NSHAP Rounds

Round 1 (R1)

R1 was conducted in 2005-06. It included interviews with a nationally representative sample of 3,005 adults born between 1920 and 1947 aged 57 to 85 at the time of recruitment. This first set of respondents is collectively referred to as Round 1 (R1) Cohort 1 Wave 1 (C1W1).

Sample Type

- NSHAP R1 used a national area probability sample of community residing adults born between 1920 and 1947 (aged 57 to 85 at the time of the R1 interview), which included an oversampling of African-Americans and Hispanics. The NSHAP sample was built on the foundation of the national household screening carried out by the Health and Retirement Study (HRS) in 2004. Through a collaborative agreement, HRS identified households for the NSHAP eligible population. A sample of 4,400 people was selected from the screened households. NSHAP made one selection per household. Of the persons selected for the NSHAP interview, 92% were eligible.

Interviews and Response Rates

- 3,005 interviews were completed between July 2005 and March 2006.
- R1 had an overall weighted response rate of 75.5%

Round 2 (R2)

R2 was conducted in 2010-11 and included nearly 3,400 interviews with respondents referred to as Round 2 (R2) Cohort 1 Wave 2 (C1W2). It included interviews with:

- C1W1 respondents
- C1W1 non-interviewed respondents (individuals who declined to participate in W1, but were approached again and agreed to participate in W2)
- Cohabiting spouses/romantic partners

Sample Type

- For R2, NSHAP returned to C1W1 respondents and eligible non-interviewed respondents from Wave 1 (Wave 1 non-Interviewed respondents). NSHAP also extended the sample to include the cohabiting spouses and romantic partners of Wave 1 respondents. Partners were considered to be eligible to participate in NSHAP if they resided with the C1W1 respondent or non-Interviewed

respondent in the same household at the time of the Wave 2 interview and were at least 18 years of age.

Interviews and Response Rates

- 3,377 interviews were completed between August 2010 and May 2011, including 2,261 C1W1 respondent interviews, 161 C1W1 non-interviewed respondent interviews, 907 C1W1 respondent partner interviews, and 48 C1W1 non-interviewed respondent partner interviews.
- The overall unconditional response rate for the Round 2 panel was 74%; the conditional response rate of Wave 1 respondents was 89%; the conditional response rate of partners was 84%; and the conversion rate for Wave 1 non-respondents was 26%.

Round 3 (R3)

R3 was conducted in 2015-16 and included nearly 4,800 interviews with respondents collectively referred to as Round 3 (R3) which includes Cohort 1 Wave 3 (C1W3) and Cohort 2 Wave 1 (C2W1) respondents. It included interviews with:

- All surviving Cohort 1 respondents (Cohort 1 Wave 3 [C1W3])
- A new cohort of respondents born 1948–1965 during the Baby Boom, with their cohabiting spouses/partners (Cohort 2 Wave 1 [C2W1])

Sample Type

- In 2015-16, NSHAP R3 re-interviewed the original cohort (C1) and their partners, including Waves 1 and 2 respondents as well as available Wave 1 respondents who did not participate in Wave 2.
- During the same field period, data were collected from a new cohort of community residing adults (C2, born between 1948 and 1965) and their cohabiting spouses and romantic partners to refresh the NSHAP sample. C2 was built by selecting a national area probability sample of households to generate a nationally representative sample of adults aged 50–67 in 2015, together with their cohabiting romantic partners (independent of age-eligibility).

Interviews and Response Rates

- 4,777 interviews were completed between September 2015 and November 2016, including 2,409 returning respondents (C1W3), and 2,368 new cohort respondents and partners (C2W3).
- The interviews included Cohort 1 and Cohort 2 respondents and respondent partners. For C1W3, the interview yield rate, which takes into account both survival and response rates, was 69% (which surpassed estimates by 4%). For C2W1, the interview completion rate was 76%.

COVID-19 Study

The COVID-19 study was conducted between September 2020 and January 2021. The shorter questionnaire focused on how the pandemic was affecting older adults' physical, mental and social health in the short-term, whether resilience or other individual characteristics might reduce the ill-effects of the pandemic, and whether these adverse impacts were heightened among sub-populations (e.g., historically marginalized and minoritized groups; those with cognitive decline).

Data Collected Remotely

Respondents were surveyed solely through remote means due to the pandemic, consisting of web, phone, or paper-and-pencil questionnaire. The success of the remote data collection for the COVID-19 study paved the way for a new model of data collection for future NSHAP Rounds. For the data collection that followed the pandemic, NSHAP collected approximately half of the data via the Internet, phone or paper-and-pencil.

Sample Type

- The 4,852 older adults who participated in previous NSHAP Rounds were approached for participation in the COVID-19 Study.

Interviews and Response Rates

- Responses were received from 2,672 individuals in total with a conditional response rate of 60.9% for Cohort 1; 56.2% for Cohort 2; and 58.1% for both Cohorts combined. The conditional response rate represents the response rate for a specific Cohort Wave compared to the response rate for the prior Cohort Wave.
- Surveys were conducted via the web, phone, and paper-and-pencil modes of participation.

Round 4 (R4)

R4 data collection was completed in April 2023. It was the first round of data collection using both in-person and remote methods. For the remote method, the questionnaire was adapted to be administered by the web, phone, and paper-and-pencil. The biomeasures were adapted for self-collection by the respondent via a BioBox, which the respondent returned. Slightly more than half of the surveys for R4 were completed via the Internet, phone or paper-and-pencil.

Current information available for R4 data collection

- NSHAP's first in-person and remote data collection.
- Approached all surviving Cohort 1 and Cohort 2 respondents and recruited new partners.

- Responses were received from 3,382 respondents in total. Remote data collection yielded 1,913 responses. In-person data collection yielded 1,469 responses.

Round 4 Diversity Supplements

NORC received funding for two diversity supplements as part of Round 4 to further our understanding of the ways in which race and care-giving relationships can impact health and aging. One study used a skin color palette to develop new measures of skin tone (self-reported and interview-rated) as well as multiple measures of race and discrimination to further our understanding of how interracial and intraracial dynamics impact health and aging. The other study examined how social and environment factors impact caring-giving relationships and affect Latino health and well-being using NSHAP data collected in 2005, 2010 and 2015.

Round 4.2 (2024-25) and Round 4.4 (2026-27)

Rounds 4.2 and 4.4 will provide updated data on respondents between the ages of 60 and 100. Because NSHAP's 5-year span is too long for identifying factors that influence mortality at older ages, these Rounds identify respondents who are at increased risk of mortality and will reinterview these respondents after two years. The interviews will be brief with targeted questions to capture recent changes in social engagement, cognition, and physical health and well-being. All Black or Hispanic NSHAP Respondents will be included in Rounds 4.2 and 4.4 to provide data about social and health trajectories in these groups.

Round 5 (R5)

NSHAP is currently preparing a proposal to submit to fund the collection of a fifth Round of data which will include all previous respondents and will introduce a new cohort of Generation X respondents.

Data Collection Components

NSHAP data collection consists of three distinct components:

- Questionnaire
  - Rounds 1-3 conducted the Questionnaire In-Person, for the Covid Study it was conducted only Remotely, and Round 4 combined both In-Person and Remote Questionnaire data collection.
- Biomeasure collection
  - For Rounds 1-3, the Biomeasures were collected In-Person. Biomeasures were not collected for the Covid Study. For Round 4, the Biomeasures were adapted for self-collection by the

respondent via a BioBox, which the respondent returned. In Round 4 half of the Biomeasures were collected In-Person and half were collected Remotely.

- Leave-Behind Questionnaire (LBQ)

  – The Leave-Behind Questionnaire is distributed to respondents after completing the Questionnaire (whether completed in-person or remotely). It is, therefore, always completely remotely. It includes more detailed questions about social engagement, family and friend relationships, health, neighborhood conditions, sleep and finances.

  – For Rounds 1-3, the Leave-Behind Questionnaire was left in the home of the respondent to complete and return to NSHAP by mail. In Round 4, the Questionnaire was left with the respondent at the end of the in-person interview or mailed to them after NSHAP received their data for the remote interview.

Note: Rounds 1-3 were In-Person collection only. Round 4 used In-Person and remote data collection.

Questionnaire

- The Questionnaire is administered either by a NORC field interviewer in the respondent's home or sent to the respondent and returned by the respondent to NSHAP. Questionnaire topics include: 1) demographic characteristics; 2) social networks and social network change; 3) social and cultural activity; 4) physical and mental health including cognition; 5) well-being; 6) illness; 7) healthcare utilization and medications; and 8) history of sexual and intimate partnerships.

Cognition

- NSHAP uses a survey-adapted version of The Montreal Cognitive Assessment (MoCA-SA) that can be administered in person and has been refined for remote administration via web and phone. NSHAP incorporates response times for individual items for both the in-person and remote data collection.

Biomeasure Collection

- NSHAP collects important health information via biomeasures. All biomeasures included in NSHAP are specifically designed to be implemented by non-medically trained interviewers or by the respondents themselves. The data collection protocols are minimally invasive and safe for both interviewer and respondent.

- As a new feature of NSHAP at R2, select respondents were asked to participate in a multi-modal, at-home self-administered biomeasure collection called actigraphy. Actigraphy is a minimally invasive method that is used to measure sleep and activity cycles.

Leave-Behind Questionnaire (LBQ)

- At the end of the In-Person interviews, respondents are provided with a supplemental paper-and-pencil questionnaire (*Leave-Behind Questionnaire*). For In-Person data collection, interviewers left the *LBQ* with each respondent. With Remote data collection, NSHAP sends the *LBQ* to the respondent once it receives their responses to the Questionnaire and BioBox. Respondents are asked to complete this *LBQ* and return it via USPS in a postage-paid envelope that is provided. Approximately 84% of Respondents in R1 and approximately 87% of respondents in R2 returned the *LBQ*. The return rates for the *LBQ* in Round 3 were approximately 85% overall, with 91% for C1 and 80% for C2 respondents.
- C1W2 and C1W3 included a supplemental proxy questionnaire for respondents who were either deceased or whose health was too poor to participate in subsequent Rounds. These were completed by a family member or a close contact of the respondent.

Length of Interview and Questionnaire

- The In-Person interview, consisting of both the In-Person Questionnaire and the collection of biomeasures, took approximately 120 minutes in Rounds 1, 2 and 4 and approximately 90 minutes in Round 3. In addition to each In-Person interview the Leave-Behind Questionnaire took approximately 30 minutes or less to complete in all Rounds.