hdach q0.chill q0.malais (1 thru highest)
q1.totsymp_adj	Post Day 1 Total # Jackson Symps		count q1.totsymp = q1.runno_adj q1.sneez_adj q1.srthr_adj q1.nascon_adj
q2.totsymp_adj	Post Day 2 Total # Jackson Symps		q1.cough_adj q1.hdach_adj q1.chill_adj q1.malais_adj (1 thru highest)
q3.totsymp_adj	Post Day 3 Total # Jackson Symps		(repeated for all post-challenge days)
q4.totsymp_adj	Post Day 4 Total # Jackson Symps		
q5.totsymp_adj	Post Day 5 Total # Jackson Symps		
post.sneez_avg	Avg Adjusted Post Sneezing Severity		post.sneez_avg = mean(q1.sneez_adj to q5.sneez_adj)
post.runno_avg	Avg Adjusted Post Runny Nose Severity		post.runno_avg = mean(q1.runno_adj to q5.runno_adj)
post.nascon_avg	Avg Adjusted Post Nasal congest Severity		post.nascon_avg = mean(q1.nascon_adj to q5.nascon_adj)

INFECTION & COLDS

VARIABLE NAME	VARIABLE LABEL	VALUES	FORMULA
post.cough_avg	Avg Adjusted Post Cough Severity		post.cough_avg = mean(q1.cough_adj to q5.cough_adj)
post.srthr_avg	Avg Adjusted Post Sore Throat Severity		post.srthr_avg = mean(q1.srthr_adj to q5.srthr_adj)
post.hdach_avg	Avg Adjusted Post Headache Severity		post.hdach_avg = mean(q1.hdach_adj to q5.hdach_adj)
post.chill_avg	Avg Adjusted Post Chills Severity		post.chill_avg = mean(q1.chill_adj to q5.chill_adj)
post.malais_avg	Avg Adjusted Post Malaise Severity		post.malais_avg = mean(q1.malais_adj to q5.malais_adj)
post.jacksn_scr_avg	Total Adjusted Post Jackson Symp Score		post.jacksn_scr_tot = sum(q1.jacksn_scr_adj to q5.jacksn_scr_adj)
post.totsymp	Total # Jackson Symps (adjusted)		post.totsymp = sum(q1.totsymp_adj to q5.totsymp_adj)
post.sneezdays	Total Post Days with Sneezing		count post.sneezdays = q1.sneez_adj to q5.sneez_adj (1 through highest)
post.runnodays	Total Post Days with Runny Nose		count post.runnodays = q1.runno_adj to q5.runno_adj (1 through highest)
post.nascondays	Total Post Days with Nasal congest		count post.nascondays = q1.nascon_adj to q5.nascon_adj (1 through highest)
post.coughdays	Total Post Days with Cough		count post.coughdays = q1.cough_adj to q5.cough_adj (1 through highest)
post.srthrdays	Total Post Days with Sore Throat		count post.srthrdays = q1.srthr_adj to q5.srthr_adj (1 through highest)
post.hdachdays	Total Post Days with Headache		count post.hdachdays = q1.hdach_adj to q5.hdach_adj (1 through highest)
post.chilldays	Total Post Days with Chills		count post.chilldays = q1.chill_adj to q5.chill_adj (1 through highest)
post.malaisdays	Total Post Days with Malaise		count post.malaisdays = q1.malais_adj to q5.malais_adj (1 through highest)
post.colddays	Total Post Days Reporting Cold or Flu		post.colddays = sum(q1.cold to q5.cold)

INFECTION & COLDS **Value Labels for Categorical and Dichotomous Variables**

CODE	VALUE LABELS	CODE	VALUE LABELS	CODE	VALUE LABELS
STUDYID	0=BCS	Ab	1=<1:2	YES/NO	0=no
	1=PCS1		2=1:2 or <1:4		1=yes
	2=PCS2		4=1:4 or <1:8		
	3=PCS3		8=1:8 or <1:16	SYMPSEV	0=none
	4=PMBC		16=1:16 or >1:16		1=mild
					2=moderate
VIRUS1	0=RV39 (T1-T3)	SERO	0=Did not seroconvert		3=severe
	1=Hanks (T4-T6)		1=4-fold increase detected		4=very severe

BIOLOGICAL PATHWAYS

VARIABLE NAME	VARIABLE LABEL	VALUE LABELS	FORMULA
BIOPATH	*****BEGIN BIOLOGICAL PATHWAYS DATA*****		
anthr	*****ANTHROPOMORPHICS*****		
height_cm	Height (cm)		
weight_kg	Weight (kg)		
waist_cm	Waist circumference (cm)		
iliac_cm	Hip circumferance at iliac crest (cm)		
fullhip_cm	Hip circumferance at fullest part (cm)		
waist_hip	Ratio of waist to fullest part of the hips		waist_hip = waist_cm/fullhip_cm
waist_crst	Ratio of wast to iliac crest		waist_crst = waist_cm/iliac_cm
bodymass	Body mass index (kg/m**2)		bodymass = (weight_kg)/[(height_cm/100)]^2
nasexm	*****GROSS NASAL PATHOLOGY*****		
q0.naspsg	Pre-challenge (Day 0) patency of nasal passages	PATENCY	
q1.naspsg	Post-challenge Day 1 patency of nasal passages		
q2.naspsg	Post-challenge Day 2 patency of nasal passages		
q3.naspsg	Post-challenge Day 3 patency of nasal passages		
q4.naspsg	Post-challenge Day 4 patency of nasal passages		
q5.naspsg	Post-challenge Day 5 patency of nasal passages		
q0.mucede	Pre-challenge (Day 0) mucosal edema	EDEMA	
q1.mucede	Post-challenge Day 1 mucosal edema		
q2.mucede	Post-challenge Day 2 mucosal edema		
q3.mucede	Post-challenge Day 3 mucosal edema		
q4.mucede	Post-challenge Day 4 mucosal edema		
q5.mucede	Post-challenge Day 5 mucosal edema		
q0.muccolr	Pre-challenge (Day 0) color of mucosa	MUCCOL	
q1.muccolr	Post-challenge Day 1 color of mucosa		
q2.muccolr	Post-challenge Day 2 color of mucosa		
q3.muccolr	Post-challenge Day 3 color of mucosa		
q4.muccolr	Post-challenge Day 4 color of mucosa		
q5.muccolr	Post-challenge Day 5 color of mucosa		

BIOLOGICAL PATHWAYS

VARIABLE NAME	VARIABLE LABEL	VALUE LABELS	FORMULA
q0.rhnqnt	Pre-challenge (Day 0) quantity of rhinorrhea	RHNQNT	
q1.rhnqnt	Post-challenge Day 1 quantity of rhinorrhea		
q2.rhnqnt	Post-challenge Day 2 quantity of rhinorrhea		
q3.rhnqnt	Post-challenge Day 3 quantity of rhinorrhea		
q4.rhnqnt	Post-challenge Day 4 quantity of rhinorrhea		
q5.rhnqnt	Post-challenge Day 5 quantity of rhinorrhea		
q0.rhnqual	Pre-challenge (Day 0) quality of rhinorrhea	RHNQUL	
q1.rhnqual	Post-challenge Day 1 quality of rhinorrhea		
q2.rhnqual	Post-challenge Day 2 quality of rhinorrhea		
q3.rhnqual	Post-challenge Day 3 quality of rhinorrhea		
q4.rhnqual	Post-challenge Day 4 quality of rhinorrhea		
q5.rhnqual	Post-challenge Day 5 quality of rhinorrhea		
q0.rhncolr	Pre-challenge (Day 0) color of rhinorrhea	RHNCOL	
q1.rhncolr	Post-challenge Day 1 color of rhinorrhea		
q2.rhncolr	Post-challenge Day 2 color of rhinorrhea		
q3.rhncolr	Post-challenge Day 3 color of rhinorrhea		
q4.rhncolr	Post-challenge Day 4 color of rhinorrhea		
q5.rhncolr	Post-challenge Day 5 color of rhinorrhea		
q0.sindis	Pre-challenge (Day 0) sinus discharge	SINDIS	
q1.sindis	Post-challenge Day 1 sinus discharge		
q2.sindis	Post-challenge Day 2 sinus discharge		
q3.sindis	Post-challenge Day 3 sinus discharge		
q4.sindis	Post-challenge Day 4 sinus discharge		
q5.sindis	Post-challenge Day 5 sinus discharge		
mep	*****MIDDLE EAR PRESSURE*****		
q0.rmep_eve	Pre-challenge (Day 0) right middle ear pressure evening		
q0.rmep_mrn	Pre-challenge (Day 0) right middle ear pressure morning		
q0.rmep_aft	Pre-challenge (Day 0) right middle ear pressure afternoon		
q1.rmep_eve	Post-challenge Day 1 right middle ear pressure evening		
q1.rmep_mrn	Post-challenge Day 1 right middle ear pressure morning		

BIOLOGICAL PATHWAYS

VARIABLE NAME	VARIABLE LABEL	VALUE LABELS	FORMULA
q1.rmep_aft	Post-challenge Day 1 right middle ear pressure afternoon		
q2.rmep_eve	Post-challenge Day 2 right middle ear pressure evening		
q2.rmep_mrn	Post-challenge Day 2 right middle ear pressure morning		
q2.rmep_aft	Post-challenge Day 2 right middle ear pressure afternoon		
q3.rmep_eve	Post-challenge Day 3 right middle ear pressure evening		
q3.rmep_mrn	Post-challenge Day 3 right middle ear pressure morning		
q3.rmep_aft	Post-challenge Day 3 right middle ear pressure afternoon		
q4.rmep_eve	Post-challenge Day 4 right middle ear pressure evening		
q4.rmep_mrn	Post-challenge Day 4 right middle ear pressure morning		
q4.rmep_aft	Post-challenge Day 4 right middle ear pressure afternoon		
q5.rmep_eve	Post-challenge Day 5 right middle ear pressure evening		
q5.rmep_mrn	Post-challenge Day 5 right middle ear pressure morning		
q5.rmep_aft	Post-challenge Day 5 right middle ear pressure afternoon		
q0.lmep_eve	Pre-challenge (Day 0) left middle ear pressure evening		
q0.lmep_mrn	Pre-challenge (Day 0) left middle ear pressure morning		
q0.lmep_aft	Pre-challenge (Day 0) left middle ear pressure afternoon		
q1.lmep_eve	Post-challenge Day 1 left middle ear pressure evening		
q1.lmep_mrn	Post-challenge Day 1 left middle ear pressure morning		
q1.lmep_aft	Post-challenge Day 1 left middle ear pressure afternoon		
q2.lmep_eve	Post-challenge Day 2 left middle ear pressure evening		
q2.lmep_mrn	Post-challenge Day 2 left middle ear pressure morning		
q2.lmep_aft	Post-challenge Day 2 left middle ear pressure afternoon		
q3.lmep_eve	Post-challenge Day 3 left middle ear pressure evening		
q3.lmep_mrn	Post-challenge Day 3 left middle ear pressure morning		
q3.lmep_aft	Post-challenge Day 3 left middle ear pressure afternoon		
q4.lmep_eve	Post-challenge Day 4 left middle ear pressure evening		
q4.lmep_mrn	Post-challenge Day 4 left middle ear pressure morning		
q4.lmep_aft	Post-challenge Day 4 left middle ear pressure afternoon		
q5.lmep_eve	Post-challenge Day 5 left middle ear pressure evening		
q5.lmep_mrn	Post-challenge Day 5 left middle ear pressure morning		
q5.lmep_aft	Post-challenge Day 5 left middle ear pressure afternoon		

BIOLOGICAL PATHWAYS

VARIABLE NAME	VARIABLE LABEL	VALUE LABELS	FORMULA
immf	*****FUNCTIONAL IMMUNE DATA*****		
q0.bdkin_nas	Pre-challenge (Day 0) bradykinins in nasal secretions (pg/ml)		
q1.bdkin_nas	Post-challenge Day 1 bradykinins in nasal secretions (pg/ml)		
q2.bdkin_nas	Post-challenge Day 2 bradykinins in nasal secretions (pg/ml)		
q3.bdkin_nas	Post-challenge Day 3 bradykinins in nasal secretions (pg/ml)		
q4.bdkin_nas	Post-challenge Day 4 bradykinins in nasal secretions (pg/ml)		
q5.bdkin_nas	Post-challenge Day 5 bradykinins in nasal secretions (pg/ml)		
q0.il8_nas	Pre-challenge (Day 0) nasal IL-8		
q1.il8_nas	Post-challenge Day 1 nasal IL-8		
q2.il8_nas	Post-challenge Day 2 nasal IL-8		
q3.il8_nas	Post-challenge Day 3 nasal IL-8		
q4.il8_nas	Post-challenge Day 4 nasal IL-8		
q5.il8_nas	Post-challenge Day 5 nasal IL-8		
nk1.eff_trt2.0	NKC: effector:target ratio/conc 2.0 (2 wks pre-Quarantine)		
nk1.eff_trg1.0	NKC: effector:target ratio/conc 1.0 (2 wks pre-Quarantine)		
nk1.eff_trg0.5	NKC: effector:target ratio/conc 0.5 (2 wks pre-Quarantine)		
nk1.eff_trg0.25	NKC: effector:target ratio/conc 0.25 (2 wks pre-Quarantine)		
nk1.pctlys2.0	NKC: % specific lysis at E:T 2.0 (2 wks pre-Quarantine)		
nk1.pctlys1.0	NKC: % specific lysis at E:T 1.0 (2 wks pre-Quarantine)		
nk1.pctlys0.5	NKC: % specific lysis at E:T 0.5 (2 wks pre-Quarantine)		
nk1.pctlys0.25	NKC: % specific lysis at E:T 0.25 (2 wks pre-Quarantine)		
nk1.cytox	NKC: cytotoxicity units (2 wks pre-Quarantine)		
nk2.eff_trt2.0	NKC: effector:target ratio/conc 2.0 (1 wk pre-Quarantine)		
nk2.eff_trg1.0	NKC: effector:target ratio/conc 1.0 (1 wk pre-Quarantine)		
nk2.eff_trg0.5	NKC: effector:target ratio/conc 0.5 (1 wk pre-Quarantine)		
nk2.eff_trg0.25	NKC: effector:target ratio/conc 0.25 (1 wk pre-Quarantine)		
nk2.pctlys2.0	NKC: % specific lysis at E:T 2.0 (1 wk pre-Quarantine)		
nk2.pctlys1.0	NKC: % specific lysis at E:T 1.0 (1 wk pre-Quarantine)		
nk2.pctlys0.5	NKC: % specific lysis at E:T 0.5 (1 wk pre-Quarantine)		
nk2.pctlys0.25	NKC: % specific lysis at E:T 0.25 (1 wk pre-Quarantine)		
nk2.cytox	NKC: cytotoxicity units (1 wk pre-Quarantine)		
nk.cytox_avg	NKC: cytotoxicity units (avg of 2 assessments)		nk.cytox_avg = mean(nk1.cytox, nk2.cytox)

BIOLOGICAL PATHWAYS

VARIABLE NAME	VARIABLE LABEL	VALUE LABELS	FORMULA
immq	*****QUANTITATIVE IMMUNE DATA*****		
bddate1	date of 1st blood draw (2 wks pre-quarantine)		
bddate2	date of 2nd blood draw (1 wk pre-quarantine)		
cd4pctt1	% T cells that are T-helper cells (range: 0-99) (2 wks pre-quarantine)		cd4pctt1 = (cd4abs1/cd3abs1)*100
cd8pctt1	% T cells that are T-suppressor cells (range: 0-99) (2 wks pre-quarantine)		cd8pctt1 = (cd8abs1/cd3abs1)*100
cd3pct1	% lymphocytes that are T cells (range: 0-99) (2 wks pre-quarantine)		
cd19pct1	% lymphocytes that are B cells (range: 0-99) (2 wks pre-quarantine)		
nknmbr1	NK cell number (2 wks pre-quarantine)		
cd4pctt2	% T cells that are T-helper cells (range: 0-99) (1 wk pre-quarantine)		cd4pctt2 = (cd4abs2/cd3abs2)*100
cd8pctt2	% T cells that are T-suppressor cells (range: 0-99) (1 wk pre-quarantine)		cd8pctt2 = (cd8abs2/cd3abs2)*100
cd3pct2	% lymphocytes that are T cells (range: 0-99) (1 wk pre-quarantine)		
cd19pct2	% lymphocytes that are B cells (range: 0-99) (1 wk pre-quarantine)		
nknmbr2	NK cell number (1 wk pre-quarantine)		
cd3abs1	T-cell count (2 wks pre-quarantine) - computed		cd3abs1 = cd3pctwc1*cbc.wbc1
cd3abs2	T-cell count (1 wk pre-quarantine) - computed		cd3abs2 = cd3pctwc2*cbc.wbc2
cd19abs1	B-cell count (2 wks pre-quarantine) - computed		cd19abs1 = cd19pctwc1*cbc.wbc1
cd19abs2	B-cell count (1 wk pre-quarantine) - computed		cd19abs2 = cd19pctwc2*cbc.wbc2
cd4abs1	T-helper count (2 wks pre-quarantine) - computed		cd4abs1 = cd4pctwc1*cbc.wbc1
cd4abs2	T-helper count (1 wk pre-quarantine) - computed		cd4abs2 = cd4pctwc2*cbc.wbc2
cd8abs1	T-suppressor count (2 wks pre-quarantine) - computed		cd8abs1 = cd8pctwc1*cbc.wbc1
cd8abs2	T-suppressor count (1 wk pre-quarantine) - computed		cd8abs2 = cd8pctwc2*cbc.wbc2
cd3pctwc1	% WBCs that are T cells (range: 0-99) (2 wks pre-quarantine)		
cd3pctwc2	% WBCs that are T cells (range: 0-99) (1 wk pre-quarantine)		
cd19pctwc1	% WBCs that are B cells (range: 0-99) (2 wks pre-quarantine)		
cd19pctwc2	% WBCs that are B cells (range: 0-99) (1 wk pre-quarantine)		
cd4pctwc1	% WBCs that are T-helper cells (range: 0-99) (2 wks pre-quarantine)		
cd4pctwc2	% WBCs that are T-helper cells (range: 0-99) (1 wk pre-quarantine)		
cd8pctwc1	% WBCs that are T-suppressor cells (range: 0-99) (2 wks pre-quarantine)		
cd8pctwc2	% WBCs that are T-suppressor cells (range: 0-99) (1 wk pre-quarantine)		

BIOLOGICAL PATHWAYS

VARIABLE NAME	VARIABLE LABEL	VALUE LABELS	FORMULA
cd4cd8_1	T-helper/T-suppressor ratio (2 wks pre-quarantine)		cd4cd8_1 = cd4abs1/cd8abs1
cd4cd8_2	T-helper/T-suppressor ratio (1 wk pre-quarantine)		cd4cd8_2 = cd4abs2/cd8abs2
cd4pctt_avg	% T cells that are T-helper cells (range: 0-99) - avg of BD1 & BD2		cd4pctt_avg = mean(cd4pctt1, cd4pctt2)
cd8pctt_avg	% T cells that are T-suppressor cells (range: 0-99) - avg of BD1 & BD2		cd8pctt_avg = mean(cd8pctt1, cd8pctt2)
cd3pct_avg	% lymphocytes that are T cells (range: 0-99) - avg of BD1 & BD2		cd3pct_avg = mean(cd3pct1, cd3pct2)
cd19pct_avg	% lymphocytes that are B cells (range: 0-99) - avg of BD1 & BD2		cd19pct_avg = mean(cd19pct1, cd19pct2)
nknmbr_avg	NK cell number - avg of BD1 & BD2		nknmbr_avg = mean(nknmbr1, nknmbr2)
cd3abs_avg	T cell count (computed) - avg of BD1 & BD2		cd3abs_avg = mean(cd3abs1, cd3abs2)
cd19abs_avg	B-cell count (computed) - avg of BD1 & BD2		cd19abs_avg = mean(cd19abs1, cd19abs2)
cd4abs_avg	T-helper count (computed) - avg of BD1 & BD2		cd4abs_avg = mean(cd4abs1, cd4abs2)
cd8abs_avg	T-suppressor count (computed) - avg of BD1 & BD2		cd8abs_avg = mean(cd8abs1, cd8abs2)
cd3pctwc_avg	% WBCs that are T-cells (range: 0-99) - avg of BD1 & BD2		cd3pctwc_avg = mean(cd3pctwc1, cd3pctwc2)
cd19pctwc_avg	% WBCs that are B-cells (range: 0-99) - avg of BD1 & BD2		cd19pctwc_avg = mean(cd19pctwc1, cd19pctwc2)
cd4pctwc_avg	% WBCs that are T-helper cells (range: 0-99) - avg of BD1 & BD2		cd4pctwc_avg = mean(cd4pctwc1, cd4pctwc2)
cd8pctwc_avg	% WBCs that are T-suppressor cells (range: 0-99) - avg of BD1 & BD2		cd8pctwc_avg = mean(cd8pctwc1, cd8pctwc2)
rst	*****RESTING BIOLOGICAL MEASURES*****		
q0.temp_mrn	Pre-challenge (Day 0) morning temperature (Fahrenheit)		
q0.temp_aft	Pre-challenge (Day 0) afternoon temperature (Fahrenheit)		
q1.temp_eve	Post-challenge Day 1 evening temperature (Fahrenheit)		
q1.temp_mrn	Post-challenge Day 1 morning temperature (Fahrenheit)		
q1.temp_aft	Post-challenge Day 1 afternoon temperature (Fahrenheit)		
q2.temp_eve	Post-challenge Day 2 evening temperature (Fahrenheit)		
q2.temp_mrn	Post-challenge Day 2 morning temperature (Fahrenheit)		
q2.temp_aft	Post-challenge Day 2 afternoon temperature (Fahrenheit)		
q3.temp_eve	Post-challenge Day 3 evening temperature (Fahrenheit)		
q3.temp_mrn	Post-challenge Day 3 morning temperature (Fahrenheit)		
q3.temp_aft	Post-challenge Day 3 afternoon temperature (Fahrenheit)		
q4.temp_eve	Post-challenge Day 4 evening temperature (Fahrenheit)		

INFECTION & COLDS   BIOLOGICAL PATHWAYS   DEMOGRAPHICS   HEALTH PRACTICES   PSYCH & SOCIAL   SELF-REPORTED HEALTH   TRIAL DATA   Q'RNTINE AFFECT & HEALTH BEHAVIORS

14

BIOLOGICAL PATHWAYS

VARIABLE NAME	VARIABLE LABEL	VALUE LABELS	FORMULA
q4.temp_mrn	Post-challenge Day 4 morning temperature (Fahrenheit)		
q4.temp_aft	Post-challenge Day 4 afternoon temperature (Fahrenheit)		
q5.temp_eve	Post-challenge Day 5 evening temperature (Fahrenheit)		
q5.temp_mrn	Post-challenge Day 5 morning temperature (Fahrenheit)		
q5.temp_aft	Post-challenge Day 5 afternoon temperature (Fahrenheit)		
q0.temp	Pre-challenge (Day 0) average temperature (Fahrenheit)		q0.temp = mean(q0.temp_mrn, q0.temp_aft, q0.temp_eve)
q1.temp	Post-challenge Day 1 average temperature (Fahrenheit)		q1.temp = mean(q1.temp_mrn, q1.temp_aft, q1.temp_eve)
q2.temp	Post-challenge Day 2 average temperature (Fahrenheit)		q2.temp = mean(q2.temp_mrn, q2.temp_aft, q2.temp_eve)
q3.temp	Post-challenge Day 3 average temperature (Fahrenheit)		q3.temp = mean(q3.temp_mrn, q3.temp_aft, q3.temp_eve)
q4.temp	Post-challenge Day 4 average temperature (Fahrenheit)		q4.temp = mean(q4.temp_mrn, q4.temp_aft, q4.temp_eve)
q5.temp	Post-challenge Day 5 average temperature (Fahrenheit)		q5.temp = mean(q5.temp_mrn, q5.temp_aft, q5.temp_eve)
q0.sbp	Pre-challenge (Day 0) resting systolic blood pressure		
q1.sbp	Post-challenge Day 1 resting systolic blood pressure		
q2.sbp	Post-challenge Day 2 resting systolic blood pressure		
q3.sbp	Post-challenge Day 3 resting systolic blood pressure		
q4.sbp	Post-challenge Day 4 resting systolic blood pressure		
q5.sbp	Post-challenge Day 5 resting systolic blood pressure		
q0.dbp	Pre-challenge (Day 0) resting diastolic blood pressure		
q1.dbp	Post-challenge Day 1 resting diastolic blood pressure		
q2.dbp	Post-challenge Day 2 resting diastolic blood pressure		
q3.dbp	Post-challenge Day 3 resting diastolic blood pressure		
q4.dbp	Post-challenge Day 4 resting diastolic blood pressure		
q5.dbp	Post-challenge Day 5 resting diastolic blood pressure		
q0.plsp	Pre-challenge (Day 0) resting pulse pressure		q0.plsp = q0.sbp-q0.dbp
q1.plsp	Post-challenge Day 1 resting pulse pressure		q1.plsp = q1.sbp-q1.dbp
q2.plsp	Post-challenge Day 2 resting pulse pressure		q2.plsp = q2.sbp-q2.dbp
q3.plsp	Post-challenge Day 3 resting pulse pressure		q3.plsp = q3.sbp-q3.dbp
q4.plsp	Post-challenge Day 4 resting pulse pressure		q4.plsp = q4.sbp-q4.dbp
q5.plsp	Post-challenge Day 5 resting pulse pressure		q5.plsp = q5.sbp-q5.dbp

INFECTION & COLDS   BIOLOGICAL PATHWAYS   DEMOGRAPHICS   HEALTH PRACTICES   PSYCH & SOCIAL   SELF-REPORTED HEALTH   TRIAL DATA   Q'RNTINE AFFECT & HEALTH BEHAVIORS

15

BIOLOGICAL PATHWAYS

VARIABLE NAME	VARIABLE LABEL	VALUE LABELS	FORMULA
q0.map	Pre-challenge (Day 0) resting mean arterial pressure		q0.map = [(2*q0.dbp) + q0.sbp]/3
q1.map	Post-challenge Day 1 resting mean arterial pressure		q1.map = [(2*q1.dbp) + q1.sbp]/3
q2.map	Post-challenge Day 2 resting mean arterial pressure		q2.map = [(2*q2.dbp) + q2.sbp]/3
q3.map	Post-challenge Day 3 resting mean arterial pressure		q3.map = [(2*q3.dbp) + q3.sbp]/3
q4.map	Post-challenge Day 4 resting mean arterial pressure		q4.map = [(2*q4.dbp) + q4.sbp]/3
q5.map	Post-challenge Day 5 resting mean arterial pressure		q5.map = [(2*q5.dbp) + q5.sbp]/3
q0.hr	Pre-challenge (Day 0) resting heart rate		
q1.hr	Post-challenge Day 1 resting heart rate		
q2.hr	Post-challenge Day 2 resting heart rate		
q3.hr	Post-challenge Day 3 resting heart rate		
q4.hr	Post-challenge Day 4 resting heart rate		
q5.hr	Post-challenge Day 5 resting heart rate		
endo	****ENDOCRINE DATA*****		
u24.ne_mcgvol	24-hr Urine NE (mcg/total volume)		
u24.epi_mcgvol	24-hr Urine E (mcg/total volume)		
u24.da_mcgvol	24-hr Urine DA (mcg/total volume)		
u24.totvol	24-hr Urine Total Volume (mL)		
u24.cort_mcg	24-hr Urine Free Cortisol (mcg)		
u24.cr_mgvol	24-hr Urine creatinine (mg/total vol)		
plsm.cort1	plasma cortisol (ng/mL) - (2 wks pre-Quarantine)		
plsm.cort2	plasma cortisol (ng/mL) - (1 wk pre-Quarantine)		
plsm.cort_avg	plasma cortisol (ng/mL) - average of BD1 & BD2		plsm.cort_avg = mean(plsm.cort1, plsm.cort2)
cbc	*****COMPLETE BLOOD COUNT AND BLOOD CHEMISTRY*****		
cbc.wbc1	CBC1: total white blood cell count (10^3 cells/μL) (2 wks pre-quarantine)		
cbc.rbc1	CBC1: total red blood cell count (10^6 cells/μL) (2 wks pre-quarantine)		
cbc.hgb1	CBC1: hemoglobin concentration (g/dL) (2 wks pre-quarantine)		
cbc.hct1	CBC1: hematocrit (%) (2 wks pre-quarantine)		
cbc.mcv1	CBC1: mean corpuscular volume (femtoliters) (2 wks pre-quarantine)		

BIOLOGICAL PATHWAYS

VARIABLE NAME	VARIABLE LABEL	VALUE LABELS	FORMULA
cbc.mch1	CBC1: mean corpuscular Hgb (pg) (2 wks pre-quarantine)		
cbc.mchc1	CBC1: mean corpuscular Hgb concentration (g/dl) (2 wks pre-quarantine)		
cbc.rdw1	CBC1: random distribution of RBC width (%) (2 wks pre-quarantine)		
cbc.mpv1	CBC1: mean platelet volume (femtoliters) (2 wks pre-quarantine)		
cbc.pctneut1	CBC1: % WBCs that are neutrophils (range: 0-99) (2 wks pre-quarantine)		
cbc.absneut1	CBC1: absolute neutrophil count (10^3 cells/µL) (2 wks pre-quarantine)		
cbc.pctlym1	CBC1: % WBCs that are lymphocytes (range: 0-99) (2 wks pre-quarantine)		
cbc.abslym1	CBC1: absolute lymphocyte count (10^3 cells/µL) (2 wks pre-quarantine)		
cbc.pctmono1	CBC1: % WBCs that are monocytes (range: 0-99) (2 wks pre-quarantine)		
cbc.absmono1	CBC1: absolute monocyte count (10^3 cells/µL) (2 wks pre-quarantine)		
cbc.pcteos1	CBC1: % WBCs that are eosinophils (range: 0-99) (2 wks pre-quarantine)		
cbc.abseos1	CBC1: absolute eosinophil count (10^3 cells/µL) (2 wks pre-quarantine)		
cbc.pctbaso1	CBC1: % WBCs that are basophils (range: 0-99) (2 wks pre-quarantine)		
cbc.absbaso1	CBC1: absolute basophil count (thousands/µL) (2 wks pre-quarantine)		
cbc.wbc2	CBC2: total white blood cell count (thousands/µL) (1 wk pre-quarantine)		
cbc.rbc2	CBC2: total red blood cell count (millions/µL) (1 wk pre-quarantine)		
cbc.hgb2	CBC2: hemoglobin (g/dl) (1 wk pre-quarantine)		
cbc.hct2	CBC2: hematocrit (%) (1 wk pre-quarantine)		
cbc.mcv2	CBC2: mean corpuscular volume (femtoliters) (1 wk pre-quarantine)		
cbc.mch2	CBC2: mean corpuscular Hgb (pg) (1 wk pre-quarantine)		
cbc.mchc2	CBC2: mean corpuscular Hgb concentration (g/dl) (1 wk pre-quarantine)		
cbc.rdw2	CBC2: random distribution of RBC width (%) (1 wk pre-quarantine)		
cbc.mpv2	CBC2: mean platelet volume (femtoliters) (1 wk pre-quarantine)		
cbc.pctneut2	CBC2: % WBCs that are neutrophils (range: 0-99) (1 wk pre-quarantine)		
cbc.absneut2	CBC2: absolute neutrophil count (thousands/µL) (1 wk pre-quarantine)		
cbc.pctlym2	CBC2: % WBCs that are lymphocytes (range: 0-99) (1 wk pre-quarantine)		
cbc.abslym2	CBC2: absolute lymphocyte count (thousands/µL) (1 wk pre-quarantine)		
cbc.pctmono2	CBC2: % WBCs that are monocytes (range: 0-99) (1 wk pre-quarantine)		
cbc.absmono2	CBC2: absolute monocyte count (thousands/µL) (1 wk pre-quarantine)		

BIOLOGICAL PATHWAYS

VARIABLE NAME	VARIABLE LABEL	VALUE LABELS	FORMULA
cbc.pcteos2	CBC2: % WBCs that are eosinophils (range: 0-99) (1 wk pre-quarantine)		
cbc.abseos2	CBC2: absolute eosinophil count (thousands/µL) (1 wk pre-quarantine)		
cbc.pctbaso2	CBC2: % WBCs that are basophils (range: 0-99) (1 wk pre-quarantine)		
cbc.absbaso2	CBC2: absolute basophil count (thousands/µL) (1 wk pre-quarantine)		
cbc.wbc	CBC: total white blood cell count (10^3 cells/µL) (avg BD1 & BD2)		cbc.wbc = mean(cbc.wbc1, cbc.wbc2)
cbc.rbc	CBC: total red blood cell count (10^6 cells/µL) (avg BD1 & BD2)		cbc.rbc = mean(cbc.rbc1, cbc.rbc2)
cbc.hgb	CBC: hemoglobin concentration (g/dL) (avg BD1 & BD2)		cbc.hgb = mean(cbc.hgb1, cbc.hgb2)
cbc.hct	CBC: hematocrit (%) (avg BD1 & BD2)		cbc.hct = mean(cbc.hct1, cbc.hct2)
cbc.mcv	CBC: mean corpuscular volume (femtoliters) (avg BD1 & BD2)		cbc.mcv = mean(cbc.mcv1, cbc.mcv2)
cbc.mch	CBC: mean corpuscular Hgb (pg) (avg BD1 & BD2)		cbc.mch = mean(cbc.mch1, cbc.mch2)
cbc.mchc	CBC: mean corpuscular Hgb concentration (g/dl) (avg BD1 & BD2)		cbc.mchc = mean(cbc.mchc1, cbc.mchc2)
cbc.rdw	CBC: random distribution of RBC width (%) (avg BD1 & BD2)		cbc.rdw = mean(cbc.rdw1, cbc.rdw2)
cbc.mpv	CBC: mean platelet volume (femtoliters) (avg BD1 & BD2)		cbc.mpv = mean(cbc.mpv1, cbc.mpv2)
cbc.pctneut	CBC: % WBCs that are neutrophils (range: 0-99) (avg BD1 & BD2)		cbc.pctneut = mean(cbc.pctneut1, cbc.pctneut2)
cbc.absneut	CBC: absolute neutrophil count (thousands/microliter) (avg BD1 & BD2)		cbc.absneut = mean(cbc.absneut1, cbc.absneut2)
cbc.pctlym	CBC: % WBCs that are lymphocytes (range: 0-99) (avg BD1 & BD2)		cbc.pctlym = mean(cbc.pctlym1, cbc.pctlym2)
cbc.abslym	CBC: absolute lymphocyte count (thousands/microliter) (avg BD1 & BD2)		cbc.abslym = mean(cbc.abslym1, cbc.abslym2)
cbc.pctmono	CBC: % WBCs that are monocytes (range: 0-99) (avg BD1 & BD2)		cbc.pctmono = mean(cbc.pctmono1, cbc.pctmono2)
cbc.absmono	CBC: absolute monocyte count (thousands/microliter) (avg BD1 & BD2)		cbc.absmono = mean(cbc.absmono1, cbc.absmono2)
cbc.pcteos	CBC: % WBCs that are eosinophils (range: 0-99) (avg BD1 & BD2)		cbc.pcteos = mean(cbc.pcteos1, cbc.pcteos2)
cbc.abseos	CBC: absolute eosinophil count (thousands/microliter) (avg BD1 & BD2)		cbc.abseos = mean(cbc.abseos1, cbc.abseos2)
cbc.pctbaso	CBC: % WBCs that are basophils (range: 0-99) (avg BD1 & BD2)		cbc.pctbaso = mean(cbc.pctbaso1, cbc.pctbaso2)
cbc.absbaso	CBC: absolute basophil count (thousands/microliter) (avg BD1 & BD2)		cbc.absbaso = mean(cbc.absbaso1, cbc.absbaso2)
cbc.alkph	CBC: alkaline phosphatase (U/L)		
cbc.ldh	CBC: lactate dehydrogenase (U/L)		

INFECTION & COLDS   BIOLOGICAL PATHWAYS   DEMOGRAPHICS   HEALTH PRACTICES   PSYCH & SOCIAL   SELF-REPORTED HEALTH   TRIAL DATA   Q'RNTINE AFFECT & HEALTH BEHAVIORS

18

BIOLOGICAL PATHWAYS

VARIABLE NAME	VARIABLE LABEL	VALUE LABELS	FORMULA
cbc.ast	CBC: AST (U/L)		
cbc.alt	CBC: ALT (U/L)		
cbc.ggt	CBC: gamma-glutamyl transferase (U/L)		
cbc.blrbn	CBC: total bilirubin (mg/dL)		
cbc.prot	CBC: total protein (g/dL)		
cbc.album	CBC: albumin (g/dL)		
cbc.glob	CBC: globulin (calculated; g/dL)		
cbc.albglb	CBC: albumin/globulin ratio		
cbc.pot	CBC: potassium (mmol/L)		
cbc.chlor	CBC: chloride (mmol/L)		
cbc.magn	CBC: magnesium (mg/dL)		
cbc.iron	CBC: iron (mcg/dL)		
cbc.tibc	CBC: total iron binding capacity (mcg/dL)		
cbc.trnsat	CBC: % transferrin saturation		
cbc.gluc	CBC: non-fasting glucose (mg/dL)		
cbc.ua	CBC: uric acid (mg/dL)		
cbc.bun	CBC: urea nitrogen (mg/dL)		
cbc.creat	CBC: creatinine (mg/dL)		
cbc.buncrt	CBC: BUN/creatinine ratio		
cbc.trig	CBC: triglycerides (mg/dL)		
cbc.cholest	CBC: total cholesterol (mg/dL)		
hand	*****HANDEDNESS*****		
hnd.write	HND: hand used to write	HAND	
hnd.thrd	HND: hand used to thread needle		
hnd.hmmr	HND: hand used to hammer a nail		
hnd.total	HND: Total Handedness Score		hnd.total = sum(hnd.write, hnd.thrd, hnd.hmmr)

| INFECTION & COLDS | BIOLOGICAL PATHWAYS | DEMOGRAPHICS | HEALTH PRACTICES | PSYCH & SOCIAL | SELF-REPORTED HEALTH | TRIAL DATA | Q'RNTINE AFFECT & HEALTH BEHAVIORS |

19

BIOLOGICAL PATHWAYS   **Value Labels for Categorical and Dichotomous Variables**

CODE	VALUE LABELS	CODE	VALUE LABELS
PATENCY	0=wide open	RHNQUL	0=none
	1=open		1=serous
	2=slightly obstructed		2=sero-mucinous
	3=moderately obstructed		3=mucinous
	4=severely obstructed		4=purulent
EDEMA	0=none	RHNCOL	0=none
	1=mild		1=colorless
	2=moderate		2=white
	3=severe		3=yellow
			4=green
MUCCOL	0=normal		
	1=white	SINDIS	0=none
	2=pale		1=suspicious
	3=pink		2=apparent
	4=red		
		HAND	0=right
RHNQNT	0=none		1=left
	1=scanty		
	2=some		
	3=moderate		
	4=profuse		

DEMOGRAPHICS

VARIABLE NAME	VARIABLE LABEL	VALUES	FORMULA
DEMO	*****DEMOGRAPHICS DATA*****		
age	age at screening		
sex	sex	SEX	
race	race/ethnicity	RACE5	
race.white	race/ethnicity: White, Caucasian	RACEW	if (race = 1) race.white = 1; if (race ne 1) race.white = 0.
race.black	race/ethnicity: Black, African-American	RACEB	if (race = 2) race.black = 1; if (race ne 2) race.black = 0.
race.ntvam	race/ethnicity: Native American, Eskimo, Aleut	RACEN	if (race = 3) race.ntvam = 1; if (race ne 3) race.ntvam = 0.
race.asian	race/ethnicity: Asian or Pacific Islander	RACEA	if (race = 4) race.asian = 1; if (race ne 4) race.asian = 0.
race.hspnc	race/ethnicity: Hispanic, Latino	RACEH	if (race = 5) race.hspnc = 1; if (race ne 5) race.hspnc = 0.
educ.8level	8-category educational attainment (level)	EDUC8	
educ.4cat	4-category education variable (computed)	EDUC4	if (educ.8level = 1) or (educ.8level = 2) educ4cat = 1; educ.hschl = 1.
educ.hschl	educational attainment: high school or less	EDUCHS	if (educ.8level = 3) or (educ.8level = 4) educ4cat = 2; educ.lt2yr = 1.
educ.lt2yr	educational attainment: lt 2 yrs college	EDUCSC	if (educ.8level = 5) educ4cat = 3; educ.assoc = 1.
educ.assoc	educational attainment: ge 2 yrs college + assoc. degr	EDUCAD	if (educ.8level ge 6) educ4cat = 4; educ.ba = 1.
educ.ba	educational attainment: bachelor's degree or higher	EDUCBA	
employed	any employment (full- or part-time)	YES/NO	if (sni.employ_raw = 0) employed = 0; if (sni.employ_raw ge 1) employed = 1.
occupat_str	type of occupation		
ledsdemo	****DEMOGRAPHIC VARIABLES FROM THE LEDS****		
leds.date	LEDS: interview date		
leds.dob	LEDS: date of birth		
leds.age	LEDS: age		
leds.sex	LEDS: sex	SEX	
leds.marhis	LEDS: marital history	MARSTAT9	
leds.lenmar	LEDS: length of present marital status		
leds.brthplc	LEDS: birthplace	LEDSAREA	
leds.upbrng	LEDS: place of upbringing	LEDSAREA	
leds.culbck	LEDS: cultural background	LEDSRACE	
leds.educ	LEDS: education level	LEDSEDUC	

DEMOGRAPHICS

VARIABLE NAME	VARIABLE LABEL	VALUES	FORMULA
leds.school	LEDS: type of school attended (K-12)	LEDSELEM	
leds.speduc	LEDS: spouse's education level	LEDEDUC	
leds.brthord	LEDS: position among siblings	LEDSBRTH	
leds.sibdth	LEDS: age at death of first sibling		
leds.grndchil	LEDS: number of grandchildren	LEDSNUM	
leds.mscrgno	LEDS: number of miscarriages		
leds.mscrgage	LEDS: age at 1st miscarriage		
leds.chldhom	LEDS: number of children living at home		
leds.eldage	LEDS: age of oldest child at home		
leds.yngage	LEDS: age of youngest child at home		
leds.under15	LEDS: 3 or more children under 15 at home?	YES/NO	
leds.chldrelig	LEDS: religion in childhood	LEDSREL	
leds.childno	LEDS: number of children	LEDSNUM	
leds.hsetot	LEDS: total # persons in the household		
leds.ohsetot	LEDS: total # relatives outside the household		
leds.frndtot	LEDS: number of friends and acquaintances		
leds.nbrtot	LEDS: number of neighbors		
leds.wrktot	LEDS: number of work associates		
leds.romtot	LEDS: number of romantic partners		
leds.orgtot	LEDS: number of organization memberships		
leds.conftot	LEDS: number of confidants		

INFECTION & COLDS BIOLOGICAL PATHWAYS DEMOGRAPHICS HEALTH PRACTICES PSYCH & SOCIAL SELF-REPORTED HEALTH TRIAL DATA Q'RNTINE AFFECT & HEALTH BEHAVIORS

22

DEMOGRAPHICS **Value Labels for Categorical and Dichotomous Variables**

CODE	VALUE LABELS	CODE	VALUE LABELS	CODE	VALUE LABELS	CODE	VALUE LABELS
SEX	0=male	EDUC4	1=HS grad or lower	LEDSRACE	1=White indigenous	LEDSBRTH	0=only
	1=female		2=some college, but lt 2 yrs		2=Black indigenous		1=eldest
			3=2+ yrs college + degree		3=Asian		2=middle
RACE5	1=White/Caucasian		4=bachelor's degr or higher		4=Hispanic		3=youngest
	2=Black/African-American				5=Other		
	3=Native American, Eskimo, Aleut	EDUCHS	0=all others			LEDSNUM	0
	4=Asian or Pacific Islander		1=HS grad or lower	LEDSEDUC	1=1st grade		1
	5=Hispanic				2=2nd grade		2
		EDUCSC	0=all others		3=3rd grade		3
RACEW	0=all others		1=some college, but < 2 yrs		4=4th grade		4
	1=White/Caucasian				5=5th grade		5
		EDUCAD	0=all others		6=6th grade		6
RACEB	0=all others		1=2+ yrs college + degree		7=7th grade		7
	1=Black/African-American				8=8th grade		8
		EDUCBA	0=all others		9=9th grade		9 or more
RACEN	0=all others		1=bachelor's degr or higher		10=10th grade		
	1=Native American, Eskimo, Aleut				11=11th grade	LEDSREL	0=none
		MARSTAT9	0=has always been single and not cohabited		12=12th grade		1=Catholic
RACEA	0=all others		1=currently married to first spouse		14=partial college, tech, business		2=Protestant
	1=Asian or Pacific Islander		2=currently cohabiting, no previous cohabitation		16=college graduate		3=Jewish
			3=currently cohabiting		17=partial grad. or professional		4=Other
RACEH	0=all others		4= formally separated/divorced from spouse		18=graduate or professional deg.		
	1=Hispanic		5=separated from cohabitee		19=other	YES/NO	0=no
			6=previously widowed		20=special education, 1-3 years		1=yes
EDUC8	1=Didn't finish high school		7=previous cohabitee died		21=special education, 4-6 years		
	2=High school graduate		8=remarried		22=special education, 7+ years		
	3=Completed tech/voc program						
	4=Less than 2 yrs college	LEDSAREA	1=Pgh and vicinity	LEDSELEM	1=boarding school		
	5=2+ yrs college + degree		2=PA (not Pgh)		2=day school		
	6=Bachelor's degree		3=other state				
	7=Master's degree		4=other country				
	8=PhD, MD, or higher						

HEALTH PRACTICES

VARIABLE NAME	VARIABLE LABEL	VALUES	FORMULA
HLTHPRCT	*****BEGIN HEALTH PRACTICES DATA*****		
smk	*****SMOKING*****		
smk.now	SMK: current smoker	YES/NO	
smk.numcig	SMK: avg # cigarettes smoked per day		
smk.numcgr	SMK: avg # cigars smoked per day		
smk.numtob	SMK: avg # bowls tobacco smoked per day		
smk.mins	SMK: minutes after wake-up have first smoke		
smk.ever	SMK: ever smoke on a daily basis	YES/NO	
smk.xnmcig	SMK: avg # cigarettes used to smoke per day		
smk.xnmcgr	SMK: avg # cigars used to smoke per day		
smk.xnmtob	SMK: avg # bowls tobacco used to smoke per day		
smk.quitmo	SMK: month quit smoking		
smk.quityr	SMK: year quit smoking		
smk.qtdate	SMK: when quit smoking (date format)		
smk.yrsqt	SMK: # years ago quit smoking		smk.yrsqt = datadiff(bddate1, smk.qtdate, "years").
alc	*****ALCOHOL CONSUMPTION*****		
alc.wkdays_raw	ALC: # weekdays drink alcohol (RAW)	WKDAY	
alc.wkwine_raw	ALC: avg # glasses of wine on weekdays (RAW)		
alc.wkliqr_raw	ALC: avg # shots liquor on weekdays (RAW)		
alc.wkbeer_raw	ALC: avg # beers on weekdays (RAW)		
alc.wkbrsz	ALC: avg weekday beer size (oz)		
alc.wndays_raw	ALC: # weekend days drink alcohol (RAW)	WNDAY	
alc.wnwine_raw	ALC: average # glasses of wine on weekend days (RAW)		
alc.wnliqr_raw	ALC: avg # shots liquor on weekend days (RAW)		
alc.wnbeer_raw	ALC: avg # beers on weekend days (RAW)		
alc.wnbrsz	ALC: avg weekend day beer size (oz)		
alc.ever	ALC: ever drink alcohol at least once a week	YES/NO	
alc.xdays	ALC: avg # days/week used to drink		
alc.xdrnks	ALC: avg # drinks/day used to drink		
alc.quitmo	ALC: month quit drinking		
alc.quityr	ALC: year quit drinking		

INFECTION & COLDS   BIOLOGICAL PATHWAYS   DEMOGRAPHICS   HEALTH PRACTICES   PSYCH & SOCIAL   SELF-REPORTED HEALTH   TRIAL DATA   Q'RNTINE AFFECT & HEALTH BEHAVIORS

24

HEALTH PRACTICES

VAR NAME	VARIABLE LABEL	VALUES	FORMULA
alc.qtdate	ALC: when quit drinking (date format)		
alc.wkdays	ALC: # weekdays drink alcohol (occasional drinkers = 0)		if (alc.wkdays_raw lt 6) alc.wkdays = alc.wkdays_raw; if (alc.wkdays_raw = 6) alc.wkdays = 0.
alc.wndays	ALC: # weekend days drink alcohol (occasional drinkers = 0)		if (alc.wndays_raw lt 6) alc.wndays = alc.wndays_raw; if (alc.wndays_raw = 6) alc.wndays = 0.
alc.occwk	ALC: occasional weekday drinker (computed)	YES/NO	if (alc.wkdays_raw = 6) alc.occwk = 1; if (alc.wkdays_raw < 6) alc.occwk = 0.
alc.occwn	ALC: occasional weekend day drinker (computed)	YES/NO	if (alc.wndays_raw = 6) alc.occwn = 1; if (alc.wndays_raw >0 and alc.wndays_raw $\leq$ 2) alc.occwn = 0.
alc.wkwine	ALC: avg # glasses of wine - weekdays (occasional drinkers = 0)		if (alc.wkdays_raw $\geq$1 and alc.wkdays_raw $\leq$5) alc.wkwine = alc.wkwine_raw; if (alc.wkdays_raw = 0 or alc.wkdays_raw = 6) alc.wkwine = 0.
alc.wkliqr	ALC: avg # shots liquor - weekdays (occasional drinkers = 0)		if (alc.wkdays_raw ge 1 and alc.wkdays_raw le 5) alc.wkliqr = alc.wkliqr_raw; if (alc.wkdays_raw = 0 or alc.wkdays_raw = 6) alc.wkliqr = 0.
alc.wkbeer	ALC: avg # beers - weekdays (occasional drinkers = 0)		if (alc.wkdays_raw $\geq$ 1 and alc.wkdays_raw $\leq$ 5) alc.wkbeer = alc.wkbeer_raw; if (alc.wkdays_raw = 0 or alc.wkdays_raw = 6) alc.wkbeer = 0.
alc.wnwine	ALC: avg # glasses wine - weekend days (occasional drinkers = 0)		if (alc.wndays_raw = 1 or alc.wndays_raw = 2) alc.wnwine = alc.wnwine_raw; if (alc.wndays_raw = 0 or alc.wndays_raw = 6) alc.wnwine = 0.
alc.wnliqr	ALC: avg # shots liquor - weekend days (occasional drinkers = 0)		if (alc.wndays_raw = 1 or alc.wndays_raw = 2) alc.wnliqr = alc.wnliqr_raw; if (alc.wndays_raw = 0 or alc.wndays_raw = 6) alc.wnliqr = 0.
alc.wnbeer	ALC: avg # beers - weekend days (occasional drinkers = 0)		if (alc.wndays_raw = 1 or alc.wndays_raw = 2) alc.wnbeer = alc.wnbeer_raw; if (alc.wndays_raw = 0 or alc.wndays_raw = 6) alc.wnbeer = 0.
alc.totdays	ALC: total drinking days (computed) per 7-day week		alc.totdays = sum(alc.wkdays, alc.wndays)
alc.wkbrvol	ALC: avg vol (oz) of beer consumed on weekdays (computed)		alc.wkbrvol = (alc.wkbeer*alc.wkbrsz).
alc.wkbr8oz	ALC: avg # 8oz beers on weekdays (computed) - used for total		alc.wkbr8oz = wkbrvol/8.
alc.wnbrvol	ALC: avg vol (oz) beer consumed on weekend days (computed)		alc.wnbrvol = (alc.wnbeer*alc.wnbrsz).
alc.wnbr8oz	ALC: avg # 8oz beers on weekdays (computed) - used for total		alc.wnbr8oz = wnbrvol/8.
alc.wkdrnks	ALC: avg # drinks on weekdays (computed)		alc.wkdrnks = sum(alc.wkwin, alc.wkliqr, alc.wkbr8oz).
alc.wndrnks	ALC: avg # drinks on weekend days (computed)		alc.wndrnks = sum(alc.wnwin, alc.wnliqr, alc.wnbr8oz).
alc.totdrnks	ALC: total drinks consumed (computed) per 7-day week		alc.totdrnks = sum(alc.wkdrnks, alc.wndrnks).

INFECTION & COLDS   BIOLOGICAL PATHWAYS   DEMOGRAPHICS   HEALTH PRACTICES   PSYCH & SOCIAL   SELF-REPORTED HEALTH   TRIAL DATA   Q'RNTINE AFFECT & HEALTH BEHAVIORS

25

HEALTH PRACTICES

VAR NAME	VARIABLE LABEL	VALUES	FORMULA
phys	*****PHYSICAL ACTIVITY*****		
act.blocks	ACT: # city blocks regularly walk/day		
act.pace	ACT: usual pace of walking	PACE	
act.flgts	ACT: # flights stairs climb up each day		
act.sprt1_str	ACT: sport, recreation, or other physical activity 1		
act.freq1	ACT: # times/year engage in activity 1		
act.min1	ACT: activity 1, avg time/episode (minutes)		
act.yrs1	ACT: # years participated in activity 1		
act.sprt2_str	ACT: sport, recreation, or other physical activity 2		
act.freq2	ACT: # times/year engage in activity 2		
act.min2	ACT: activity 2, avg time/episode (minutes)		
act.yrs2	ACT: # years participated in activity 2		
act.sprt3_str	ACT: sport, recreation, or other physical activity 3		
act.freq3	ACT: # times/year engage in activity 3		
act.min3	ACT: activity 3, avg time/episode (minutes)		
act.yrs3	ACT: # years participated in activity 3		
act.sprt4_str	ACT: sport, recreation, or other physical activity 4		
act.freq4	ACT: # times/year engage in activity 4		
act.min4	ACT: activity 4, avg time/episode (minutes)		
act.yrs4	ACT: # years participated in activity 4		
act.vig	ACT: engage in vigorous physical activity at least once/week	YES/NO	
act.vigwk	ACT: # times/week engage in vigorous activity		
act.vig_str	ACT: description of vigorous physical activity		
act.exert	ACT: usual level of exertion during exercise (0 = none, 10 = maximal)		
act.wkvig	ACT: hours spent doing vigorous activity on typical weekday		
act.wkmod	ACT: hours spent doing moderate activity on typical weekday		
act.wklite	ACT: hours spent doing light activity on typical weekday		
act.wksit	ACT: hours spent doing sitting activity on typical weekday		
act.wkslp	ACT: hours spent sleeping/reclining on typical weekday		
act.wnvig	ACT: hours spent doing vigorous activity on typical weekend day		
act.wnmod	ACT: hours spent doing moderate activity on typical weekend day		

HEALTH PRACTICES

VAR NAME	VARIABLE LABEL	VALUES	FORMULA
act.wnlite	ACT: hours spent doing light activity on typical weekend day		
act.wnsit	ACT: hours spent doing sitting activity on typical weekend day		
act.wnslp	ACT: hours spent sleeping/reclining on typical weekend day		
slp	*****SELF-REPORTED SLEEP*****		
psqi.bdtm	PSQI: usual bedtime during past month		
psqi.wktm	PSQI: usual wake-up time during past month		
psqi.flslp	PSQI: usual time (minutes) taken to fall asleep in past month		
psqi.hrslp	PSQI: hours actually slept per night during past month		
psqi.30min	PSQI: trouble sleeping - cannot get to sleep within 30 minutes	PSQIFRQ1	
psqi.wake	PSQI: trouble sleeping - wake in middle of night or early morning	PSQIFRQ1	
psqi.bthrm	PSQI: trouble sleeping - have to get up to use bathroom	PSQIFRQ1	
psqi.brth	PSQI: trouble sleeping - cannot breathe comfortably	PSQIFRQ1	
psqi.snor	PSQI: trouble sleeping - cough or snore loudly	PSQIFRQ1	
psqi.cold	PSQI: trouble sleeping - too cold	PSQIFRQ1	
psqi.hot	PSQI: trouble sleeping - too hot	PSQIFRQ1	
psqi.drms	PSQI: trouble sleeping - bad dreams	PSQIFRQ1	
psqi.pain	PSQI: trouble sleeping - pain	PSQIFRQ1	
psqi.othr	PSQI: trouble sleeping - other	PSQIFRQ1	
psqi.othr_str	PSQI: trouble sleeping - other - description		
psqi.slqul	PSQI: overall sleep quality during past month	PSQIQUL	
psqi.meds	PSQI: how often taken medicine to help sleep during past month	PSQIFRQ1	
psqi.awk	PSQI: how often had trouble staying awake in past month	PSQIFRQ1	
psqi.enth	PSQI: how much of a problem keeping up enthusiasm in past 2 months	PSQIPRB	
psqi.prtnr	PSQI: bed partner or room mate	PSQIPART	
psqi.p.snr	PSQI: loud snoring - past month (partner/roommate report)	PSQIFRQ2	
psqi.p.paus	PSQI: long pauses between breaths - past month (partner/roommate report)	PSQIFRQ2	
psqi.p.legs	PSQI: legs twitching/jerking while asleep - past month (partner/roommate report)	PSQIFRQ2	
psqi.p.con	PSQI: disoriented/confused during sleep - past month (partner/roommate report)	PSQIFRQ2	
psqi.p.rstls	PSQI: other restlessness during sleep - past month (partner/roommate report)	PSQIFRQ2	
psqi.p.rstls_str	PSQI: other restlessness during sleep - description		

INFECTION & COLDS   BIOLOGICAL PATHWAYS   DEMOGRAPHICS   HEALTH PRACTICES   PSYCH & SOCIAL   SELF-REPORTED HEALTH   TRIAL DATA   Q'RNTINE AFFECT & HEALTH BEHAVIORS

27

HEALTH PRACTICES

VAR NAME	VARIABLE LABEL	VALUES	FORMULA
psqi.bedtime	PSQI: usual bedtime in past month (24-hr time)		
psqi.waketim	PSQI: usual wake-time in past month (24-hr time)		
psqi.minbed	PSQI: calculated total minutes spent in bed		psqi.minbed = datediff(psqi.waketim, psqi.bedtime, "minutes"). NOTE: if (psqi.minbed lt 0) psqi.minbed = psqi.minbed+1440.
psqi.hrsbed	PSQI: calculated total hours spent in bed		psqi.hrsbed = psqi.minbed/60
psqi.efficiency	PSQI: calculated sleep efficiency		psqi.efficiency = (psqi.hrslp/psqi.hrsbed)*100
diet	*****DIET*****		
kcal	FFQ: total daily calories consumed (kcal)		
protein	FFQ: total protein (g)		
totfat	FFQ: total fat (g)		
carb	FFQ: total carbohydrate (g)		
calcium	FFQ: total calcium (mg) from food		
phosph	FFQ: total phosphorus (mg) from food		
iron	FFQ: total iron (mg) from food		
sodium	FFQ: total sodium (mg) from food		
potassm	FFQ: total potassium (mg) from food		
vita_iu	FFQ: vitamin A (IU) from food		
vita_re	FFQ: vitamin A (mcg RAE) from food		
thiamin	FFQ: vitamin B1 / thiamine (mg) from food		
riboflvn	FFQ: vitamin B2 / riboflavin (mg) from food		
niacin	FFQ: vitamin B3 / niacin (mg) from food		
vitc	FFQ: vitamin C (mg) from food		
satfat	FFQ: saturated fat (g)		
oleic	FFQ: oleic acid (g)		
linoleic	FFQ: linoleic acid (g)		
cholest	FFQ: dietary cholesterol (mg)		
fiber	FFQ: dietary fiber (g)		
folate	FFQ: folate / vitamin B9 (mcg) from food		
vite	FFQ: vitamin E (IU) from food		

INFECTION & COLDS   BIOLOGICAL PATHWAYS   DEMOGRAPHICS   HEALTH PRACTICES   PSYCH & SOCIAL   SELF-REPORTED HEALTH   TRIAL DATA   Q'RNTINE AFFECT & HEALTH BEHAVIORS

28

HEALTH PRACTICES

VAR NAME	VARIABLE LABEL	VALUES	FORMULA
zinc	FFQ: zinc (mg) from food - plant/fortified cereal		
zincmeat	FFQ: zinc (mg) from food - animal protein		
vitb6	FFQ: vitamin B6 (mg) from food		
magnesm	FFQ: magnesium (mg) from food		
alphcart	FFQ: alpha-carotene (mcg RAE) from food		
betacart	FFQ: beta-carotene (mcg RAE) from food		
crypto	FFQ: cryptoxanthin (mcg RAE) from food		
lutein	FFQ: lutein (mcg RAE) from food		
lycopene	FFQ: lycopene (mcg RAE) from food		
retinol	FFQ: retinol (mcg RAE) from food		
carotene	FFQ: carotene (mcg RAE) from food		
kcal_na	FFQ: daily calories (kcal) excluding alcohol		
prot_na	FFQ: daily protein (g) excluding alcohol		
totfat_na	FFQ: total fat (g) excluding alcohol		
carb_na	FFQ: carbohydrates (g) excluding alcohol		
phosph_na	FFQ: phosphorus (mg) excluding alcohol		
potass_na	FFQ: potassium (mg) excluding alcohol		
riboflv_na	FFQ: riboflavin (mg) excluding alcohol		
niacn_na	FFQ: niacin (mg) excluding alcohol		
vita_iu_sn	FFQ: vitamin A (IU) with adjustment for seasonality		
vita_re_sn	FFQ: vitamin A (mcg RAE) with adjustment for seasonality		
vitc_sn	FFQ: vitamin C (mg) with adjustment for seasonality		
fiber_sn	FFQ: dietary fiber (g) with adjustment for seasonality		
folate_sn	FFQ: folate (mcg) with adjustment for seasonality		
alphc_sn	FFQ: alpha-carotene (mcg RAE) with adjustment for seasonality		
betac_sn	FFQ: beta-carotene (mcg RAE) with adjustment for seasonality		
cryp_sn	FFQ: cryptoxanthin (mcg RAE) with adjustment for seasonality		
lutn_sn	FFQ: lutein (mcg RAE) with adjustment for seasonality		
lyco_sn	FFQ: lycopene (mcg RAE) with adjustment for seasonality		
retin_sn	FFQ: retinol (mcg RAE) with adjustment for seasonality		

INFECTION & COLDS   BIOLOGICAL PATHWAYS   DEMOGRAPHICS   HEALTH PRACTICES   PSYCH & SOCIAL   SELF-REPORTED HEALTH   TRIAL DATA   Q'RNTINE AFFECT & HEALTH BEHAVIORS

29

HEALTH PRACTICES

VAR NAME	VARIABLE LABEL	VALUES	FORMULA
carot_sn	FFQ: carotene (mcg RAE) with adjustment for seasonality		
gmfood	FFQ: total daily grams of solid food		
pctfat	FFQ: % daily calories from fat		
pctprot	FFQ: % daily calories from protein		
pctcarb	FFQ: % daily calories from carbohydrates		
pctsweet	FFQ: % daily calories from sweets		
pctalc	FFQ: % daily calories from alcohol		
pctfat_na	FFQ: % daily non-alcohol calories from fat		
pctprot_na	FFQ: % daily non-alcohol calories from protein		
pctcarb_na	FFQ: % daily non-alcohol calories from carbohydrates		
fibr_bean	FFQ: fiber from beans (g)		
fibr_vegfr	FFQ: fiber from fruits and vegetables (g)		
fibr_grain	FFQ: fiber from grains (g)		
supvita	FFQ: vitamin A (IU) from supplements		
supvitc	FFQ: vitamin C (mg) from supplements		
supvitd	FFQ: vitamin D (IU) from supplements		
supvite	FFQ: vitamin E (IU) from supplements		
supiron	FFQ: iron (mg) from supplements		
supcalc	FFQ: calcium (mg) from supplements		
supzinc	FFQ: zinc (mg) from supplements		
supbeta	FFQ: beta-carotene (mcg RAE) from supplements		
supb1b2	FFQ: vitamin B1 or B2 (mg) from supplements		
supb6	FFQ: vitamin B6 (mg) from supplements		
supb12	FFQ: vitamin B12 (mcg) from supplements		
supfolat	FFQ: folate/folic acid (mcg) from supplements		
supcopr	FFQ: copper (mg) from supplements		
freqveg	FFQ: vegetables (servings per day)		
freqfrt	FFQ: fruit and fruit juice (servings per day)		
freqbread	FFQ: bread, cereals, rice, and pasta (servings per day)		
freqdairy	FFQ: milk, yogurt, and cheese (servings per day)		

INFECTION & COLDS   BIOLOGICAL PATHWAYS   DEMOGRAPHICS   HEALTH PRACTICES   PSYCH & SOCIAL   SELF-REPORTED HEALTH   TRIAL DATA   Q'RNTINE AFFECT & HEALTH BEHAVIORS

30

HEALTH PRACTICES

VAR NAME	VARIABLE LABEL	VALUES	FORMULA
freqmeat	FFQ: meat, fish, poultry, beans, and eggs (servings per day)		
freqfats	FFQ: fats and oils (servings per day)		
freqylveg	FFQ: yellow and leafy green vegetables (servings per day)		
freqcitrs	FFQ: citrus fruits and juices (servings per day)		
varveg	FFQ: vegetables (# different types/week)		
varfrt	FFQ: fruits and juices (# different types/week)		
varbread	FFQ: breads, cereals, etc. (# different types/week)		
vardairy	FFQ: dairy products (# different types/week)		
varmeat	FFQ: meats, etc. (# different types/week)		
varfats	FFQ: fats and sweets (# different types/week)		
zincfood	FFQ: total zinc (mg) from food - plant and animal		
totvita_iu	FFQ: total vitamin A (IU) - food and supplements		
totvitc	FFQ: total vitamin C (mg) - food and supplements		
totvite	FFQ: total vitamin E (IU) - food and supplements		
totiron	FFQ: total iron (mg) - food and supplements		
totcalc	FFQ: total calcium (mg) - food and supplements		
totzinc	FFQ: total zinc (mg) - food and supplements		
totbetac	FFQ: total beta-carotene (mcg RAE) - food and supplements		
totvitb6	FFQ: total vitamin B6 (mg) - food and supplements		
totfolate	FFQ: total folate/folic acid (mcg) - food and supplements		
dieterror	FFQ: severe error on diet questionnaire		

INFECTION & COLDS   BIOLOGICAL PATHWAYS   DEMOGRAPHICS   HEALTH PRACTICES   PSYCH & SOCIAL   SELF-REPORTED HEALTH   TRIAL DATA   Q'RNTINE AFFECT & HEALTH BEHAVIORS

31

HEALTH PRACTICES **Value Labels for Categorical and Dichotomous Variables**

CODE	VALUE LABELS	CODE	VALUE LABELS
YES/NO	0=no	PSQIFRQ1	0=never
	1=yes		1=less than once a week
			2=once or twice a week
WKDAY	0=never drink on a weekday		3=3+ times a week
	1=1 day		
	2=2 days	PSQIQUL	0=very good
	3=3 days		1=fairly good
	4=4 days		2=fairly bad
	5=5 days		3=very bad
	6=occasionally drink on a weekday		
		PSQIPRB	0=no problem
WNDAY	0=never drink on a weekend day		1=very slight problem
	1=1 day		2=somewhat of a problem
	2=both days		3=very big problem
	6=occasionally drink on a weekend day		
		PSQIPART	0=no bed partner or roommate
PACE	1=casual/strolling (<2 mph)		1=partner or roommate in other room
	2=average/normal (2 - 3 mph)		2=partner or roommate in same room, not same bed
	3=fairly brisk (3 - 4 mph)		3=partner in same bed
	4=brisk/striding (ge 4 mph)		
		PSQIFRQ2	0=never/not applicable
			1=less than once a week
			2=once or twice a week
			3=3+ times a week

INFECTION & COLDS BIOLOGICAL PATHWAYS DEMOGRAPHICS HEALTH PRACTICES PSYCH & SOCIAL SELF-REPORTED HEALTH TRIAL DATA Q'RNTINE AFFECT & HEALTH BEHAVIORS

32

PSYCHOLOGICAL AND SOCIAL

VAR NAME	VARIABLE LABEL	VALUES	FORMULA
PSYCHSOC	*****PSYCHOLOGICAL AND SOCIAL DATA*****		
staq	*****STATE ADJECTIVE DATA*****		
staq.slugg	StAQ (Q'rntine Day 1): sluggish	ACC04	
staq.untlk	StAQ (Q'rntine Day 1): untalkative		
staq.anx	StAQ (Q'rntine Day 1): anxious		
staq.innov	StAQ (Q'rntine Day 1): innovative		
staq.intrsp	StAQ (Q'rntine Day 1): introspective		
staq.thoro	StAQ (Q'rntine Day 1): thorough		
staq.kind	StAQ (Q'rntine Day 1): kind		
staq.lvly	StAQ (Q'rntine Day 1): lively		
staq.tchy	StAQ (Q'rntine Day 1): touchy		
staq.uncrtv	StAQ (Q'rntine Day 1): uncreative		
staq.nervs	StAQ (Q'rntine Day 1): nervous		
staq.inhbt	StAQ (Q'rntine Day 1): inhibited		
staq.hostl	StAQ (Q'rntine Day 1): hostile		
staq.edge	StAQ (Q'rntine Day 1): on edge		
staq.genrs	StAQ (Q'rntine Day 1): generous		
staq.sad	StAQ (Q'rntine Day 1): sad		
staq.orgnz	StAQ (Q'rntine Day 1): organized		
staq.bshfl	StAQ (Q'rntine Day 1): bashful		
staq.unint	StAQ (Q'rntine Day 1): unintellectual		
staq.crlss	StAQ (Q'rntine Day 1): careless		
staq.shy	StAQ (Q'rntine Day 1): shy		
staq.happy	StAQ (Q'rntine Day 1): happy		
staq.intrv	StAQ (Q'rntine Day 1): introverted		
staq.rsntfl	StAQ (Q'rntine Day 1): resentful		
staq.tense	StAQ (Q'rntine Day 1): tense		
staq.unimg	StAQ (Q'rntine Day 1): unimaginative		
staq.tlktv	StAQ (Q'rntine Day 1): talkative		
staq.uninf	StAQ (Q'rntine Day 1): uninformed		

PSYCHOLOGICAL AND SOCIAL

VAR NAME	VARIABLE LABEL	VALUES	FORMULA
staq.effcnt	StAQ (Q'rntine Day 1): efficient	ACC04	
staq.rude	StAQ (Q'rntine Day 1): rude		
staq.slpy	StAQ (Q'rntine Day 1): sleepy		
staq.coprtv	StAQ (Q'rntine Day 1): cooperative		
staq.timid	StAQ (Q'rntine Day 1): timid		
staq.intll	StAQ (Q'rntine Day 1): intellectual		
staq.ang	StAQ (Q'rntine Day 1): angry		
staq.fatg	StAQ (Q'rntine Day 1): fatigued		
staq.rlxd	StAQ (Q'rntine Day 1): relaxed		
staq.unsym	StAQ (Q'rntine Day 1): unsympathetic		
staq.unsys	StAQ (Q'rntine Day 1): unsystematic		
staq.intns	StAQ (Q'rntine Day 1): intense		
staq.phil	StAQ (Q'rntine Day 1): philosophical		
staq.cold	StAQ (Q'rntine Day 1): cold		
staq.plsd	StAQ (Q'rntine Day 1): pleased		
staq.fpep	StAQ (Q'rntine Day 1): full of pep		
staq.tired	StAQ (Q'rntine Day 1): tired		
staq.neat	StAQ (Q'rntine Day 1): neat		
staq.extrv	StAQ (Q'rntine Day 1): extraverted		
staq.imprct	StAQ (Q'rntine Day 1): impractical		
staq.crtv	StAQ (Q'rntine Day 1): creative		
staq.unknd	StAQ (Q'rntine Day 1): unkind		
staq.plsnt	StAQ (Q'rntine Day 1): pleasant		
staq.imgn	StAQ (Q'rntine Day 1): imaginative		
staq.ineff	StAQ (Q'rntine Day 1): inefficient		
staq.dsorg	StAQ (Q'rntine Day 1): disorganized		
staq.symp	StAQ (Q'rntine Day 1): sympathetic		
staq.enths	StAQ (Q'rntine Day 1): enthusiastic		
staq.chrfl	StAQ (Q'rntine Day 1): cheerful		
staq.hrsh	StAQ (Q'rntine Day 1): harsh		

PSYCHOLOGICAL AND SOCIAL

VAR NAME	VARIABLE LABEL	VALUES	FORMULA
staq.quiet	StAQ (Q'rntine Day 1): quiet	ACC04	
staq.deprs	StAQ (Q'rntine Day 1): depressed		
staq.irrt	StAQ (Q'rntine Day 1): irritable		
staq.vigr	StAQ (Q'rntine Day 1): vigorous		
staq.uneas	StAQ (Q'rntine Day 1): uneasy		
staq.dstrs	StAQ (Q'rntine Day 1): distressed		
staq.drsy	StAQ (Q'rntine Day 1): drowsy		
staq.bthrd	StAQ (Q'rntine Day 1): bothered		
staq.actv	StAQ (Q'rntine Day 1): active		
staq.pssv	StAQ (Q'rntine Day 1): passive		
staq.fear	StAQ (Q'rntine Day 1): fearful		
staq.bored	StAQ (Q'rntine Day 1): bored		
staq.inact	StAQ (Q'rntine Day 1): inactive		
staq.ease	StAQ (Q'rntine Day 1): at ease		
staq.enrg	StAQ (Q'rntine Day 1): energetic		
staq.unenv	StAQ (Q'rntine Day 1): unenvious		
staq.syst	StAQ (Q'rntine Day 1): systematic		
staq.unhpy	StAQ (Q'rntine Day 1): unhappy		
staq.cntnt	StAQ (Q'rntine Day 1): contented		
staq.cmfrt	StAQ (Q'rntine Day 1): comfortable		
staq.worr	StAQ (Q'rntine Day 1): worried		
staq.uptgt	StAQ (Q'rntine Day 1): uptight		
staq.alrt	StAQ (Q'rntine Day 1): alert		
staq.arous	StAQ (Q'rntine Day 1): aroused		
staq.calm	StAQ (Q'rntine Day 1): calm		
staq.worn	StAQ (Q'rntine Day 1): worn out		
staq.stim	StAQ (Q'rntine Day 1): stimulated		
staq.wrmhrt	StAQ (Q'rntine Day 1): warm-hearted		
staq.blue	StAQ (Q'rntine Day 1): blue		
staq.pepy	StAQ (Q'rntine Day 1): peppy		

INFECTION & COLDS   BIOLOGICAL PATHWAYS   DEMOGRAPHICS   HEALTH PRACTICES   PSYCH & SOCIAL   SELF-REPORTED HEALTH   TRIAL DATA   Q'RNTINE AFFECT & HEALTH BEHAVIORS

35

PSYCHOLOGICAL AND SOCIAL

VAR NAME	VARIABLE LABEL	VALUES	FORMULA
staq.untlk_r	StAQ (Q'rntine Day 1): untalkative - reversed	ACC04R	
staq.bshfl_r	StAQ (Q'rntine Day 1): bashful - reversed		
staq.shy_r	StAQ (Q'rntine Day 1): shy - reversed		
staq.intrv_r	StAQ (Q'rntine Day 1): introverted - reversed		
staq.inhbt_r	StAQ (Q'rntine Day 1): inhibited - reversed		
staq.timid_r	StAQ (Q'rntine Day 1): timid - reversed		
staq.quiet_r	StAQ (Q'rntine Day 1): quiet - reversed		
staq.cold_r	StAQ (Q'rntine Day 1): cold - reversed		
staq.rude_r	StAQ (Q'rntine Day 1): rude - reversed		
staq.unknd_r	StAQ (Q'rntine Day 1): unkind - reversed		
staq.unsym_r	StAQ (Q'rntine Day 1): unsympathetic - reversed		
staq.hrsh_r	StAQ (Q'rntine Day 1): harsh - reversed		
staq.crlss_r	StAQ (Q'rntine Day 1): careless - reversed		
staq.imprct_r	StAQ (Q'rntine Day 1): impractical - reversed		
staq.ineff_r	StAQ (Q'rntine Day 1): inefficient - reversed		
staq.dsorg_r	StAQ (Q'rntine Day 1): disorganized - reversed		
staq.unsys_r	StAQ (Q'rntine Day 1): unsystematic - reversed		
staq.anx_r	StAQ (Q'rntine Day 1): anxious - reversed		
staq.sad_r	StAQ (Q'rntine Day 1): sad - reversed		
staq.tchy_r	StAQ (Q'rntine Day 1): touchy - reversed		
staq.nervs_r	StAQ (Q'rntine Day 1): nervous - reversed		
staq.rsntfl_r	StAQ (Q'rntine Day 1): resentful - reversed		
staq.tense_r	StAQ (Q'rntine Day 1): tense - reversed		
staq.irrt_r	StAQ (Q'rntine Day 1): irritable - reversed		
staq.deprs_r	StAQ (Q'rntine Day 1): depressed - reversed		
staq.unint_r	StAQ (Q'rntine Day 1): unintellectual - reversed		
staq.uncrtv_r	StAQ (Q'rntine Day 1): uncreative - reversed		
staq.unimg_r	StAQ (Q'rntine Day 1): unimaginative - reversed		
staq.uninf_r	StAQ (Q'rntine Day 1): uninformed - reversed		

INFECTION & COLDS   BIOLOGICAL PATHWAYS   DEMOGRAPHICS   HEALTH PRACTICES   PSYCH & SOCIAL   SELF-REPORTED HEALTH   TRIAL DATA   Q'RNTINE AFFECT & HEALTH BEHAVIORS

36

PSYCHOLOGICAL AND SOCIAL

VAR NAME	VARIABLE LABEL	VALUES	FORMULA
stas	*****STATE AFFECT SCALE VARIABLES*****		
stas.fatgscr	StAS: State Fatigue Subscale Score (Q'rntine Day 1)		stas.fatgscr = mean.4(staq.slugg, staq.tired, staq.slpy, staq.fatg, staq.worn)*5.
stas.angscr	StAS: State Anger Subscale Score (Q'rntine Day 1)		stas.angscr = mean.2(staq.hostl, staq.rsntfl, staq.ang)*3.
stas.anxscr	StAS: State Anxiety Subscale Score (Q'rntine Day 1)		stas.anxscr = mean.3(staq.edge, staq.nervs, staq.tense, staq.uneas)*4.
stas.dprsscr	StAS: State Depression Subscale Score (Q'rntine Day 1)		stas.dprsscr = mean.2(staq.sad, staq.deprs, staq.unhpy)*3.
stas.vigscr	StAS: State Vigor Subscale Score (Q'rntine Day 1)		stas.vigscr = mean.2(staq.lvly, staq.fpep, staq.enrg)*3.
stas.wlbgscr	StAS: State Well-being Subscale Score (Q'rntine Day 1)		stas.wlbgscr = mean.2(staq.happy, staq.plsd, staq.chrfl)*3.
stas.calmscr	StAS: State Calm Subscale Score (Q'rntine Day 1)		stas.calmscr = mean.3(staq.ease, staq.calm, staq.cmfrt, staq.rlxd)*4.
stas.negaf	StAS: State Affect Scale - State Neg Affect (Q'rntine Day 1)		stas.negaf = sum.3(stas.angscr, stas.anxscr, stas.dprsscr).
stas.negftg	StAS: State Affect Scale - State Neg Aff+Fatigue (Q' Day 1)		stas.negftg = sum.4(stas.fatgscr, stas.angscr, stas.anxscr, stas.dprsscr).
stas.posaf	StAS: State Affect Scale - State Postive Affect (Q'rntine Day 1)		stas.posaf = sum.3(stas.vigscr, stas.wlbgscr, stas.calmscr).
stafcrc	*****STATE AFFECT CIRCUMPLEX VARIABLES*****		
stldc.hiact	Larsen & Diener Crc - state high activation (Q' Day 1)		stldc.hiact = mean.2(staq.actv, staq.intns, staq.stim)*3.
stldc.actpls	Larsen & Diener Crc - state activated pleasant (Q' Day 1)		stldc.actpls = mean.2(staq.lvly, staq.pepy, staq.enths)*3.
stldc.plsnt	Larsen & Diener Crc - state pleasant (Q'rntine Day 1)		stldc.plsnt = mean.3(staq.happy, staq.chrfl, staq.wrmhrt, staq.plsd)*4.
stldc.unactpls	Larsen & Diener Crc - state unactivated pleasant (Q'rntine Day 1)		stldc.unactpls = mean.2(staq.rlxd, staq.calm, staq.ease)*3.
stldc.loact	Larsen & Diener Crc - state low activation (Q'rntine Day 1)		stldc.loact = mean.2(staq.quiet, staq.inact, staq.pssv)*3.
stldc.unactun	Larsen & Diener Crc - state unactivated unpleasant (Q' Day 1)		stldc.unactun = mean.2(staq.tired, staq.slugg, staq.bored)*3
stldc.unplsnt	Larsen & Diener Crc - state unpleasant (Q'rntine Day 1)		stldc.unplsnt = mean.2(staq.unhpy, staq.sad, staq.blue)*3.
stldc.actunpls	Larsen & Diener Crc - state activated unpleasant (Q'rntine Day 1)		stldc.actunpls = mean.2(staq.fear, staq.nervs, staq.anx)*3.
ststrsars	*****STATE STRESS-AROUSAL CIRCUMPLEX VARIABLES*****		
stmc.arousps	Mackay Crc : state aroused, positive pole (Q'rntine Day 1)		stmc.arousps = mean.4(staq.actv, staq.vigr, staq.lvly, staq.enrg, staq.alrt, staq.arous)*6.
stmc.arousng	Mackay Crc : state aroused, negative pole (Q'rntine Day 1)		stmc.arousng = mean.3(staq.tired, staq.slpy, staq.drsy, staq.pssv)*4.
stmc.strssps	Mackay Crc : state stressed, positive pole (Q'rntine Day 1)		stmc.strssps = mean.4(staq.uneas, staq.worr, staq.dstrs, staq.uptgt, staq.tense, staq.bthrd)*6.
stmc.strssng	Mackay Crc : state stressed, negative pole (Q'rntine Day 1)		stmc.strssng = mean.3(staq.calm, staq.cntnt, staq.cmfrt, staq.rlxd)*4.

INFECTION & COLDS | BIOLOGICAL PATHWAYS | DEMOGRAPHICS | HEALTH PRACTICES | PSYCH & SOCIAL | SELF-REPORTED HEALTH | TRIAL DATA | Q'RNTINE AFFECT & HEALTH BEHAVIORS

37

PSYCHOLOGICAL AND SOCIAL

VAR NAME	VARIABLE LABEL	VALUES	FORMULA
taq	*****TRAIT ADJECTIVE DATA*****		
taq.slugg.1	TAQ (2 wks pre-Q'rntine): sluggish	ACC04	
taq.untlk.1	TAQ (2 wks pre-Q'rntine): untalkative		
taq.anx.1	TAQ (2 wks pre-Q'rntine): anxious		
taq.innov.1	TAQ (2 wks pre-Q'rntine): innovative		
taq.intrsp.1	TAQ (2 wks pre-Q'rntine): introspective		
taq.thoro.1	TAQ (2 wks pre-Q'rntine): thorough		
taq.kind.1	TAQ (2 wks pre-Q'rntine): kind		
taq.lvly.1	TAQ (2 wks pre-Q'rntine): lively		
taq.tchy.1	TAQ (2 wks pre-Q'rntine): touchy		
taq.uncrtv.1	TAQ (2 wks pre-Q'rntine): uncreative		
taq.nervs.1	TAQ (2 wks pre-Q'rntine): nervous		
taq.inhbt.1	TAQ (2 wks pre-Q'rntine): inhibited		
taq.hostl.1	TAQ (2 wks pre-Q'rntine): hostile		
taq.edge.1	TAQ (2 wks pre-Q'rntine): on edge		
taq.genrs.1	TAQ (2 wks pre-Q'rntine): generous		
taq.sad.1	TAQ (2 wks pre-Q'rntine): sad		
taq.orgnz.1	TAQ (2 wks pre-Q'rntine): organized		
taq.bshfl.1	TAQ (2 wks pre-Q'rntine): bashful		
taq.unint.1	TAQ (2 wks pre-Q'rntine): unintellectual		
taq.crlss.1	TAQ (2 wks pre-Q'rntine): careless		
taq.shy.1	TAQ (2 wks pre-Q'rntine): shy		
taq.happy.1	TAQ (2 wks pre-Q'rntine): happy		
taq.intrv.1	TAQ (2 wks pre-Q'rntine): introverted		
taq.rsntfl.1	TAQ (2 wks pre-Q'rntine): resentful		
taq.tense.1	TAQ (2 wks pre-Q'rntine): tense		
taq.unimg.1	TAQ (2 wks pre-Q'rntine): unimaginative		
taq.tlktv.1	TAQ (2 wks pre-Q'rntine): talkative		
taq.uninf.1	TAQ (2 wks pre-Q'rntine): uninformed		
taq.effcnt.1	TAQ (2 wks pre-Q'rntine): efficient		
taq.rude.1	TAQ (2 wks pre-Q'rntine): rude		

PSYCHOLOGICAL AND SOCIAL

VAR NAME	VARIABLE LABEL	VALUES	FORMULA
taq.slpy.1	TAQ (2 wks pre-Q'rntine): sleepy	ACC04	
taq.coprtv.1	TAQ (2 wks pre-Q'rntine): cooperative		
taq.timid.1	TAQ (2 wks pre-Q'rntine): timid		
taq.intll.1	TAQ (2 wks pre-Q'rntine): intellectual		
taq.ang.1	TAQ (2 wks pre-Q'rntine): angry		
taq.fatg.1	TAQ (2 wks pre-Q'rntine): fatigued		
taq.rlxd.1	TAQ (2 wks pre-Q'rntine): relaxed		
taq.unsym.1	TAQ (2 wks pre-Q'rntine): unsympathetic		
taq.unsys.1	TAQ (2 wks pre-Q'rntine): unsystematic		
taq.intns.1	TAQ (2 wks pre-Q'rntine): intense		
taq.phil.1	TAQ (2 wks pre-Q'rntine): philosophical		
taq.cold.1	TAQ (2 wks pre-Q'rntine): cold		
taq.plsd.1	TAQ (2 wks pre-Q'rntine): pleased		
taq.fpep.1	TAQ (2 wks pre-Q'rntine): full of pep		
taq.tired.1	TAQ (2 wks pre-Q'rntine): tired		
taq.neat.1	TAQ (2 wks pre-Q'rntine): neat		
taq.extrv.1	TAQ (2 wks pre-Q'rntine): extraverted		
taq.imprct.1	TAQ (2 wks pre-Q'rntine): impractical		
taq.crtv.1	TAQ (2 wks pre-Q'rntine): creative		
taq.unknd.1	TAQ (2 wks pre-Q'rntine): unkind		
taq.plsnt.1	TAQ (2 wks pre-Q'rntine): pleasant		
taq.imgn.1	TAQ (2 wks pre-Q'rntine): imaginative		
taq.ineff.1	TAQ (2 wks pre-Q'rntine): inefficient		
taq.dsorg.1	TAQ (2 wks pre-Q'rntine): disorganized		
taq.symp.1	TAQ (2 wks pre-Q'rntine): sympathetic		
taq.enths.1	TAQ (2 wks pre-Q'rntine): enthusiastic		
taq.chrfl.1	TAQ (2 wks pre-Q'rntine): cheerful		
taq.hrsh.1	TAQ (2 wks pre-Q'rntine): harsh		
taq.quiet.1	TAQ (2 wks pre-Q'rntine): quiet		
taq.deprs.1	TAQ (2 wks pre-Q'rntine): depressed		
taq.irrt.1	TAQ (2 wks pre-Q'rntine): irritable		

INFECTION & COLDS   BIOLOGICAL PATHWAYS   DEMOGRAPHICS   HEALTH PRACTICES   PSYCH & SOCIAL   SELF-REPORTED HEALTH   TRIAL DATA   Q'RNTINE AFFECT & HEALTH BEHAVIORS

39

PSYCHOLOGICAL AND SOCIAL

VAR NAME	VARIABLE LABEL	VALUES	FORMULA
taq.vigr.1	TAQ (2 wks pre-Q'rntine): vigorous	ACC04	
taq.uneas.1	TAQ (2 wks pre-Q'rntine): uneasy		
taq.dstrs.1	TAQ (2 wks pre-Q'rntine): distressed		
taq.drsy.1	TAQ (2 wks pre-Q'rntine): drowsy		
taq.bthrd.1	TAQ (2 wks pre-Q'rntine): bothered		
taq.actv.1	TAQ (2 wks pre-Q'rntine): active		
taq.pssv.1	TAQ (2 wks pre-Q'rntine): passive		
taq.fear.1	TAQ (2 wks pre-Q'rntine): fearful		
taq.bored.1	TAQ (2 wks pre-Q'rntine): bored		
taq.inact.1	TAQ (2 wks pre-Q'rntine): inactive		
taq.ease.1	TAQ (2 wks pre-Q'rntine): at ease		
taq.enrg.1	TAQ (2 wks pre-Q'rntine): energetic		
taq.unenv.1	TAQ (2 wks pre-Q'rntine): unenvious		
taq.syst.1	TAQ (2 wks pre-Q'rntine): systematic		
taq.unhpy.1	TAQ (2 wks pre-Q'rntine): unhappy		
taq.cntnt.1	TAQ (2 wks pre-Q'rntine): contented		
taq.cmfrt.1	TAQ (2 wks pre-Q'rntine): comfortable		
taq.worr.1	TAQ (2 wks pre-Q'rntine): worried		
taq.uptgt.1	TAQ (2 wks pre-Q'rntine): uptight		
taq.alrt.1	TAQ (2 wks pre-Q'rntine): alert		
taq.arous.1	TAQ (2 wks pre-Q'rntine): aroused		
taq.calm.1	TAQ (2 wks pre-Q'rntine): calm		
taq.worn.1	TAQ (2 wks pre-Q'rntine): worn out		
taq.stim.1	TAQ (2 wks pre-Q'rntine): stimulated		
taq.wrmhrt.1	TAQ (2 wks pre-Q'rntine): warm-hearted		
taq.blue.1	TAQ (2 wks pre-Q'rntine): blue		
taq.pepy.1	TAQ (2 wks pre-Q'rntine): peppy		
taq.untlk.1_r	TAQ (2 wks pre-Q'rntine): untalkative - reversed	ACC04R	
taq.bshfl.1_r	TAQ (2 wks pre-Q'rntine): bashful - reversed		
taq.shy.1_r	TAQ (2 wks pre-Q'rntine): shy - reversed		
taq.intrv.1_r	TAQ (2 wks pre-Q'rntine): introverted - reversed		

PSYCHOLOGICAL AND SOCIAL

VAR NAME	VARIABLE LABEL	VALUES	FORMULA
taq.inhbt.1_r	TAQ (2 wks pre-Q'rntine): inhibited - reversed	ACC04R	
taq.timid.1_r	TAQ (2 wks pre-Q'rntine): timid - reversed		
taq.quiet.1_r	TAQ (2 wks pre-Q'rntine): quiet - reversed		
taq.cold.1_r	TAQ (2 wks pre-Q'rntine): cold - reversed		
taq.rude.1_r	TAQ (2 wks pre-Q'rntine): rude - reversed		
taq.unknd.1_r	TAQ (2 wks pre-Q'rntine): unkind - reversed		
taq.unsym.1_r	TAQ (2 wks pre-Q'rntine): unsympathetic - reversed		
taq.hrsh.1_r	TAQ (2 wks pre-Q'rntine): harsh - reversed		
taq.crlss.1_r	TAQ (2 wks pre-Q'rntine): careless - reversed		
taq.imprct.1_r	TAQ (2 wks pre-Q'rntine): impractical - reversed		
taq.ineff.1_r	TAQ (2 wks pre-Q'rntine): inefficient - reversed		
taq.dsorg.1_r	TAQ (2 wks pre-Q'rntine): disorganized - reversed		
taq.unsys.1_r	TAQ (2 wks pre-Q'rntine): unsystematic - reversed		
taq.anx.1_r	TAQ (2 wks pre-Q'rntine): anxious - reversed		
taq.sad.1_r	TAQ (2 wks pre-Q'rntine): sad - reversed		
taq.tchy.1_r	TAQ (2 wks pre-Q'rntine): touchy - reversed		
taq.nervs.1_r	TAQ (2 wks pre-Q'rntine): nervous - reversed		
taq.rsntfl.1_r	TAQ (2 wks pre-Q'rntine): resentful - reversed		
taq.tense.1_r	TAQ (2 wks pre-Q'rntine): tense - reversed		
taq.irrt.1_r	TAQ (2 wks pre-Q'rntine): irritable - reversed		
taq.deprs.1_r	TAQ (2 wks pre-Q'rntine): depressed - reversed		
taq.unint.1_r	TAQ (2 wks pre-Q'rntine): unintellectual - reversed		
taq.uncrtv.1_r	TAQ (2 wks pre-Q'rntine): uncreative - reversed		
taq.unimg.1_r	TAQ (2 wks pre-Q'rntine): unimaginative - reversed		
taq.uninf.1_r	TAQ (2 wks pre-Q'rntine): uninformed - reversed		
taq.slugg.2	TAQ (1 wk pre-Q'rntine): sluggish	ACC04	
taq.untlk.2	TAQ (1 wk pre-Q'rntine): untalkative		
taq.anx.2	TAQ (1 wk pre-Q'rntine): anxious		
taq.innov.2	TAQ (1 wk pre-Q'rntine): innovative		
taq.intrsp.2	TAQ (1 wk pre-Q'rntine): introspective		
taq.thoro.2	TAQ (1 wk pre-Q'rntine): thorough		

PSYCHOLOGICAL AND SOCIAL

VAR NAME	VARIABLE LABEL	VALUES	FORMULA
taq.kind.2	TAQ (1 wk pre-Q'rntine): kind	ACC04	
taq.lvly.2	TAQ (1 wk pre-Q'rntine): lively		
taq.tchy.2	TAQ (1 wk pre-Q'rntine): touchy		
taq.uncrtv.2	TAQ (1 wk pre-Q'rntine): uncreative		
taq.nervs.2	TAQ (1 wk pre-Q'rntine): nervous		
taq.inhbt.2	TAQ (1 wk pre-Q'rntine): inhibited		
taq.hostl.2	TAQ (1 wk pre-Q'rntine): hostile		
taq.edge.2	TAQ (1 wk pre-Q'rntine): on edge		
taq.genrs.2	TAQ (1 wk pre-Q'rntine): generous		
taq.sad.2	TAQ (1 wk pre-Q'rntine): sad		
taq.orgnz.2	TAQ (1 wk pre-Q'rntine): organized		
taq.bshfl.2	TAQ (1 wk pre-Q'rntine): bashful		
taq.unint.2	TAQ (1 wk pre-Q'rntine): unintellectual		
taq.crlss.2	TAQ (1 wk pre-Q'rntine): careless		
taq.shy.2	TAQ (1 wk pre-Q'rntine): shy		
taq.happy.2	TAQ (1 wk pre-Q'rntine): happy		
taq.intrv.2	TAQ (1 wk pre-Q'rntine): introverted		
taq.rsntfl.2	TAQ (1 wk pre-Q'rntine): resentful		
taq.tense.2	TAQ (1 wk pre-Q'rntine): tense		
taq.unimg.2	TAQ (1 wk pre-Q'rntine): unimaginative		
taq.tlktv.2	TAQ (1 wk pre-Q'rntine): talkative		
taq.uninf.2	TAQ (1 wk pre-Q'rntine): uninformed		
taq.effcnt.2	TAQ (1 wk pre-Q'rntine): efficient		
taq.rude.2	TAQ (1 wk pre-Q'rntine): rude		
taq.slpy.2	TAQ (1 wk pre-Q'rntine): sleepy		
taq.coprtv.2	TAQ (1 wk pre-Q'rntine): cooperative		
taq.timid.2	TAQ (1 wk pre-Q'rntine): timid		
taq.intll.2	TAQ (1 wk pre-Q'rntine): intellectual		
taq.ang.2	TAQ (1 wk pre-Q'rntine): angry		
taq.fatg.2	TAQ (1 wk pre-Q'rntine): fatigued		
taq.rlxd.2	TAQ (1 wk pre-Q'rntine): relaxed		

PSYCHOLOGICAL AND SOCIAL

VAR NAME	VARIABLE LABEL	VALUES	FORMULA
taq.unsym.2	TAQ (1 wk pre-Q'rntine): unsympathetic	ACC04	
taq.unsys.2	TAQ (1 wk pre-Q'rntine): unsystematic		
taq.intns.2	TAQ (1 wk pre-Q'rntine): intense		
taq.phil.2	TAQ (1 wk pre-Q'rntine): philosophical		
taq.cold.2	TAQ (1 wk pre-Q'rntine): cold		
taq.plsd.2	TAQ (1 wk pre-Q'rntine): pleased		
taq.fpep.2	TAQ (1 wk pre-Q'rntine): full of pep		
taq.tired.2	TAQ (1 wk pre-Q'rntine): tired		
taq.neat.2	TAQ (1 wk pre-Q'rntine): neat		
taq.extrv.2	TAQ (1 wk pre-Q'rntine): extraverted		
taq.imprct.2	TAQ (1 wk pre-Q'rntine): impractical		
taq.crtv.2	TAQ (1 wk pre-Q'rntine): creative		
taq.unknd.2	TAQ (1 wk pre-Q'rntine): unkind		
taq.plsnt.2	TAQ (1 wk pre-Q'rntine): pleasant		
taq.imgn.2	TAQ (1 wk pre-Q'rntine): imaginative		
taq.ineff.2	TAQ (1 wk pre-Q'rntine): inefficient		
taq.dsorg.2	TAQ (1 wk pre-Q'rntine): disorganized		
taq.symp.2	TAQ (1 wk pre-Q'rntine): sympathetic		
taq.enths.2	TAQ (1 wk pre-Q'rntine): enthusiastic		
taq.chrfl.2	TAQ (1 wk pre-Q'rntine): cheerful		
taq.hrsh.2	TAQ (1 wk pre-Q'rntine): harsh		
taq.quiet.2	TAQ (1 wk pre-Q'rntine): quiet		
taq.deprs.2	TAQ (1 wk pre-Q'rntine): depressed		
taq.irrt.2	TAQ (1 wk pre-Q'rntine): irritable		
taq.vigr.2	TAQ (1 wk pre-Q'rntine): vigorous		
taq.uneas.2	TAQ (1 wk pre-Q'rntine): uneasy		
taq.dstrs.2	TAQ (1 wk pre-Q'rntine): distressed		
taq.drsy.2	TAQ (1 wk pre-Q'rntine): drowsy		
taq.bthrd.2	TAQ (1 wk pre-Q'rntine): bothered		
taq.actv.2	TAQ (1 wk pre-Q'rntine): active		
taq.pssv.2	TAQ (1 wk pre-Q'rntine): passive		

PSYCHOLOGICAL AND SOCIAL

VAR NAME	VARIABLE LABEL	VALUES	FORMULA
taq.fear.2	TAQ (1 wk pre-Q'rntine): fearful	ACC04	
taq.bored.2	TAQ (1 wk pre-Q'rntine): bored		
taq.inact.2	TAQ (1 wk pre-Q'rntine): inactive		
taq.ease.2	TAQ (1 wk pre-Q'rntine): at ease		
taq.enrg.2	TAQ (1 wk pre-Q'rntine): energetic		
taq.unenv.2	TAQ (1 wk pre-Q'rntine): unenvious		
taq.syst.2	TAQ (1 wk pre-Q'rntine): systematic		
taq.unhpy.2	TAQ (1 wk pre-Q'rntine): unhappy		
taq.cntnt.2	TAQ (1 wk pre-Q'rntine): contented		
taq.cmfrt.2	TAQ (1 wk pre-Q'rntine): comfortable		
taq.worr.2	TAQ (1 wk pre-Q'rntine): worried		
taq.uptgt.2	TAQ (1 wk pre-Q'rntine): uptight		
taq.alrt.2	TAQ (1 wk pre-Q'rntine): alert		
taq.arous.2	TAQ (1 wk pre-Q'rntine): aroused		
taq.calm.2	TAQ (1 wk pre-Q'rntine): calm		
taq.worn.2	TAQ (1 wk pre-Q'rntine): worn out		
taq.stim.2	TAQ (1 wk pre-Q'rntine): stimulated		
taq.wrmhrt.2	TAQ (1 wk pre-Q'rntine): warm-hearted		
taq.blue.2	TAQ (1 wk pre-Q'rntine): blue		
taq.pepy.2	TAQ (1 wk pre-Q'rntine): peppy		
taq.untlk.2_r	TAQ (1 wk pre-Q'rntine): untalkative - reversed	ACC04R	
taq.bshfl.2_r	TAQ (1 wk pre-Q'rntine): bashful - reversed		
taq.shy.2_r	TAQ (1 wk pre-Q'rntine): shy - reversed		
taq.intrv.2_r	TAQ (1 wk pre-Q'rntine): introverted - reversed		
taq.inhbt.2_r	TAQ (1 wk pre-Q'rntine): inhibited - reversed		
taq.timid.2_r	TAQ (1 wk pre-Q'rntine): timid - reversed		
taq.quiet.2_r	TAQ (1 wk pre-Q'rntine): quiet - reversed		
taq.cold.2_r	TAQ (1 wk pre-Q'rntine): cold - reversed		
taq.rude.2_r	TAQ (1 wk pre-Q'rntine): rude - reversed		
taq.unknd.2_r	TAQ (1 wk pre-Q'rntine): unkind - reversed		
taq.unsym.2_r	TAQ (1 wk pre-Q'rntine): unsympathetic - reversed		

INFECTION & COLDS   BIOLOGICAL PATHWAYS   DEMOGRAPHICS   HEALTH PRACTICES   PSYCH & SOCIAL   SELF-REPORTED HEALTH   TRIAL DATA   Q'RNTINE AFFECT & HEALTH BEHAVIORS

44

PSYCHOLOGICAL AND SOCIAL

VAR NAME	VARIABLE LABEL	VALUES	FORMULA
taq.hrsh.2_r	TAQ (1 wk pre-Q'rntine): harsh - reversed	ACC04	
taq.crlss.2_r	TAQ (1 wk pre-Q'rntine): careless - reversed		
taq.imprct.2_r	TAQ (1 wk pre-Q'rntine): impractical - reversed		
taq.ineff.2_r	TAQ (1 wk pre-Q'rntine): inefficient - reversed		
taq.dsorg.2_r	TAQ (1 wk pre-Q'rntine): disorganized - reversed		
taq.unsys.2_r	TAQ (1 wk pre-Q'rntine): unsystematic - reversed		
taq.anx.2_r	TAQ (1 wk pre-Q'rntine): anxious - reversed		
taq.sad.2_r	TAQ (1 wk pre-Q'rntine): sad - reversed		
taq.tchy.2_r	TAQ (1 wk pre-Q'rntine): touchy - reversed		
taq.nervs.2_r	TAQ (1 wk pre-Q'rntine): nervous - reversed		
taq.rsntfl.2_r	TAQ (1 wk pre-Q'rntine): resentful - reversed		
taq.tense.2_r	TAQ (1 wk pre-Q'rntine): tense - reversed		
taq.irrt.2_r	TAQ (1 wk pre-Q'rntine): irritable - reversed		
taq.deprs.2_r	TAQ (1 wk pre-Q'rntine): depressed - reversed		
taq.unint.2_r	TAQ (1 wk pre-Q'rntine): unintellectual - reversed	ACC04R	
taq.uncrtv.2_r	TAQ (1 wk pre-Q'rntine): uncreative - reversed		
taq.unimg.2_r	TAQ (1 wk pre-Q'rntine): unimaginative - reversed		
taq.uninf.2_r	TAQ (1 wk pre-Q'rntine): uninformed - reversed		
tas	*****TRAIT AFFECT SCALE VARIABLES*****		
tas.fatgscr.1	TAS: Fatigue Subscale Score (2 wks pre-Q'rntine)		tas.fatgscr.1 = mean.4(taq.slugg.1, taq.tired.1, taq.slpy.1, taq.fatg.1, taq.worn.1)*5.
tas.angscr.1	TAS: Anger Subscale Score (2 wks pre-Q'rntine)		tas.angscr.1 = mean.2(taq.hostl.1, taq.rsntfl.1, taq.ang.1)*3.
tas.anxscr.1	TAS: Anxiety Subscale Score (2 wks pre-Q'rntine)		tas.anxscr.1 = mean.3(taq.edge.1, taq.nervs.1, taq.tense.1, taq.uneas.1)*4.
tas.dprsscr.1	TAS: Depression Subscale Score (2 wks pre-Q'rntine)		tas.dprsscr.1 = mean.2(taq.sad.1, taq.deprs.1, taq.unhpy.1)*3.
tas.vigscr.1	TAS: Vigor Subscale Score (2 wks pre-Q'rntine)		tas.vigscr.1 = mean.2(taq.lvly.1, taq.fpep.1, taq.enrg.1)*3.
tas.wlbgscr.1	TAS: Well-being Subscale Score (2 wks pre-Q'rntine)		tas.wlbgscr.1 = mean.2(taq.happy.1, taq.plsd.1, taq.chrfl.1)*3.
tas.calmscr.1	TAS: Calm Subscale Score (2 wks pre-Q'rntine)		tas.calmscr.1 = mean.3(taq.ease.1, taq.calm.1, taq.cmfrt.1, taq.rlxd.1)*4.
tas.negaf.1	TAS: Trait Affect Scale - Trait Neg Affect (2 wks pre-Q'rntine)		tas.negaf.1 = sum.3(tas.angscr.1, tas.anxscr.1, tas.dprsscr.1)
tas.negftg.1	TAS: Trait Affect Scale - Trait NA+Fatigue (2 wks pre-Q'rntine)		tas.negftg.1 = sum.4(tas.fatgscr.1, tas.angscr.1, tas.anxscr.1, tas.dprsscr.1).
tas.posaf.1	TAS: Trait Affect Scale - Trait Pos Affect (2 wks pre-Q'rntine)		tas.posaf.1 = sum.3(tas.vigscr.1, tas.wlbgscr.1, tas.calmscr.1).

PSYCHOLOGICAL AND SOCIAL

VAR NAME	VARIABLE LABEL	VALUES	FORMULA
tas.fatgscr.2	TAS: Fatigue Subscale Score (1 wk pre-Q'rntine)		tas.fatgscr.2 = mean.4(taq.slugg.2, taq.tired.2, taq.slpy.2, taq.fatg.2, taq.worn.2)*5.
tas.angscr.2	TAS: Anger Subscale Score (1 wk pre-Q'rntine)		tas.angscr.2 = mean.2(taq.hostl.2, taq.rsntfl.2, taq.ang.2)*3.
tas.anxscr.2	TAS: Anxiety Subscale Score (1 wk pre-Q'rntine)		tas.anxscr.2 = mean.3(taq.edge.2, taq.nervs.2, taq.tense.2, taq.uneas.2)*4.
tas.dprsscr.2	TAS: Depression Subscale Score (1 wk pre-Q'rntine)		tas.dprsscr.2 = mean.2(taq.sad.2, taq.deprs.2, taq.unhpy.2)*3.
tas.vigscr.2	TAS: Vigor Subscale Score (1 wk pre-Q'rntine)		tas.vigscr.2 = mean.2(taq.lvly.2, taq.fpep.2, taq.enrg.2)*3.
tas.wlbgscr.2	TAS: Well-being Subscale Score (1 wk pre-Q'rntine)		tas.wlbgscr.2 = mean.2(taq.happy.2, taq.plsd.2, taq.chrfl.2)*3.
tas.calmscr.2	TAS: Calm Subscale Score (1 wk pre-Q'rntine)		tas.calmscr.2 = mean.3(taq.ease.2, taq.calm.2, taq.cmfrt.2, taq.rlxd.2)*4.
tas.negaf.2	TAS: Trait Affect Scale - Trait Neg Affect (1 wk pre-Q'rntine)		tas.negaf.2 = sum.3(tas.angscr.2, tas.anxscr.2, tas.dprsscr.2)
tas.negftg.2	TAS: Trait Affect Scale - Trait NA+Fatigue (1 wk pre-Q'rntine)		tas.negftg.2 = sum.4(tas.fatgscr.2, tas.angscr.2, tas.anxscr.2, tas.dprsscr.2).
tas.posaf.2	TAS: Trait Affect Scale - Trait Postive Affect (1 wk pre-Q'rntine)		tas.posaf.2 = sum.3(tas.vigscr.2, tas.wlbgscr.2, tas.calmscr.2).
tas.fatgscr	TAS: Fatigue Subscale Score (avg 2 administrations)		tas.fatgscr = mean(tas.fatgscr.1, tas.fatgscr.2).
tas.angscr	TAS: Anger Subscale Score (avg 2 administrations)		tas.angscr = mean(tas.angscr.1, tas.angscr.2).
tas.anxscr	TAS: Anxiety Subscale Score (avg 2 administrations)		tas.anxscr = mean(tas.anxscr.1, tas.anxscr.2).
tas.dprsscr	TAS: Depression Subscale Score (avg 2 administrations)		tas.dprsscr = mean(tas.dprsscr.1, tas.dprsscr.2).
tas.vigscr	TAS: Vigor Subscale Score (avg 2 administrations)		tas.vigscr = mean(tas.vigscr.1, tas.vigscr.2).
tas.wlbgscr	TAS: Well-being Subscale Score (avg 2 administrations)		tas.wlbgscr = mean(tas.wlbgscr.1, tas.wlbgscr.2).
tas.calmscr	TAS: Calm Subscale Score (avg 2 administrations)		tas.calmscr = mean(tas.calmscr.1, tas.calmscr.2).
tas.negftg	TAS: Trait Affect Scale - Trait NA+Fatigue (avg 2 admins)		tas.negftg = mean(tas.negftg.1, tas.negftg.2).
tas.negaf	TAS: Trait Affect Scale - Trait Negative Affect (avg 2 admins)		tas.negaf = mean(tas.negaf.1, tas.negaf.2).
tas.posaf	TAS: Trait Affect Scale - Trait Postive Affect (avg 2 admins)		tas.posaf = mean (tas.posaf.1, tas.posaf.2).
affcrc	*****AFFECT CIRCUMPLEX VARIABLES*****		
ldc.hiact.1	Larsen & Diener Crc: high activation (2 wks pre-Q'rntine)		ldc.hiact.1 = mean.2(taq.actv.1, taq.intns.1, taq.stim.1)*3.
ldc.actpls.1	Larsen & Diener Crc: activated pleasant (2 wks pre-Q'rntine)		ldc.actpls.1 = mean.2(taq.lvly.1, taq.pepy.1, taq.enths.1)*3.
ldc.plsnt.1	Larsen & Diener Crc: pleasant (2 wks pre-Q'rntine)		ldc.plsnt.1 = mean.3(taq.happy.1, taq.chrfl.1, taq.wrmhrt.1, taq.plsd.1)*4
ldc.unactpls.1	Larsen & Diener Crc: unactivated pleasant (2 wks pre-Q'rntine)		ldc.unactpls.1 = mean.2(taq.rlxd.1, taq.calm.1, taq.ease.1)*3

PSYCHOLOGICAL AND SOCIAL

VAR NAME	VARIABLE LABELS	VALUES	FORMULA
ldc.loact.1	Larsen & Diener Crc: low activation (2 wks pre-Q'rntine)		ldc.loact.1 = mean.2(taq.quiet.1, taq.inact.1, taq.pssv.1)*3.
ldc.unactun.1	Larsen & Diener Crc: unactivated unpleasant (2 wks pre-Q')		ldc.unactun.1 = mean.2(taq.tired.1, taq.slugg.1, taq.bored.1)*3.
ldc.unplsnt.1	Larsen & Diener Crc: unpleasant (2 wks pre-Q'rntine)		ldc.unplsnt.1 = mean.2(taq.unhpy.1, taq.sad.1, taq.blue.1)*3.
ldc.actunpls.1	Larsen & Diener Crc: activated unpleasant (2 wks pre-Q')		ldc.actunpls.1 = mean.2(taq.fear.1, taq.nervs.1, taq.anx.1)*3.
ldc.hiact.2	Larsen & Diener Crc: high activation (1 wk pre-Q'rntine)		ldc.hiact.2 = mean.2(taq.actv.2, taq.intns.2, taq.stim.2)*3.
ldc.actpls.2	Larsen & Diener Crc: activated pleasant (1 wk pre-Q')		ldc.actpls.2 = mean.2(taq.lvly.2, taq.pepy.2, taq.enths.2)*3.
ldc.plsnt.2	Larsen & Diener Crc: pleasant (1 wk pre-Q'rntine)		ldc.plsnt.2 = mean.3(taq.happy.2, taq.chrfl.2, taq.wrmhrt.2, taq.plsd.2)*4
ldc.unactpls.2	Larsen & Diener Crc: unactivated pleasant (1 wk pre-Q')		ldc.unactpls.2 = mean.2(taq.rlxd.2, taq.calm.2, taq.ease.2)*3
ldc.loact.2	Larsen & Diener Crc: low activation (1 wk pre-Q'rntine)		ldc.loact.2 = mean.2(taq.quiet.2, taq.inact.2, taq.pssv.2)*3.
ldc.unactun.2	Larsen & Diener Crc: unactivated unpleasant (1 wk pre-Q')		ldc.unactun.2 = mean.2(taq.tired.2, taq.slugg.2, taq.bored.2)*3.
ldc.unplsnt.2	Larsen & Diener Crc: unpleasant (1 wk pre-Q'rntine)		ldc.unplsnt.2 = mean.2(taq.unhpy.2, taq.sad.2, taq.blue.2)*3.
ldc.actunpls.2	Larsen & Diener Crc: activated unpleasant (1 wk pre-Q')		ldc.actunpls.2 = mean.2(taq.fear.2, taq.nervs.2, taq.anx.2)*3.
ldc.hiact	Larsen & Diener Crc: high activation (avg 2 admins)		ldc.hiact = mean(ldc.hiact.1, ldc.hiact.2).
ldc.actpls	Larsen & Diener Crc: activated pleasant (avg 2 admins)		ldc.actpls = mean(ldc.actpls.1, ldc.actpls.2).
ldc.plsnt	Larsen & Diener Crc: pleasant (avg 2 administrations)		ldc.plsnt = mean(ldc.plsnt.1, ldc.plsnt.2).
ldc.unactpls	Larsen & Diener Crc: unactivated pleasant (avg 2 admins)		ldc.unactpls = mean(ldc.unactpls.1, ldc.unactpls.2).
ldc.loact	Larsen & Diener Crc: low activation (avg 2 administrations)		ldc.loact = mean(ldc.loact.1, ldc.loact.2).
ldc.unactun	Larsen & Diener Crc: unactivated unpleasant (avg 2 admins)		ldc.unactun = mean(ldc.unactun.1, ldc.unactun.2).
ldc.unplsnt	Larsen & Diener Crc: unpleasant (avg 2 administrations)		ldc.unplsnt = mean(ldc.unplsnt.1, ldc.unplsnt.2).
ldc.actunpls	Larsen & Diener Crc: activated unpleasant (avg 2 admins)		ldc.actunpls = mean(ldc.actunpls.1, ldc.actunpls.2).

INFECTION & COLDS   BIOLOGICAL PATHWAYS   DEMOGRAPHICS   HEALTH PRACTICES   PSYCH & SOCIAL   SELF-REPORTED HEALTH   TRIAL DATA   Q'RNTINE AFFECT & HEALTH BEHAVIORS

47

PSYCHOLOGICAL AND SOCIAL

VAR NAME	VARIABLE LABEL	VALUES	FORMULA
strsarous	***STRESS-AROUSAL CIRCUMPLEX VARIABLES***		
mc.arousps.1	Mackay Crc: aroused, positive pole (2 wks pre-Q')		mc.arousps.1= mean.4(taq.actv.1, taq.vigr.1, taq.lvly.1, taq.enrg.1, taq.alrt.1, taq.arous.1)*6.
mc.arousng.1	Mackay Crc: aroused, negative pole (2 wks pre-Q')		mc.arousng.1 = mean.3(taq.tired.1, taq.slpy.1, taq.drsy.1, taq.pssv.1)*4.
mc.strssps.1	Mackay Crc: stressed, positive pole (2 wks pre-Q')		mc.strssps.1 = mean.4(taq.uneas.1, taq.worr.1, taq.dstrs.1, taq.uptgt.1, taq.tense.1, taq.bthrd.1)*6.
mc.strssng.1	Mackay Crc: stressed, negative pole (2 wks pre-Q')		mc.strssng.1 = mean.3(taq.calm.1, taq.cntnt.1, taq.cmfrt.1, taq.rlxd.1)*4.
mc.arousps.2	Mackay Crc: aroused, positive pole (1 wk pre-Q')		mc.arousps.2 = mean.4(taq.actv.2, taq.vigr.2, taq.lvly.2, taq.enrg.2, taq.alrt.2, taq.arous.2)*6.
mc.arousng.2	Mackay Crc: aroused, negative pole (1 wk pre-Q')		mc.arousng.2 = mean.3(taq.tired.2, taq.slpy.2, taq.drsy.2, taq.pssv.2)*4.
mc.strssps.2	Mackay Crc: stressed, positive pole (1 wk pre-Q')		mc.strssps.2=mean.4(taq.uneas.2, taq.worr.2, taq.dstrs.2, taq.uptgt.2, taq.tense.2, taq.bthrd.2)*6.
mc.strssng.2	Mackay Crc: stressed, negative pole (1 wk pre-Q')		mc.strssng.2 = mean.3(taq.calm.2, taq.cntnt.2, taq.cmfrt.2, taq.rlxd.2)*4.
mc.arousps	Mackay Crc: aroused, positive pole (avg 2 admins)		mc.arousps = mean(mc.arousps.1, mc.arousps.2).
mc.arousng	Mackay Crc: aroused, negative pole (avg 2 admins)		mc.arousng = mean(mc.arousng.1, mc.arousng.2).
mc.strssps	Mackay Crc: stressed, positive pole (avg 2 admins)		mc.strssps = mean(mc.strssps.1, mc.strssps.2).
mc.strssng	Mackay Crc: stressed, negative pole (avg 2 admins)		mc.strssng = mean(mc.strssng.1, mc.strssng.2).
gb5	*****5 FACTOR PERSONALITY VARIABLES*****		
gb5.extrscr.1	Goldberg Big 5 - Extraversion (2 wks pre-Q'rntine)		gb5.extrscr.1 = mean.7(taq.untlk.1_r, taq.quiet.1_r, taq.shy.1_r, taq.bshfl.1_r, taq.intrv.1_r, taq.timid.1_r, taq.inhbt.1_r, taq.enrg.1, taq.tlktv.1, taq.extrscr.1)*10.
gb5.agrbscr.1	Goldberg Big 5 - Agreeableness (2 wks pre-Q')		gb5.agrbscr.1 =mean.7(taq.symp.1, taq.kind.1, taq.hrsh.1_r, taq.genrs.1, taq.plsnt.1, taq.coprtv.1, taq.cold.1_r, taq.unknd.1_r, taq.unsym.1_r, taq.rude.1_r)*10.
gb5.consscr.1	Goldberg Big 5 - Conscientiousness (2 wks pre-Q')		gb5.consscr.1 = mean.7(taq.dsorg.1_r, taq.syst.1, taq.ineff.1_r, taq.imprct.1_r, taq.crlss.1_r, taq.neat.1, taq.unsys.1_r, taq.orgnz.1, taq.thoro.1, taq.effcnt.1)*10.
gb5.emotscr.1	Goldberg Big 5 - Emotional Stability (2 wks pre-Q')		gb5.emotscr.1 = mean.7(taq.tense.1_r, taq.anx.1_r, taq.nervs.1_r, taq.irrt.1_r, taq.tchy.1_r, taq.deprs.1_r, taq.sad.1_r, taq.rsntfl.1_r, taq.rlxd.1, taq.unenv.1)*10.
gb5.openscr.1	Goldberg Big 5 – Open to Experience (2 wks pre-Q')		gb5.openscr.1 = mean.7(taq.uninf.1_r, taq.unint.1_r, taq.unimg.1_r, taq.uncrtv.1_r, taq.phil.1, taq.intll.1, taq.imgn.1, taq.crtv.1, taq.innov.1, taq.intrsp.1)*10.
gb5.extrscr.2	Goldberg Big 5 - Extraversion (1 wk pre-Q'rntine)		gb5.extrscr.2 = mean.7(taq.untlk.2_r, taq.quiet.2_r, taq.shy.2_r, taq.bshfl.2_r, taq.intrv.2_r, taq.timid.2_r, taq.inhbt.2_r, taq.enrg.2, taq.tlktv.2, taq.extrscr.2)*10.
gb5.agrbscr.2	Goldberg Big 5 - Agreeableness (1 wk pre-Q'rntine)		gb5.agrbscr.2 =mean.7(taq.symp.2, taq.kind.2, taq.hrsh.2_r, taq.genrs.2, taq.plsnt.2, taq.coprtv.2, taq.cold.2_r, taq.unknd.2_r, taq.unsym.2_r, taq.rude.2_r)*10.
gb5.consscr.2	Goldberg Big 5 - Conscientiousness (1 wk pre-Q')		gb5.consscr.2 = mean.7(taq.dsorg.2_r, taq.syst.2, taq.ineff.2_r, taq.imprct.2_r, taq.crlss.2_r, taq.neat.2, taq.unsys.2_r, taq.orgnz.2, taq.thoro.2, taq.effcnt.2)*10.

PSYCHOLOGICAL AND SOCIAL

VAR NAME	VARIABLE LABEL	VALUES	FORMULA
gb5.emotscr.2	Goldberg Big 5 - Emotional Stability (1 wk pre-Q')		gb5.emotscr.2 = mean.7(taq.tense.2_r, taq.anx.2_r, taq.nervs.2_r, taq.irrt.2_r, taq.tchy.2_r, taq.deprs.2_r, taq.sad.2_r, taq.rsntfl.2_r, taq.rlxd.2, taq.unenv.2)*10.
gb5.openscr.2	Goldberg Big 5 - Open to Experience (1 wk pre-Q')		gb5.openscr.2 = mean.7(taq.uninf.2_r, taq.unint.2_r, taq.unimg.2_r, taq.uncrtv.2_r, taq.phil.2, taq.intll.2, taq.imgn.2, taq.crtv.2, taq.innov.2, taq.intrsp.2)*10.
gb5.extravg	Goldberg Big 5 - Extraversion (avg 2 admins)		gb5.extravg = mean(gb5.extrscr.1, gb5.extrscr.2).
gb5.agrbavg	Goldberg Big 5 - Agreeableness (avg 2 admins)		gb5.agrbavg = mean(gb5.agrbscr.1, gb5.agrbscr.2).
gb5.conscavg	Goldberg Big 5 - Conscientiousness (avg 2 admins)		gb5.concsavg = mean(gb5.consscr.1, gb5.consscr.2).
gb5.emotavg	Goldberg Big 5 - Emotional Stability (avg 2 admins)		gb5.emotavg = mean(gb5.emotscr.1, gb5.emotscr.2).
gb5.openavg	Goldberg Big 5 - Open to Experience (avg 2 admin)		gb5.openavg = mean(gb5.openscr.1, gb5.openscr.2).
optm	*****OPTIMISM*****		
lot.expbst	LOT: usually expect the best	AGR04	
lot.relax	LOT: easy for me to relax		
lot.gowrng	LOT: if something can go wrong, it will		
lot.brtside	LOT: always look on the bright side		
lot.optfut	LOT: always optimistic about future		
lot.enjfr	LOT: enjoy my friends		
lot.kpbsy	LOT: important for me to keep busy		
lot.myway	LOT: hardly ever expect things to go my way		
lot.wkout	LOT: things never work out		
lot.upset	LOT: don't get upset too easily		
lot.slvr	LOT: believe "every cloud has a silver lining"		
lot.gdthng	LOT: rarely count on good things happening to me		
lot.expgd	LOT: overall, expect more good things than bad		
lot.gowrng_r	LOT: if something can go wrong, it will - reversed	AGR04R	
lot.myway_r	LOT: hardly expect things to go my way - reversed		
lot.wkout_r	LOT: things never work out - reversed		
lot.gdthng_r	LOT: rarely count on good things happening - reversed		
lot.opttot	LOT: Life Orientation Test - Total Optimism Score		lot.opttot = mean.6(lot.expbst, lot.gowrng_r, lot.brtside, lot.optfut, lot.myway_r, lot.wkout_r, lot.slvr, lot.gdthng_r)*8.
lot.negtot	LOT: Life Orientation Test - total of negative items		lot.negtot = mean.3(lot.gowrng_r, lot.myway_r, lot.wkout_r, lot.gdthng_r)*4.
lot.postot	LOT: Life Orientation Test - total of positive items		lot.postot = mean.3(lot.expbst, lot.brtside, lot.optfut, lot.slvr)*4.

PSYCHOLOGICAL AND SOCIAL

VARIABLE NAME	VARIABLE LABEL	VALUES	FORMULA
sni	*****SOCIAL NETWORK INVENTORY (SNI)*****		
sni.marstat	SNI: marital status	SNIMAR	
sni.hcc.spouse	SNI - high contact: spouse/partner	YES/NO	if (sni.marstat = 1) sni.hcc.spouse = 1; if (sni.marstat gt 1) sni.hcc.spouse = 0.
sni.chldrn	SNI: # children	SNINUM1	
sni.chldlvng	SNI: # children living with you	SNINUM1	
sni.hcc.chldrn	SNI - high contact: # children talk to > every 2 wks	SNINUM1	
sni.parnts_raw	SNI: living parents (RAW)	SNIPAR	

sni.parnts	SNI: # living parents		if (sni.parnts_raw = 0) sni.parnts = 0.
			if (sni.parnts_raw = 1 or sni.parnts_raw = 2) sni.parnts = 1.
			if (sni.parnts_raw = 3) sni.parnts = 2.

sni.hcc.parnts_raw	SNI: parents talk with > every 2 wks (RAW)	SNIPAR	
sni.hcc.parnts	SNI - high contact: # parents talk to > every 2 wks		As above, substituting sni.hcc.parnts_raw for sni.parnts_raw
sni.inlaws_raw	SNI: living parents-in-law (RAW)	SNIINL	

sni.inlaws	SNI: # living parents-in-law		if (sni.inlaws_raw = 0) sni.inlaws = 0.
			if (sni.inlaws_raw = 1 or sni.inlaws_raw = 2) sni.inlaws = 1.
			if (sni.inlaws_raw = 3) sni.inlaws = 2.

sni.hcc.inlaws_raw	SNI: parents-in-law talk with > every 2 wks (RAW)	SNIINL	
sni.hcc.inlaws	SNI - high contact: #parents-in-law talk to > every 2 wks		As above, substituting sni.hcc.inlaws_raw for sni.inlaws_raw
sni.reltvs	SNI: # other close relatives	SNINUM1	
sni.hcc.reltvs	SNI - high contact: #close family talk to > every 2 wks	SNINUM1	
sni.frnds	SNI: # close friends	SNINUM1	
sni.hcc.frnds	SNI - high contact: #close friends talk to > every 2 wks	SNINUM1	
sni.church	SNI: belong to church, temple, or other religious group	YES/NO	
sni.chrchfrq	SNI: # times go to church, temple, relig grp per month	SNINUM1	
sni.hcc.chrch	SNI - high contact: #church members talk to > every 2 wks	SNINUM1	
sni.othgrp	SNI: belong to other group	YES/NO	
sni.othgrpfrq	SNI: # times go to other group meetings per month	SNINUM1	
sni.hcc.othgrp	SNI: # other group members you talk with > every 2 wks	SNINUM1	
sni.employ_raw	SNI: employed (RAW)	SNIEMP1	

INFECTION & COLDS   BIOLOGICAL PATHWAYS   DEMOGRAPHICS   HEALTH PRACTICES   PSYCH & SOCIAL   SELF-REPORTED HEALTH   TRIAL DATA   Q'RNTINE AFFECT & HEALTH BEHAVIORS

50

PSYCHOLOGICAL AND SOCIAL

VARIABLE NAME	VARIABLE LABEL	VALUES	FORMULA
sni.employed	SNI: any employment (computed)	SNIEMP2	if sni.employ_raw = 0 sni.employed = 0.
			if sni.employ_raw = 1 or sni.employ_raw = 2 sni.employed = 1.
sni.hcc.suprvs	SNI - high contact: # people you supervise at work	SNINUM1	
sni.hcc.cowrks	SNI - high contact: # coworkers talk with $\geq$ every 2 wks	SNINUM1	
sni.volgrp	SNI: belong to a volunteer group	YES/NO	
sni.hcc.volntrs	SNI - high contact: # fellow volunteers talk to $\geq$ every 2 wks	SNINUM1	
sni.class	SNI: attend classes	YES/NO	
sni.hcc.stdnts	SNI - high contact: #fellow students talk to $\geq$ every 2 wks	SNINUM1	
sni.hcc.nghbrs	SNI - high contact: # neighbors talk with $\geq$ every 2 wks	SNINUM2	
sni.hcr.married	SNI - high contact role: married/marriage like relationship	SNIROLE	if (sni.hcc.spouse = 1) sni.hcr.married = 1; if (sni.hcc.spouse = 0) sni.hcr.married = 0.
sni.hcr.parnt	SNI - high contact role: parent		if (sni.hcc.chldrn gt 0) sni.hcr.parnt = 1; if (sni.hcc.chldrn=0) sni.hcr.parnt = 0.
sni.hcr.child	SNI - high contact role: child		if (sni.hcc.parnts gt 0) sni.hcr.child = 1; if (sni.hcc.parnts = 0) sni.hcr.child = 0.
sni.hcr.inlaw	SNI - high contact role: child-in-law		if (sni.hcc.inlaws gt 0) sni.hcr.inlaw = 1; if (sni.hcc.inlaws = 0) sni.hcr.inlaw = 0.
sni.hcr.relat	SNI - high contact role: close relative		if (sni.hcc.reltvs gt 0) sni.hcr.relat = 1; if (sni.hcc.reltvs = 0) sni.hcr.relat = 0.
sni.hcr.frnd	SNI - high contact role: close friend		if (sni.hcc.frnds gt 0) sni.hcr.frnd = 1; if (sni.hcc.frnds = 0) sni.hcr.frnd = 0.
sni.hcr.chrch	SNI - high contact role: church/temple member		if (sni.hcc.chrch gt 0) sni.hcr.chrch = 1; if (sni.hcc.chrch = 0) sni.hcr.chrch = 0.
sni.hcr.othgrp	SNI - high contact role: other group member		if (sni.hcc.othgrp >0) sni.hcr.othgrp=1; if (sni.hcc.othgrp=0) sni.hcr.othgrp =0.
sni.hcr.suprv	SNI - high contact role: supervisor at work		if (sni.hcc.suprvs >0) sni.hcr.suprv =1; if (sni.hcc.suprvs = 0) sni.hcr.suprv = 0.
sni.hcr.cowrk	SNI - high contact role: coworker		if (sni.hcc.cowrks >0) sni.hcr.cowrk=1; if (sni.hcc.cowrks =0) sni.hcr.cowrk = 0.
sni.hcr.work	SNI - high contact role: work		if (sni.hcr.cowrk = 1 or sni.hcr.suprv = 1) sni.hcr.work = 1; if (sni.hcr.cowrk = 0 and sni.hcr.suprv = 0) sni.hcr.work = 0
sni.hcr.volntr	SNI - high contact role: volunteer	SNIROLE	if (sni.hcc.volntrs >0) sni.hcr.volntr=1; if (sni.hcc.volntrs = 0) sni.hcr.volntr = 0.
sni.hcr.studnt	SNI - high contact role: student		if (sni.hcc.stdnts >0) sni.hcr.studnt=1; if (sni.hcc.stdnts = 0) sni.hcr.studnt = 0.
sni.hcr.nghbr	SNI - high contact role: neighbor		if (sni.hcc.nghbrs >0) sni.hcr.nghbr=1; if (sni.hcc.nghbrs=0) sni.hcr.nghbr = 0.
sni.integration	SNI: Social integration (total social roles)		sni.integration = sum(sni.hcr.married, sni.hcr.parnt, sni.hcr.child, sni.hcr.inlaw, sni.hcr.relat, sni.hcr.frnd, sni.hcr.chrch, sni.hcr.othgrp, sni.hcr.work, sni.hcr.volntr, sni.hcr.studnt, sni.hcr.nghbr).
sni.network	SNI: Total number of network members		sni.network = sum(sni.hcc.spouse, sni.hcc.parnts, sni.hcc.chldrn, sni.hcc.inlaws, sni.hcc.reltvs, sni.hcc.frnds, sni.hcc.chrch, sni.hcc.othgrp, sni.hcc.suprvs, sni.hcc.cowrks, sni.hcc.volntrs, sni.hcc.stdnts, sni.hcc.nghbrs).

INFECTION & COLDS   BIOLOGICAL PATHWAYS   DEMOGRAPHICS   HEALTH PRACTICES   PSYCH & SOCIAL   SELF-REPORTED HEALTH   TRIAL DATA   Q'RNTINE AFFECT & HEALTH BEHAVIORS

51

PSYCHOLOGICAL AND SOCIAL

VARIABLE NAME	VARIABLE LABEL	VALUES	FORMULA
leds	****LIFE EVENTS AND DIFFICULTIES (LEDS) DATA****		
leds.svrev_tot	LEDS: total # severe life events		
leds.svrev_any	LEDS: any severe life events	YES/NO	
leds.ltctev_tot	LEDS: total # long-term contextual threat events		
leds.ltctev_any	LEDS: any long-term contextual threat events	YES/NO	
leds.stctev_tot	LEDS: total # short-term contextual threat events		
leds.stctev_any	LEDS: any short-term contextual threat events	YES/NO	
leds.prvkev_tot	LEDS: total # provoking agent events		
leds.prvkev_any	LEDS: any provoking agent events	YES/NO	
leds.edev_tot	LEDS: total # education events		
leds.wrkev_tot	LEDS: total # work events		
leds.repev_tot	LEDS: total # reproduction events		
leds.hsev_tot	LEDS: total # housing events		
leds.monev_tot	LEDS: total # money/possessions events		
leds.crmev_tot	LEDS: total # crime/legal events		
leds.hlthev_tot	LEDS: total # health/treatment/accidents events		
leds.marev_tot	LEDS: total # marital/partner relationship events		
leds.otrlev_tot	LEDS: total # other relationship (including child) events		
leds.mscev_tot	LEDS: total # miscellaneous (including pets) and death		
leds.marloss_tot	LEDS: total # marital/relationship loss events		
leds.edev_any	LEDS: any education events		
leds.wrkev_any	LEDS: any work events		
leds.repev_any	LEDS: any reproduction events		
leds.hsev_any	LEDS: any housing events		
leds.monev_any	LEDS: any money/possessions events		
leds.crmev_any	LEDS: any crime/legal events		
leds.hlthev_any	LEDS: any health/treatment/accidents events		
leds.marev_any	LEDS: any marital/partner relationship events		
leds.otrlev_any	LEDS: any other relationship events		
leds.mscev_any	LEDS: any miscellaneous events and death		

INFECTION & COLDS   BIOLOGICAL PATHWAYS   DEMOGRAPHICS   HEALTH PRACTICES   PSYCH & SOCIAL   SELF-REPORTED HEALTH   TRIAL DATA   Q'RNTINE AFFECT & HEALTH BEHAVIORS

52

PSYCHOLOGICAL AND SOCIAL

VARIABLE NAME	VARIABLE LABEL	VALUES	FORMULA
leds.marloss_any	LEDS: any marital/relationship loss events		
leds.unrslv_tot	LEDS: # unresolved events		
leds.dfev_tot	LEDS: # events linked to a difficulty		
leds.slfev_tot	LEDS: # self-focused events		
leds.otrev_tot	LEDS: # other-focused events		
leds.jntev_tot	LEDS: # joint-focused events		
leds.negev_tot	LEDS: # negative events		
leds.df1motot	LEDS: # diffs lasting 1 mo + that meet QD4 & QD6 criteria		
leds.df6motot	LEDS: # diffs lasting 6 mo + that meet QD4 & QD6 criteria		
leds.df24motot	LEDS: # diffs lasting 24 mo + that meet QD4 & QD6 criteria		
leds.intdf1tot	LEDS: # interpersonal diffs $\geq$1 month; meet QD4 & QD6 crit		
leds.intdf6tot	LEDS: # interpersonal diffs $\geq$6 months; meet QD4 & QD6 crit		
leds.intdf24tot	LEDS: # interpersonal diffs $\geq$24 months; meet QD4 & QD6 crit		
leds.nondf1tot	LEDS: # non-interperson diffs, $\geq$1 months; meet QD4&QD6		
leds.nondf6tot	LEDS: # non-interpersonal diffs, $\geq$6 months; meet QD4&QD6		
leds.nondf24tot	LEDS: # non-interperson diffs, $\geq$24 months; meet QD4 & QD6		
pss	*****PERCEIVED STRESS SCALE (PSS)*****		
pss.upset.1	PSS (2 wk pre-Q'): upset b/c something happened unexpectedly	FRQ04	
pss.cntrl.1	PSS (2 wk pre-Q'rntine): unable to control important things		
pss.nervs.1	PSS (2 wk pre-Q'rntine): nervous and stressed		
pss.pers.1	PSS (2 wk pre-Q'): confident about ability to handle personal prob		
pss.way.1	PSS (2 wk pre-Q'rntine): things going your way		
pss.cope.1	PSS (2 wk pre-Q'rntine): could not cope		
pss.irrit.1	PSS (2 wk pre-Q'rntine): control irritations		
pss.ontop.1	PSS (2 wk pre-Q'rntine): on top of things		
pss.angr.1	PSS (2 wk pre-Q'): angered b/c things outside of your control		
pss.diffs.1	PSS (2 wk pre-Q'rntine): difficulties piling up		
pss.pers.1_r	PSS (2 wk pre-Q'): confident about ability to handle personal probs - rev	FR04R	
pss.way.1_r	PSS (2 wk pre-Q'rntine): things going your way - reversed		
pss.irrit.1_r	PSS (2 wk pre-Q'rntine): control irritations - reversed		
pss.ontop.1_r	PSS (2 wk pre-Q'rntine): on top of things - reversed		

PSYCHOLOGICAL AND SOCIAL

VARIABLE NAME	VARIABLE LABEL	VALUES	FORMULA
pss10tot.1	PSS: Perceived Stress Scale 10-item Total Score (2 wks pre-Q')		pss10tot.1=mean.8(pss.cntrl.1, pss.pers.1_r, pss.way.1_r, pss.diffs.1, pss.irrit.1_r,pss.ontop.1_r,pss.angr.1,pss.cope.1,pss.upset.1,pss.nervs.1)*10.
pss4tot.1	PSS: Perceived Stress Scale 4-item Total Score (2 wks pre-Q')		pss4tot.1 = mean.3(pss.cntrl.1, pss.pers.1_r, pss.way.1_r, pss.diffs.1)*4.
pss.upset.2	PSS (1 wk pre-Q'): upset b/c something happened unexpectedly	FRQ04	
pss.cntrl.2	PSS (1 wk pre-Q'rntine): unable to control important things		
pss.nervs.2	PSS (1 wk pre-Q'rntine): nervous and stressed		
pss.pers.2	PSS (1 wk pre-Q'): confident about ability to handle personal prob		
pss.way.2	PSS (1 wk pre-Q'rntine): things going your way		
pss.cope.2	PSS (1 wk pre-Q'rntine): could not cope		
pss.irrit.2	PSS (1 wk pre-Q'rntine): control irritations		
pss.ontop.2	PSS (1 wk pre-Q'rntine): on top of things		
pss.angr.2	PSS (1 wk pre-Q'): angered b/c things outside of your control		
pss.diffs.2	PSS (1 wk pre-Q'rntine): difficulties piling up		
pss.pers.2_r	PSS (1 wk pre-Q'): confident about ability to handle personal probs - rev	FRQ04R	
pss.way.2_r	PSS (1 wk pre-Q'rntine): things going your way - reversed		
pss.irrit.2_r	PSS (1 wk pre-Q'rntine): control irritations - reversed		
pss.ontop.2_r	PSS (1 wk pre-Q'rntine): on top of things - reversed		
pss10tot.2	PSS: Perceived Stress Scale 10-item Total Score (1 wk pre-Q')		pss10tot.2 = mean.8(pss.cntrl.2, pss.pers.2_r, pss.way.2_r, pss.diffs.2, pss.irrit.2_r,pss.ontop.2_r,pss.angr.2,pss.cope.2,pss.upset.2,pss.nervs.2)*10.
pss4tot.2	PSS: Perceived Stress Scale 4-item Total Score (1 wk pre-Q')		pss4tot.2 = mean.3(pss.cntrl.2, pss.pers.2_r, pss.way.2_r, pss.diffs.2)*4.
pss.upset.3	PSS (Q' Day 1): upset because something happened unexpectedly	FRQ04	
pss.cntrl.3	PSS (Q'rntine Day 1): unable to control important things		
pss.nervs.3	PSS (Q'rntine Day 1): nervous and stressed		
pss.pers.3	PSS (Q' Day 1): confident about ability to handle personal prob		
pss.way.3	PSS (Q'rntine Day 1): things going your way		
pss.cope.3	PSS (Q'rntine Day 1): could not cope		
pss.irrit.3	PSS (Q'rntine Day 1): control irritations	FRQ04	
pss.ontop.3	PSS (Q'rntine Day 1): on top of things		
pss.angr.3	PSS (Q' Day 1): angered because things outside of your control		
pss.diffs.3	PSS (Q'rntine Day 1): difficulties piling up		

INFECTION & COLDS   BIOLOGICAL PATHWAYS   DEMOGRAPHICS   HEALTH PRACTICES   PSYCH & SOCIAL   SELF-REPORTED HEALTH   TRIAL DATA   Q'RNTINE AFFECT & HEALTH BEHAVIORS

54

PSYCHOLOGICAL AND SOCIAL

VARIABLE NAME	VARIABLE LABEL	VALUES	FORMULA
pss.pers.3_r	PSS (Q' Day 1): confident about ability to handle personal probs - rev	FRQ04R	
pss.way.3_r	PSS (Q'rntine Day 1): things going your way - reversed		
pss.irrit.3_r	PSS (Q'rntine Day 1): control irritations - reversed		
pss.ontop.3_r	PSS (Q'rntine Day 1): on top of things - reversed		
pss10tot.3	PSS: Perceived Stress Scale 10-item Total Score (Q'rntine Day 1)		pss10tot.3 = mean.8(pss.cntrl.3, pss.pers.3_r, pss.way.3_r, pss.diffs.3, pss.irrit.3_r,pss.ontop.3_r,pss.angr.3,pss.cope.3,pss.upset.3,pss.nervs.3)*10.
pss4tot.3	PSS: Perceived Stress Scale 4-item Total Score (Q'rntine Day 1)		pss4tot.3 = mean.3(pss.cntrl.3, pss.pers.3_r, pss.way.3_r, pss.diffs.3)*4.
pss10tot	PSS: Perceived Stress Scale 10-item Total Score (avg 3 admins)		pss10tot = mean(pss10tot.1, pss10tot.2, pss10tot.3).
pss4tot	PSS: Perceived Stress Scale 4-item Total Score (avg 3 admins)		pss4tot = mean(pss4tot.1, pss4tot.2, pss4tot.3).
leq	*****LIFE EFFORT QUESTIONNAIRE*****		
leq.ddntwrk	LEQ: didn't work very hard this week	ACC04	
leq.hhdmnd	LEQ: work and household demands consumed energy this week		
leq.dmndwk	LEQ: this week more demanding than most		
leq.lttleff	LEQ: little effort required to deal w/ everyday problems this week		
leq.mchtm	LEQ: much time and energy spent on coping with probs this week		
leq.rqdeff	LEQ: daily demands required considerable effort this week		
leq.easywk	LEQ: easy week		
leq.prvprb	LEQ: worked hard to prevent problems this week		
leq.dmndint	LEQ: demands interfered with doing things this week		
leq.ltenrg	LEQ: put little energy into doing things this week		
leq.ddntwrk_r	LEQ: didn't work hard this week - reversed	ACC04R	
leq.lttleff_r	LEQ: little effort required to deal with everyday probs - reversed		
leq.easywk_r	LEQ: easy week - reversed		
leq.ltenrg_r	LEQ: put little energy into doing things this week - reversed		
leq.efftot	LEQ: Life Effort Questionnaire Total Score		leq.efftot = mean.8(leq.ddntwrk_r, leq.hhdmnd, leq.dmndwk, leq.lttleff_r, leq.mchtm,leq.rqdeff,leq.easywk_r,leq.prvprb,leq.dmndint, leq.ltenrg_r)*10.

INFECTION & COLDS   BIOLOGICAL PATHWAYS   DEMOGRAPHICS   HEALTH PRACTICES   PSYCH & SOCIAL   SELF-REPORTED HEALTH   TRIAL DATA   Q'RNTINE AFFECT & HEALTH BEHAVIORS

55

PSYCHOLOGICAL & SOCIAL **Value Labels for Categorical and Dichotomous Variables**

CODE	VALUE LABELS	CODE	VALUE LABELS	CODE	VALUE LABELS
ACC04	0=not at all accurate	SNINUM1	0	SNIROLE	0=does not hold this role
	1=a little accurate		1		1=holds this role
	2=moderately accurate		2		
	3=quite a bit accurate		3	SNIEMP2	0=not employed
	4=extremely accurate		4		1=employed
			5		
ACC04R	0=extremely accurate		6	FRQ04	0=never
	1=quite a bit accurate		7 or more		1=almost never
	2=moderately accurate				2=sometimes
	3=a little accurate	SNIPAR	0=neither		3=fairly often
	4=not at all accurate		1=mother only		4=very often
			2=father only		
AGR04	0=disagree very much		3=both mother and father	FRQ04R	0=very often
	1=disagree				1=fairly often
	2=neutral	SNIINL	0=neither		2=sometimes
	3=agree		1=mother-in-law only		3=almost never
	4=agree very much		2=father-in-law only		
			3=both mother-in-law and father-in-law	YES/NO	0=no
AGR04R	0=agree very much		4=not applicable (not married)		1=yes
	1=agree				
	2=neutral	SNIEMP1	0=no	SNINUM2	0 (or have no neighbors)
	3=disagree		1=yes, self-employed		1
	4=disagree very much		2=yes, employed by others		2
					3
SNIMAR	1=married/marital-like relationship				4
	2=never married/marital-like relationship				5
	3=separated				6
	4=divorced/formally in marital-like relationship				7=7 or more
	5=widowed				

INFECTION & COLDS BIOLOGICAL PATHWAYS DEMOGRAPHICS HEALTH PRACTICES PSYCH & SOCIAL SELF-REPORTED HEALTH TRIAL DATA Q'RNTINE AFFECT & HEALTH BEHAVIORS

56

SELF-REPORTED HEALTH

VAR NAME	VARIABLE LABEL	VALUE LABELS	FORMULA
SLFHLTH	*****SELF-REPORTED HEALTH DATA*****		
lstcldmo	when was last cold - month		
lstcldyr	when was last cold - year		
srh.lastcold	Self-reported Health: date of last cold (mmm-yy)		
srh.colddur	Self-reported Health: duration of last cold (days)		
srh.coldpstyr	Self-reported Health: number of colds in past year		
srh.coldavgyr	Self-reported Health: number of colds in average year		
srh.coldlkly	Self-reported Health: how likely you will develop a cold	LIKE04	
srh.sickstrs1	Self-reported Health: more likely to get sick when stressed (2 wks pre-quarantine)	AGR16	
srh.exhaust1	Self-reported Health: at end of day completely exhausted mentally and physically (2 wks pre-q'rntine)		
srh.sickoth1	Self-reported Health: more likely to get sick than others (2 wks pre-quarantine)		
srh.sickstrs2	Self-reported Health: more likely to get sick when stressed (1 wk pre-quarantine)		
srh.exhaust2	Self-reported Health: at end of day completely exhausted mentally and physically (1 wk pre-q'rntine)		
srh.sickoth2	Self-reported Health: more likely to get sick than others (1 wk pre-quarantine)		
srh.allergy	Self-reported Health: allergic status	ALLRG	
srh.lmp1	Self-reported Health: LMP date reported at screening		
srh.lmp2	Self-reported Health: LMP date reported at blood draw #1 (2 wks pre-quarantine)		
srh.lmp3	Self-reported Health: LMP date reported on Quarantine Day 0		
srh.lmp4	Self-reported Health: LMP data reported 4 weeks post-challenge		
lmp_bad	Menstrual cycle data uninterpretable		

SELF-REPORTED HEALTH **Value Labels for Categorical and Dichotomous Variables**

Code	Value Labels	Code	Value Labels	Code	Value Labels
LIKE04	0=not at all likely	AGR16	1=disagree very much	ALLRG	0=non-allergi c
	1=a little likely		2=mainly disagree		1=allergic
	2=moderately likely		3=slightly disagree		
	3=quite likely		4=slightly agree		
	4=extremely likely		5=mainly agree		
			6=agree very much		

INFECTION & COLDS   BIOLOGICAL PATHWAYS   DEMOGRAPHICS   HEALTH PRACTICES   PSYCH & SOCIAL   SELF-REPORTED HEALTH   TRIAL DATA   Q'RNTINE AFFECT & HEALTH BEHAVIORS

57

TRIAL DATA

VARIABLE NAME	VARIABLE LABEL	VALUE LABELS	FORMULA
TRIAL	*****BEGIN TRIAL DATA*****		
trialnum	Trial number		
trialdate	Quarantine Day 0		
cohort	Number of participants in trial		
season	Season of trial	SEASON	
winter	Season of trial: winter (Dec-Jan-Feb)		if (season = 1) winter = 1; if (season ne 1) winter = 0.
spring	Season of trial: spring (Mar-Apr-May)		if (season = 2) spring = 1; if (season ne 2) spring = 0.
summer	Season of trial: summer (Jun-Jul-Aug)		if (season = 3) summer = 1; if (season ne 3) summer = 0.
fall	Season of trial: fall (Sep-Oct-Nov)		if (season = 4) fall = 1; if (season ne 4) fall = 0.
bddiff	Number of days between blood draws		bddiff = datediff(bddate2, bddate1, "days").
known1	Sex of known other in study #1	SEX	
relat1	Relationship to known other #1		
known2	Sex of known other in study #2	SEX	
relat2	Relationship to known other #2		
known3	Sex of known other in study #3	SEX	
relat3	Relationship to known other #3		
known4	Sex of known other in study #4	SEX	
relat4	Relationship to known other #4		
known5	Sex of known other in study #5	SEX	
relat5	Relationship to known other #5		
known6	Sex of known other in study #6	SEX	
relat6	Relationship to known other #6		

TRIAL DATA **Value Labels for Categorical and Dichotomous Variables**

Code	Value Labels	Code	Value Labels
SEASON	1=winter (Dec-Jan-Feb)	SEX	0=male
	2=spring (Mar-Apr-May)		1=female
	3=summer (Jun-Jul-Aug)		
	4=fall (Sep-Oct-Nov)		

[INFECTION & COLDS](#) [BIOLOGICAL PATHWAYS](#) [DEMOGRAPHICS](#) [HEALTH PRACTICES](#) [PSYCH & SOCIAL](#) [SELF-REPORTED HEALTH](#) [TRIAL DATA](#) [Q'RNTINE AFFECT & HEALTH BEHAVIORS](#)

58

AFFECT & HEALTH BEHAVIORS IN QUARANTINE

VARIABLE NAME	VARIABLE LABEL	VALUE LABELS	FORMULA
qaffect	*****AFFECT IN QUARANTINE*****		
q_1.angry	Pre-challenge (Day -1) angry	AFF04	
q0.angry	Pre-challenge (Day 0) angry		
q1.angry	Post-Challenge Day 1 angry		
q2.angry	Post-Challenge Day 2 angry		
q3.angry	Post-Challenge Day 3 angry		
q4.angry	Post-Challenge Day 4 angry		
q5.angry	Post-Challenge Day 5 angry		
q_1.ease	Pre-challenge (Day -1) at ease	AFF04	
q0.ease	Pre-challenge (Day 0) at ease		
q1.ease	Post-Challenge Day 1 at ease		
q2.ease	Post-Challenge Day 2 at ease		
q3.ease	Post-Challenge Day 3 at ease		
q4.ease	Post-Challenge Day 4 at ease		
q5.ease	Post-Challenge Day 5 at ease		
q_1.calm	Pre-challenge (Day -1) calm	AFF04	
q0.calm	Pre-challenge (Day 0) calm		
q1.calm	Post-Challenge Day 1 calm		
q2.calm	Post-Challenge Day 2 calm		
q3.calm	Post-Challenge Day 3 calm		
q4.calm	Post-Challenge Day 4 calm		
q5.calm	Post-Challenge Day 5 calm		
q_1.chrfl	Pre-challenge (Day -1) cheerful	AFF04	
q0.chrfl	Pre-challenge (Day 0) cheerful		
q1.chrfl	Post-Challenge Day 1 cheerful		
q2.chrfl	Post-Challenge Day 2 cheerful		
q3.chrfl	Post-Challenge Day 3 cheerful		
q4.chrfl	Post-Challenge Day 4 cheerful		
q5.chrfl	Post-Challenge Day 5 cheerful		
q_1.cmfrt	Pre-challenge (Day -1) comfortable	AFF04	
q0.cmfrt	Pre-challenge (Day 0) comfortable		

AFFECT & HEALTH BEHAVIORS IN QUARANTINE

VARIABLE NAME	VARIABLE LABEL	VALUE LABELS	FORMULA
q1.cmfrt	Post-challenge Day 1 comfortable		
q2.cmfrt	Post-challenge Day 2 comfortable		
q3.cmfrt	Post-challenge Day 3 comfortable		
q4.cmfrt	Post-challenge Day 4 comfortable		
q5.cmfrt	Post-challenge Day 5 comfortable		
q_1.deprs	Pre-challenge (Day -1) depressed	AFF04	
q0.deprs	Pre-challenge (Day 0) depressed		
q1.deprs	Post-Challenge Day 1 depressed		
q2.deprs	Post-Challenge Day 2 depressed		
q3.deprs	Post-Challenge Day 3 depressed		
q4.deprs	Post-Challenge Day 4 depressed		
q5.deprs	Post-Challenge Day 5 depressed		
q_1.enrg	Pre-challenge (Day -1) energetic	AFF04	
q0.enrg	Pre-challenge (Day 0) energetic		
q1.enrg	Post-Challenge Day 1 energetic		
q2.enrg	Post-Challenge Day 2 energetic		
q3.enrg	Post-Challenge Day 3 energetic		
q4.enrg	Post-Challenge Day 4 energetic		
q5.enrg	Post-Challenge Day 5 energetic		
q_1.fatig	Pre-challenge (Day -1) fatigued	AFF04	
q0.fatig	Pre-challenge (Day 0) fatigued		
q1.fatig	Post-Challenge Day 1 fatigued		
q2.fatig	Post-Challenge Day 2 fatigued		
q3.fatig	Post-Challenge Day 3 fatigued		
q4.fatig	Post-Challenge Day 4 fatigued		
q5.fatig	Post-Challenge Day 5 fatigued		
q_1.fpep	Pre-challenge (Day -1) full of pep	AFF04	
q0.fpep	Pre-challenge (Day 0) full of pep		
q1.fpep	Post-Challenge Day 1 full of pep		
q2.fpep	Post-Challenge Day 2 full of pep		
q3.fpep	Post-Challenge Day 3 full of pep		

INFECTION & COLDS   BIOLOGICAL PATHWAYS   DEMOGRAPHICS   HEALTH PRACTICES   PSYCH & SOCIAL   SELF-REPORTED HEALTH   TRIAL DATA   Q'RNTINE AFFECT & HEALTH BEHAVIORS

60

AFFECT & HEALTH BEHAVIORS IN QUARANTINE

VARIABLE NAME	VARIABLE LABEL	VALUE LABELS	FORMULA
q4.fpep	Post-Challenge Day 4 full of pep		
q5.fpep	Post-Challenge Day 5 full of pep		
q_1.happy	Pre-challenge (Day -1) happy	AFF04	
q0.happy	Pre-challenge (Day 0) happy		
q1.happy	Post-Challenge Day 1 happy		
q2.happy	Post-Challenge Day 2 happy		
q3.happy	Post-Challenge Day 3 happy		
q4.happy	Post-Challenge Day 4 happy		
q5.happy	Post-Challenge Day 5 happy		
q_1.hostl	Pre-challenge (Day -1) hostile	AFF04	
q0.hostl	Pre-challenge (Day 0) hostile		
q1.hostl	Post-Challenge Day 1 hostile		
q2.hostl	Post-Challenge Day 2 hostile		
q3.hostl	Post-Challenge Day 3 hostile		
q4.hostl	Post-Challenge Day 4 hostile		
q5.hostl	Post-Challenge Day 5 hostile		
q_1.lively	Pre-challenge (Day -1) lively	AFF04	
q0.lively	Pre-challenge (Day 0) lively		
q1.lively	Post-Challenge Day 1 lively		
q2.lively	Post-Challenge Day 2 lively		
q3.lively	Post-Challenge Day 3 lively		
q4.lively	Post-Challenge Day 4 lively		
q5.lively	Post-Challenge Day 5 lively		
q_1.nervs	Pre-challenge (Day -1) nervous	AFF04	
q0.nervs	Pre-challenge (Day 0) nervous		
q1.nervs	Post-Challenge Day 1 nervous		
q2.nervs	Post-Challenge Day 2 nervous		
q3.nervs	Post-Challenge Day 3 nervous		
q4.nervs	Post-Challenge Day 4 nervous		
q5.nervs	Post-Challenge Day 5 nervous		

INFECTION & COLDS   BIOLOGICAL PATHWAYS   DEMOGRAPHICS   HEALTH PRACTICES   PSYCH & SOCIAL   SELF-REPORTED HEALTH   TRIAL DATA   Q'RNTINE AFFECT & HEALTH BEHAVIORS

61

AFFECT & HEALTH BEHAVIORS IN QUARANTINE

VARIABLE NAME	VARIABLE LABEL	VALUE LABELS	FORMULA
q_1.edge	Pre-challenge (Day -1) on edge	AFF04	
q0.edge	Pre-challenge (Day 0) on edge		
q1.edge	Post-Challenge Day 1 on edge		
q2.edge	Post-Challenge Day 2 on edge		
q3.edge	Post-Challenge Day 3 on edge		
q4.edge	Post-Challenge Day 4 on edge		
q5.edge	Post-Challenge Day 5 on edge		
q_1.plsd	Pre-challenge (Day -1) pleased	AFF04	
q0.plsd	Pre-challenge (Day 0) pleased		
q1.plsd	Post-Challenge Day 1 pleased		
q2.plsd	Post-Challenge Day 2 pleased		
q3.plsd	Post-Challenge Day 3 pleased		
q4.plsd	Post-Challenge Day 4 pleased		
q5.plsd	Post-Challenge Day 5 pleased		
q_1.rlxd	Pre-challenge (Day -1) relaxed	AFF04	
q0.rlxd	Pre-challenge (Day 0) relaxed		
q1.rlxd	Post-Challenge Day 1 relaxed		
q2.rlxd	Post-Challenge Day 2 relaxed		
q3.rlxd	Post-Challenge Day 3 relaxed		
q4.rlxd	Post-Challenge Day 4 relaxed		
q5.rlxd	Post-Challenge Day 5 relaxed		
q_1.rsntfl	Pre-challenge (Day -1) resentful	AFF04	
q0.rsntfl	Pre-challenge (Day 0) resentful		
q1.rsntfl	Post-Challenge Day 1 resentful		
q2.rsntfl	Post-Challenge Day 2 resentful		
q3.rsntfl	Post-Challenge Day 3 resentful		
q4.rsntfl	Post-Challenge Day 4 resentful		
q5.rsntfl	Post-Challenge Day 5 resentful		
q_1.sad	Pre-challenge (Day -1) sad	AFF04	
q0.sad	Pre-challenge (Day 0) sad		
q1.sad	Post-Challenge Day 1 sad		

AFFECT & HEALTH BEHAVIORS IN QUARANTINE

VARIABLE NAME	VARIABLE LABEL	VALUE LABELS	FORMULA
q2.sad	Post-Challenge Day 2 sad		
q3.sad	Post-Challenge Day 3 sad		
q4.sad	Post-Challenge Day 4 sad		
q5.sad	Post-Challenge Day 5 sad		
q_1.slpy	Pre-challenge (Day -1) sleepy	AFF04	
q0.slpy	Pre-challenge (Day 0) sleepy		
q1.slpy	Post-Challenge Day 1 sleepy		
q2.slpy	Post-Challenge Day 2 sleepy		
q3.slpy	Post-Challenge Day 3 sleepy		
q4.slpy	Post-Challenge Day 4 sleepy		
q5.slpy	Post-Challenge Day 5 sleepy		
q_1.slugg	Pre-challenge (Day -1) sluggish	AFF04	
q0.slugg	Pre-challenge (Day 0) sluggish		
q1.slugg	Post-Challenge Day 1 sluggish		
q2.slugg	Post-Challenge Day 2 sluggish		
q3.slugg	Post-Challenge Day 3 sluggish		
q4.slugg	Post-Challenge Day 4 sluggish		
q5.slugg	Post-Challenge Day 5 sluggish		
q_1.tense	Pre-challenge (Day -1) tense	AFF04	
q0.tense	Pre-challenge (Day 0) tense		
q1.tense	Post-Challenge Day 1 tense		
q2.tense	Post-Challenge Day 2 tense		
q3.tense	Post-Challenge Day 3 tense		
q4.tense	Post-Challenge Day 4 tense		
q5.tense	Post-Challenge Day 5 tense		
q_1.tired	Pre-challenge (Day -1) tired	AFF04	
q0.tired	Pre-challenge (Day 0) tired		
q1.tired	Post-Challenge Day 1 tired		
q2.tired	Post-Challenge Day 2 tired		
q3.tired	Post-Challenge Day 3 tired		

INFECTION & COLDS   BIOLOGICAL PATHWAYS   DEMOGRAPHICS   HEALTH PRACTICES   PSYCH & SOCIAL   SELF-REPORTED HEALTH   TRIAL DATA   Q'RNTINE AFFECT & HEALTH BEHAVIORS

63

25

AFFECT & HEALTH BEHAVIORS IN QUARANTINE

VARIABLE NAME	VARIABLE LABEL	VALUE LABELS	FORMULA
q4.tired	Post-Challenge Day 4 tired		
q5.tired	Post-Challenge Day 5 tired		
q_1.uneas	Pre-challenge (Day -1) uneasy	AFF04	
q0.uneas	Pre-challenge (Day 0) uneasy		
q1.uneas	Post-challenge Day 1 uneasy		
q2.uneas	Post-challenge Day 2 uneasy		
q3.uneas	Post-challenge Day 3 uneasy		
q4.uneas	Post-challenge Day 4 uneasy		
q5.uneas	Post-challenge Day 5 uneasy		
q_1.unhpy	Pre-challenge (Day -1) unhappy	AFF04	
q0.unhpy	Pre-challenge (Day 0) unhappy		
q1.unhpy	Post-Challenge Day 1 unhappy		
q2.unhpy	Post-Challenge Day 2 unhappy		
q3.unhpy	Post-Challenge Day 3 unhappy		
q4.unhpy	Post-Challenge Day 4 unhappy		
q5.unhpy	Post-Challenge Day 5 unhappy		
q_1.worn	Pre-challenge (Day -1) worn out	AFF04	
q0.worn	Pre-challenge (Day 0) worn out		
q1.worn	Post-challenge Day 1 worn out		
q2.worn	Post-challenge Day 2 worn out		
q3.worn	Post-challenge Day 3 worn out		
q4.worn	Post-challenge Day 4 worn out		
q5.worn	Post-challenge Day 5 worn out		
q_1.vigscr	Pre-challenge (Day -1) Vigor Score		q_1.vigscr = mean.2(q_1.fpep, q_1.lively, q_1.enrg)*3.
q0.vigscr	Pre-challenge (Day 0) Vigor Score		(repeated for all remaining quarantine days)
q1.vigscr	Post-Challenge Day 1 Vigor Score		
q2.vigscr	Post-Challenge Day 2 Vigor Score		
q3.vigscr	Post-Challenge Day 3 Vigor Score		
q4.vigscr	Post-Challenge Day 4 Vigor Score		
q5.vigscr	Post-Challenge Day 5 Vigor Score		

AFFECT & HEALTH BEHAVIORS IN QUARANTINE

VARIABLE NAME	VARIABLE LABEL	VALUE LABELS	FORMULA
q_1.wlbgscr	Pre-challenge (Day -1) Well-Being Score		q_1.wlbgscr = mean.2(q_1.chrfl, q_1.happy, q_1.plsd)*3
q0.wlbgscr	Pre-challenge (Day 0) Well-Being Score		(repeated for all remaining quarantine days)
q1.wlbgscr	Post-Challenge Day 1 Well-Being Score		
q2.wlbgscr	Post-Challenge Day 2 Well-Being Score		
q3.wlbgscr	Post-Challenge Day 3 Well-Being Score		
q4.wlbgscr	Post-Challenge Day 4 Well-Being Score		
q5.wlbgscr	Post-Challenge Day 5 Well-Being Score		
q_1.calmscr	Pre-challenge (Day -1) Calm Score		q_1.calmscr = mean.3(q_1.calm, q_1.rlxd, q_1.ease, q_1.cmfrt)*4
q0.calmscr	Pre-challenge (Day 0) Calm Score		(repeated for all remaining quarantine days)
q1.calmscr	Post-Challenge Day 1 Calm Score		
q2.calmscr	Post-Challenge Day 2 Calm Score		
q3.calmscr	Post-Challenge Day 3 Calm Score		
q4.calmscr	Post-Challenge Day 4 Calm Score		
q5.calmscr	Post-Challenge Day 5 Calm Score		
q_1.posaf	Pre-challenge (Day -1) Positive Affect		q_1.posaf = sum.3(q_1.vigscr, q_1.wlbgscr, q_1.calmscr)
q0.posaf	Pre-challenge (Day 0) Positive Affect		(repeated for all remaining quarantine days)
q1.posaf	Post-Challenge Day 1 Positive Affect		
q2.posaf	Post-Challenge Day 2 Positive Affect		
q3.posaf	Post-Challenge Day 3 Positive Affect		
q4.posaf	Post-Challenge Day 4 Positive Affect		
q5.posaf	Post-Challenge Day 5 Positive Affect		
q_1.angscr	Pre-challenge (Day -1) Anger Score		q_1.angscr = mean.2(q_1.hostl,q_1.rsntfl, q_1.angry)*3
q0.angscr	Pre-challenge (Day 0) Anger Score		(repeated for all remaining quarantine days)
q1.angscr	Post-Challenge Day 1 Anger Score		
q2.angscr	Post-Challenge Day 2 Anger Score		
q3.angscr	Post-Challenge Day 3 Anger Score		
q4.angscr	Post-Challenge Day 4 Anger Score		
q5.angscr	Post-Challenge Day 5 Anger Score		

AFFECT & HEALTH BEHAVIORS IN QUARANTINE

VARIABLE NAME	VARIABLE LABEL	VALUE LABELS	FORMULA
q_1.anxscr	Pre-challenge (Day -1) Anxious Score		q_1.anxscr = mean.3(q_1.edge, q_1.nervs, q_1.tense, q_1.uneasy)*4.
q0.anxscr	Pre-challenge (Day 0) Anxious Score		(repeated for all remaining quarantine days)
q1.anxscr	Post-Challenge Day 1 Anxious Score		
q2.anxscr	Post-Challenge Day 2 Anxious Score		
q3.anxscr	Post-Challenge Day 3 Anxious Score		
q4.anxscr	Post-Challenge Day 4 Anxious Score		
q5.anxscr	Post-Challenge Day 5 Anxious Score		
q_1.dprsscr	Pre-challenge (Day -1) Depressed Score		q_1.dprsscr = mean.2(q_1.sad, q_1.deprs, q_1.unhpy)*3.
q0.dprsscr	Pre-challenge (Day 0) Depressed Score		(repeated for all remaining quarantine days)
q1.dprsscr	Post-Challenge Day 1 Depressed Score		
q2.dprsscr	Post-Challenge Day 2 Depressed Score		
q3.dprsscr	Post-Challenge Day 3 Depressed Score		
q4.dprsscr	Post-Challenge Day 4 Depressed Score		
q5.dprsscr	Post-Challenge Day 5 Depressed Score		
q_1.fatgscr	Pre-challenge (Day -1) Fatigue Score		q_1.fatgscr = mean.4(q_1.slugg, q_1.tired, q_1.sleepy, q_1.fatig, q_1.worn)*5
q0.fatgscr	Pre-challenge (Day 0) Fatigue Score		(repeated for all remaining quarantine days)
q1.fatgscr	Post-Challenge Day 1 Fatigue Score		
q2.fatgscr	Post-Challenge Day 2 Fatigue Score		
q3.fatgscr	Post-Challenge Day 3 Fatigue Score		
q4.fatgscr	Post-Challenge Day 4 Fatigue Score		
q5.fatgscr	Post-Challenge Day 5 Fatigue Score		
q_1.negaf	Pre-challenge (Day -1) Negative Affect		q_1.negaf = sum.3(q_1.angscr, q_1.anx_scr, q_1.dprsscr).
q0.negaf	Pre-challenge (Day 0) Negative Affect		(repeated for all remaining quarantine days)
q1.negaf	Post-Challenge Day 1 Negative Affect		
q2.negaf	Post-Challenge Day 2 Negative Affect		
q3.negaf	Post-Challenge Day 3 Negative Affect		
q4.negaf	Post-Challenge Day 4 Negative Affect		
q5.negaf	Post-Challenge Day 5 Negative Affect		

AFFECT & HEALTH BEHAVIORS IN QUARANTINE

VARIABLE NAME	VARIABLE LABEL	VALUE LABELS	FORMULA
q_1.negftg	Pre-challenge (Day -1) Negative Affect + Fatigue		q_1.negaf = sum.4(q_1.angscr, q_1.anx_scr, q_1.dprsscr, q_1.fatgscr).
q0.negftg	Pre-challenge (Day 0) Negative Affect + Fatigue		(repeated for all remaining quarantine days)
q1.negftg	Post-Challenge Day 1 Negative Affect + Fatigue		
q2.negftg	Post-Challenge Day 2 Negative Affect + Fatigue		
q3.negftg	Post-Challenge Day 3 Negative Affect + Fatigue		
q4.negftg	Post-Challenge Day 4 Negative Affect + Fatigue		
q5.negftg	Post-Challenge Day 5 Negative Affect + Fatigue		
qhlthbeh	*****HEALTH BEHAVIORS IN QUARANTINE		
q0.smoke	Pre-challenge (Day 0) - Smoke?	YES/NO	
q1.smoke	Post-challenge Day 1 - Smoke?		
q2.smoke	Post-challenge Day 2 - Smoke?		
q3.smoke	Post-challenge Day 3 - Smoke?		
q4.smoke	Post-challenge Day 4 - Smoke?		
q5.smoke	Post-challenge Day 5 - Smoke?		
q0.cgtnum	Pre-challenge (Day 0) - # cigarettes		
q1.cgtnum	Post-challenge Day 1 - # cigarettes		
q2.cgtnum	Post-challenge Day 2 - # cigarettes		
q3.cgtnum	Post-challenge Day 3 - # cigarettes		
q4.cgtnum	Post-challenge Day 4 - # cigarettes		
q5.cgtnum	Post-challenge Day 5 - # cigarettes		
q0.cgrnum	Pre-challenge (Day 0) - # cigars		
q1.cgrnum	Post-challenge Day 1 - # cigars		
q2.cgrnum	Post-challenge Day 2 - # cigars		
q3.cgrnum	Post-challenge Day 3 - # cigars		
q4.cgrnum	Post-challenge Day 4 - # cigars		
q5.cgrnum	Post-challenge Day 5 - # cigars		
q0.tobnum	Pre-challenge (Day 0) - # bowls tobacco		
q1.tobnum	Post-challenge Day 1 - # bowls tobacco		
q2.tobnum	Post-challenge Day 2 - # bowls tobacco		
q3.tobnum	Post-challenge Day 3 - # bowls tobacco		

AFFECT & HEALTH BEHAVIORS IN QUARANTINE

VARIABLE NAME	VARIABLE LABEL	VALUE LABELS	FORMULA
q4.tobnum	Post-challenge Day 4 - # bowls tobacco		
q5.tobnum	Post-challenge Day 5 - # bowls tobacco		
q0.smknum	Pre-challenge (Day 0) - total cigarettes, cigars, etc.		q0.smknum = sum(q0.cgtnum, q0.cgrnum, q0.tobnum)
q1.smknum	Post-challenge Day 1 - total cigarettes, cigars, etc.		(repeated for all remaining quarantine days)
q2.smknum	Post-challenge Day 2 - total cigarettes, cigars, etc.		
q3.smknum	Post-challenge Day 3 - total cigarettes, cigars, etc.		
q4.smknum	Post-challenge Day 4 - total cigarettes, cigars, etc.		
q5.smknum	Post-challenge Day 5 - total cigarettes, cigars, etc.		
q0.drink	Pre-challenge (Day 0) - Drink?	YES/NO	
q1.drink	Post-challenge Day 1 - Drink?		
q2.drink	Post-challenge Day 2 - Drink?		
q3.drink	Post-challenge Day 3 - Drink?		
q4.drink	Post-challenge Day 4 - Drink?		
q5.drink	Post-challenge Day 5 - Drink?		
q0.winenum	Pre-challenge (Day 0) - # glasses wine		
q1.winenum	Post-challenge Day 1 - # glasses wine		
q2.winenum	Post-challenge Day 2 - # glasses wine		
q3.winenum	Post-challenge Day 3 - # glasses wine		
q4.winenum	Post-challenge Day 4 - # glasses wine		
q5.winenum	Post-challenge Day 5 - # glasses wine		
q0.liqrnum	Pre-challenge (Day 0) - # shots whiskey		
q1.liqrnum	Post-challenge Day 1 - # shots whiskey		
q2.liqrnum	Post-challenge Day 2 - # shots whiskey		
q3.liqrnum	Post-challenge Day 3 - # shots whiskey		
q4.liqrnum	Post-challenge Day 4 - # shots whiskey		
q5.liqrnum	Post-challenge Day 5 - # shots whiskey		
q0.beernum	Pre-challenge (Day 0) - # cans/bottles beer		
q1.beernum	Post-challenge Day 1 - # cans/bottles beer		
q2.beernum	Post-challenge Day 2 - # cans/bottles beer		

INFECTION & COLDS   BIOLOGICAL PATHWAYS   DEMOGRAPHICS   HEALTH PRACTICES   PSYCH & SOCIAL   SELF-REPORTED HEALTH   TRIAL DATA   Q'RNTINE AFFECT & HEALTH BEHAVIORS

68

AFFECT & HEALTH BEHAVIORS IN QUARANTINE

VARIABLE NAME	VARIABLE LABEL	VALUE LABELS	FORMULA
q3.beernum	Post-challenge Day 3 - # cans/bottles beer		
q4.beernum	Post-challenge Day 4 - # cans/bottles beer		
q5.beernum	Post-challenge Day 5 - # cans/bottles beer		
q0.beersize	Pre-challenge (Day 0) - beer size (oz)		
q1.beersize	Post-challenge Day 1 - beer size (oz)		
q2.beersize	Post-challenge Day 2 - beer size (oz)		
q3.beersize	Post-challenge Day 3 - beer size (oz)		
q4.beersize	Post-challenge Day 4 - beer size (oz)		
q5.beersize	Post-challenge Day 5 - beer size (oz)		
q0.beer8oz	Pre-challenge (Day 0) - # 8-oz servings of beer		q0.beer8oz = (q0.beernum*q0.beersize)/8
q1.beer8oz	Post-challenge Day 1 - # 8-oz servings of beer		(repeated for all remaining quarantine days)
q2.beer8oz	Post-challenge Day 2 - # 8-oz servings of beer		
q3.beer8oz	Post-challenge Day 3 - # 8-oz servings of beer		
q4.beer8oz	Post-challenge Day 4 - # 8-oz servings of beer		
q5.beer8oz	Post-challenge Day 5 - # 8-oz servings of beer		
q0.drnknum	Pre-challenge (Day 0) - total alcoholic beverages		q0.drnknum = sum(q0.winenum, q0.liqrnum, q0.beer8oz)
q1.drnknum	Post-challenge Day 1 - total alcoholic beverages		(repeated for all remaining quarantine days)
q2.drnknum	Post-challenge Day 2 - total alcoholic beverages		
q3.drnknum	Post-challenge Day 3- total alcoholic beverages		
q4.drnknum	Post-challenge Day 4 - total alcoholic beverages		
q5.drnknum	Post-challenge Day 5 - total alcoholic beverages		
q0.rested	Pre-challenge (Day 0) - Rested this morning?	YESNO	
q1.rested	Post-challenge Day 1 - Rested this morning?		
q2.rested	Post-challenge Day 2 - Rested this morning?		
q3.rested	Post-challenge Day 3 - Rested this morning?		
q4.rested	Post-challenge Day 4 - Rested this morning?		
q5.rested	Post-challenge Day 5 - Rested this morning?		

AFFECT & HEALTH BEHAVIORS IN QUARANTINE

VARIABLE NAME	VARIABLE LABEL	VALUE LABELS	FORMULA
q0.slpprb	Pre-challenge (Day 0) - Problems sleeping?	YES/NO	
q1.slpprb	Post-challenge Day 1 - Problems sleeping?		
q2.slpprb	Post-challenge Day 2 - Problems sleeping?		
q3.slpprb	Post-challenge Day 3 - Problems sleeping?		
q4.slpprb	Post-challenge Day 4 - Problems sleeping?		
q5.slpprb	Post-challenge Day 5 - Problems sleeping?		
q0.wakprb	Pre-challenge (Day 0) - Problems staying awake?	YES/NO	
q1.wakprb	Post-challenge Day 1 - Problems staying awake?		
q2.wakprb	Post-challenge Day 2 - Problems staying awake?		
q3.wakprb	Post-challenge Day 3 - Problems staying awake?		
q4.wakprb	Post-challenge Day 4 - Problems staying awake?		
q5.wakprb	Post-challenge Day 5 - Problems staying awake?		

AFFECT & HEALTH BEHAVIORS IN Q'RNTINE **Value Labels for Categorical and Dichotomous Variables**

Code	Value Labels	Code	Value Labels
AFF04	0=not at all	YES/NO	0=no
	1=a little		1=yes
	2=some		
	3=quite a bit		
	4=a lot		

INFECTION & COLDS   BIOLOGICAL PATHWAYS   DEMOGRAPHICS   HEALTH PRACTICES   PSYCH & SOCIAL   SELF-REPORTED HEALTH   TRIAL DATA   Q'RNTINE AFFECT & HEALTH BEHAVIORS

70