

Cold Study Publication: Cohen, S., Frank, E., Doyle, W.J., Skoner, D. P., Rabin, B. S., & Gwaltney, J. M., Jr. (1998). Types of stressors that increase susceptibility to the common cold in healthy adults. *Health Psychology*. 17, 214-223.

Data Set: PCS1

Study Variable	Data Set Variable(s)
Independent Variables	
Acute stressor within past 12 months	leds.negev12mo_any
Acute stressor within past 6 months	leds.negev6mo_any
Chronic stress of ≥ 1 mo. but < 6 mo.	leds.df1mo_any
Chronic stress of ≥ 6 mo. but < 24 mo.	leds.df6mo_any
Chronic stress of ≥ 24 months	leds.df24mo_any
Interpersonal stress of ≥ 1 mo. but < 3 mo.	leds.intdf1mo_any
Interpersonal stress of ≥ 3 mo. but < 6 mo.	leds.intdf3mo_any
Interpersonal stress of ≥ 6 mo.	leds.intdf6mo_any
Work stress of ≥ 1 mo. but < 3 mo.	leds.wrkd1mo_any
Work stress of ≥ 3 mo. but < 6 mo.	leds.wrkd3mo_any
Work stress of ≥ 6 mo.	leds.wrkd6mo_any
Dependent Variables	
Infection	post.infected
Clinical cold (objective criterion)	post.objcold
Standard Covariates	
Pre-challenge antibody titer (quartiled)	pcs1.pre_ab: recoded as follows: (1 = 1)(2 thru 4 = 2)(8 thru 16 = 3)(32 thru highest = 4)
Age (continuous)	age
Gender	sex
Body mass index	bodymass
Race [white, other]	race.white
Virus type	pcs1.virus
Season	fall
Education (tertilled)	educ.9level: if ≥ 1 and ≤ 3 , covariate = 1; if ≥ 4 and < 6 , covariate = 2; if ≥ 6 , covariate = 3.
Pathway Variables	
Viral replication	post.nastitr_tot
Smoking rate	smk.now
Alcohol consumption	alc.totdrnks (divided by 7 to approximate average drinks per day) [†]
Exercise	act.vigwk
Sleep quality	psqi.slqul
Sleep latency	psqi.flslp: if ≥ 0 and ≤ 15 , latency = 0; if > 15 and ≤ 30 , latency = 1; if > 30 and ≤ 60 , latency = 2; if > 60 , latency = 3

Study Variable	Data Set Variable(s)
Sleep disturbance [†]	psqi.wake, psqi.bthrm, psqi.brth, psqi.snor, psqi.cold, psqi.hot, psqi.drms, psqi.pain, psqi.othr: variables summed and recoded as follows: if 0, disturb = 0; if >1 and <9, disturb = 1; if >9 and <18, disturb = 2; if >18, disturb = 3.
Sleep efficiency	psqi.efficiency
Dietary vitamin C	totvitc
Dietary zinc	totzinc
Urinary norepinephrine	u24.ne_mcgvol
Urinary epinephrine	u24.epi_mcgvol
Urinary cortisol	u24.cort_mcgvol
Natural killer cell cytotoxicity	nk.cyttox_avg
Total lymphocytes	cd3abs_avg
Helper T lymphocytes	cd4abs_avg
Cytotoxic T lymphocytes	cd8abs_avg
B cells	cd19abs_avg
Natural killer cells	nknmbr_avg
Alternative Explanations	
Extraversion	gb5.extravg
Agreeableness	gb5.agrbavg
Conscientiousness	gb5.conscavg
Emotional stability	gb5.emotavg
Openness	gb5.openavg
Social network ties	sni.integration

[†]See University of Pittsburgh [Sleep Medicine Institute](#) for more scoring information.