

## Research Data Available

Main Questionnaire		
	General Topic	Area covered
	Socio-economic status	Education ,employment, working shifts, home ownership, crowding, income,
	Occupational exposure	Type of industry
	Physical activity	Physical activity at the work place, during the day and as exercise
	Mobile phone usage	Duration in years , frequency of usage, direct vs. indirect usage
	Sleeping patterns	Duration of sleep during the day and night, snoring,
	smoking	Cigarette and shisha smoking, status, frequency, ETS, parental smoking status
	Childhood conditions/illnesses/family history	Breastfeeding, number of siblings, family illness, father-mother relation
	Mental health	Depression and related sleeping, eating, concentration disturbances, effects of these disturbances on general everyday life.
	General health	Self-rating of health, health checkups. Hearing, Dr diagnosed sight problems, dental health, weight gain and loss
	Respiratory	Frequency of Incense burning Wheezing and whistling Asthma(self-reported Dr diagnosed) Emphysema/chronic bronchitis (self-reported Dr diagnosed)
	chronic symptoms	Symptoms persisting for 3 months or more, chest pain, symptoms related to chest pain.
	Women's health	Menstrual cycle pattern and duration, Menopause, HRT, surgery , marital status and age of marriage, number of pregnancies, age at pregnancies, children birth weight, number of miscarriage stillbirths and terminations, breastfeeding, contraception, diabetes during pregnancy
	Chronic diseases	Self-reported Dr diagnosed diabetes, age of onset, diabetes treatment, self-reported Dr

		diagnosed elevated cholesterol, age of onset, treatment, self-reported Dr diagnosed high blood pressure, age of onset, treatment, self-reported Dr diagnosed heart condition, hay fever , allergic rhinitis or eczema, DVT, age of onset, treatment,
	Antibiotics usage	Frequency, recent use.
	Supplement usage	Types of supplement,

Nurse Interview		
	General Topic	Area covered
	Ethnicity	N/A
	Occupation	Employment status, job title.
	Health screening	Self -reported screening tests
	Cancer	Self -reported diagnosed cancer
	Other medical conditions	Self -reported diagnosed medical conditions
	Surgery	Self-reported medical operations
	Family medical history	Father, mother medical conditions and cause of death
	Medications	Over the counter and prescription medications, type and frequency
	Pregnancy and contraception	Possibility and length of pregnancy, time of menstrual cycle and interruptions by medical conditions, oral and other type of contraception use

Diet Questionnaire		
	General topic	Area covered
	Diet	Diet modifications, reasons for modifications, type of diet, sharing food from a common plate, consumption of fast-food, take away and snacks.
	Coffee and tea	Type of drink, amount of sugar added and frequency.
	Dairy products	Type and frequency of dairy products consumed, fat content of dairy product.

	Other type of food consumed	Cereals, bread, vegetables and fruits, salad, starchy food, chicken, meat, fish, eggs- type of food(way it is cooked) and frequency.
	Fast food	Type of food and frequency
	Drinks	Type of drink and frequency

Cognition test		
	Test	Details
	Memory test	Shapes are matched with a disappearing shape based on memory, number of shapes increases as the test progresses
	Speed of reaction test	Pressing a key when a small square appears either to the left or to the right of the screen the speed of response is measured.

Medical tests and anthropometrics		
	Test	Details
	Systolic and diastolic blood pressure	Mean of three measures
	Respiratory test	Best of three blows (?)
	Body fat content	Measured using Tanita
	height	Sitting and standing height is measured in cm
	weight	In kg
	Waist	cm
	Hip measurement	cm
	Waist to Hip Ratio	
	Heart activity	30 nonconsecutive seconds are recorded using ECG
	Blood flow?	Measured using viacorder
	Body fat content	Measured using iDEXA
	Carotid artery scan	Tested by a 3D carotid scan
	Fitness test	Either 3, 5 or 11 minutes of heart rate is monitored on the treadmill and recorded
	Retina test	The retina is tested by a Topcon scan and an image is produced for each eye.

Laboratory tests		
	Group of tests	Details
	Blood Count	Haemoglobin Haematocrit Red cell count White cell count (total) Differential white cell count Platelet count Mean corpuscular volume (MCV) Mean corpuscular haemoglobin (MCH) Mean corpuscular haemoglobin concentration (MCHC)
	Coagulation tests	Prothrombin Time (PT) PT / International normalised ratio (INR) Partial Thromboplastin Time (PTT) Fibrinogen
	General Clinical chemistry tests	Sodium Potassium Chloride Bicarbonate Urea Creatinine Random glucose Bilirubin (total) Protein (total) Albumin Alkaline phosphatase Alanine transaminase (ALT) Aspartate transaminase (AST) Gamma glutamyl transferase (gamma GT) Total cholesterol HDL cholesterol LDL cholesterol Triglycerides Calcium Phosphate Uric acid Creatinine Kinase Iron Total iron binding capacity

		Magnesium
	Trace elements	Copper Zinc
	Endocrinology tests	Vitamin D T3 T4 TSH Ferritin Folate Vitamin B12 C peptide Insulin Testosterone Estradiol Sex Hormone Binding Globulin
	Immunology tests	Rheumatoid Factor ANA ANCA
	Myoglobin/BNP	Myoglobin Brain Natriuretic peptide
	Others	HbA1c, Homocysteine