

DIGITAL QUESTIONNAIRE – FREQUENTLY ASKED QUESTIONS

I. USING THE DIGITAL PLATFORM

1. How do I access my Core Questionnaire?

The link to your personalized questionnaire was/will be emailed to you after our team received a completed and signed **Some Personal Information & Consent Form** document.

If you cannot find the email containing your link, please contact us either by email (CCMBTomorrow@cancercare.mb.ca) or by phone (1-855-588-0658) and someone from our team will be pleased to forward you the link.

2. A friend or family member would like to participate. Can I send them the link I received?

No. Every participant will receive a personalized link to complete a unique Core Questionnaire.

If you have a friend or family member who would like to become a Manitoba Tomorrow Project participant, please get them to contact us either by completing our online contact form (<https://www.cancercare.mb.ca/Research/contact-form>), by email (CCMBTomorrow@cancercare.mb.ca), or by phone (1-855-588-0658).

3. Do I have to complete the entire questionnaire in one sitting?

No! You are able to step away at any time. Simply click the **‘Save & Return Later’** button at the bottom of the page you are on. Enter your email address where requested, and you will be sent a link bringing you right back to where you left off.

4. The questionnaire is telling me I cannot enter an “integer”. What does that mean?

The response to the question must be a whole number. In other words, you can't use a decimal point (such as 1.5 months).

5. I want to change the answer I selected, but the other options disappeared. How do I fix this?

Below or beside the response options will be the word **“reset”**. If you click this word all response options should appear and your chosen answer will be erased.

6. How do I go back to a section I already completed to review or change my answers?

If you have a section of the questionnaire open, your first step is to click the ‘**Survey Queue**’ option at the top right of the page. This will bring you back to a list of all sections of the questionnaire that you have completed (known as the survey queue).

When viewing the survey queue, an ‘**Edit response**’ button will be available to the right of each section of the questionnaire you have completed. Clicking the ‘Edit response’ button will bring you back to that section. From there, you can change any response you have previously entered.

7. The font is too small. Can I make it bigger?

Yes! At the top right of the page – to the left of the ‘Survey Queue’ option – are the controls to resize the font. By clicking the (+) you will increase the size of the font. By clicking the (-), you will decrease the size of the font.

8. Why does my questionnaire seem to be skipping questions?

Based on your responses, some questions may not be applicable to you. The questionnaire is designed to automatically skip those questions.

9. Why is the ‘Submit’ button not appearing?

In some instances, the submit button will not appear until all questions are answered and text boxes are filled. Please double check to make sure you have filled/answered all possible questions (including zeros in any blank boxes).

II. QUESTIONNAIRE SPECIFIC QUESTIONS

Family Characteristics Section

FA01. Multiple answers apply to me, what should I choose?

Please choose the answer that reflects your most current situation. For example, if you are currently **divorced/widowed/separated** and are currently **married and/or living with a partner**, please **select Married and/or living with a partner**.

FA01. Do I include roommates as living with a partner?

No, please do not include adult roommates as Married and/or living with a partner.

Men's Health Section

MH02. What do I do if I haven't had any children?

Please fill in a zero, do not leave it blank.

Women's Health Section

WH02. How should I respond if I use a contraceptive that is not hormone based (such as a copper-based IUD)?

This question is specifically asking about *hormone-based contraceptives* and does NOT INCLUDE intra-uterine devices (IUDs) that are copper based. Please note, this question covers the use of a hormonal contraceptive for **any reason** (e.g., control bleeding; regulate period, to have period, for treatment of acne or others).

WH06. Do I provide the age I became pregnant, or when I had the baby?

Please provide the age you became pregnant, **not** your age when you had the baby.

WH011. I pumped breast milk. How should I answer this question?

For the purpose of this questionnaire, pumping breast milk is considered breastfeeding. Please include the number of months that you pumped breast milk as time breastfeeding.

WH13. I have/had an IUD that caused my periods to stop for more than one year. How should I answer?

If an IUD or other hormonal contraceptive(s) made your menstrual periods stop for more than one year, the answer should be “No”, because your **menstrual periods would be/are expected to return if the IUD were to be removed/you stopped using the hormonal contraceptives.**

WH15. Is fertility treatment considered a form of hormone replacement therapy (HRT)?

No, for the purpose of this question, fertility treatment is not considered a form of HRT. Question WH12 asks about the use of hormone fertility treatment.

WH23. Is this question referring to any surgery, or just the surgery to remove my ovaries?

This question is only referring to ovary removal surgery.

Personal Medical History Section

PM01. Do I consider a TIA (transient ischemic attack) or mini stroke as a stroke?

No, do not consider a TIA or mini stroke to count as a stroke. Please record your TIA by writing it in for question PM05.

PM01. Do I consider a diagnosis of Prediabetes to be a diagnosis of Diabetes?

No, do not consider prediabetes to be diabetes. Please record your diagnosis of prediabetes by writing it in for question PM05.

PM02. What do you consider to be Major Depression?

For the purpose of this questionnaire, any depression that has been diagnosed by a physician is considered Major Depression. This includes clinical, mild, situational, and post-partum depressions, as long as it was diagnosed by a physician.

PM02. What do you consider to be Chronic Hepatitis?

Hepatitis B and Hepatitis C are both considered Chronic Hepatitis. Hepatitis A is **NOT** considered Chronic Hepatitis.

PM02. I have Osteopenia. Is that the same as Osteoporosis?

No. If you have osteopenia, but not osteoporosis, your answer should be ‘No’.

PM02. I have Bursitis. Should I write that in as a type of Arthritis?

No. If you have bursitis, please write it in as a separate condition for question PM05.

PM02. I have Gout. Should I write that in as a type of Arthritis?

Yes. Gout is considered a type of Arthritis.

Prescribed Medication Section

ME01. How do I find the drug identification number (DIN)?

The DIN is an 8-digit number printed on the prescription label. It usually begins with "02". "SNS" may be written instead of "DIN". The DIN is **NOT** the prescription/Rx number. If you are not able to find the DIN, please provide the medication strength (e.g., 20 mg) and the manufacturer (e.g., APO, PMS, TEVA), which is usually given as a prefix in front of the medication name.

Sleep Pattern Section

SP01. Throughout a 24-hour period I tend to sleep for 4 hours at night, wake up, then sleep for another hour. I then have a 45-minute nap in the afternoon. How do I record that?

In any situation you should add up all situations of purposeful sleep. In this situation, you should answer 5 hours and 45 minutes.

Alcohol Use Section

AU03. How do I properly fill out this table?

We are looking for you to provide us a total of how many drinks (of the provided types) you drink during a typical weekday and typical weekend during the past 12 months. This number should reflect your answer to AU02 (if you said 4 – 5 times per week, we are expecting to see a minimum of 4 drinks recorded on the AU03 table).

For example, if you typically drink a glass of red wine on Monday, two beer on Wednesday, three beer on Friday, and one rum and coke on Saturday you would:

- Put ‘1’ Red Wine in the ‘Number of drinks on weekdays’ column
- Put ‘2’ Beer in the ‘Number of drinks on weekdays’ column
- Put ‘3’ Beer in the ‘Number of drinks on weekends’ column
- Put ‘1’ Liquor or Spirit in the ‘Number of drinks on weekends’ column

Type of Alcohol	Number of drinks on weekdays (Sunday to Thursday)	Number of drinks of weekends (Friday to Saturday)
Red Wine (one glass of 142mL or 5 ounces)	1	
White Wine (one glass of 142mL or 5 ounces)		
Beer (one bottle or can of beer or a glass of draft of 341mL or 12 ounces)	2	3
Liquor and Spirit (one straight or mixed drink with 1.5 ounces or 43mL of liquor)		1
Other kinds of alcohol		

AU04. I have never had a heavy period of drinking. How should I answer this question?

This question is asking about your current consumption relative to **YOUR** heaviest period of drinking. If your current consumption of alcohol is similar to what it has been throughout your life, please select “About the same”. If your current consumption of alcohol is your heaviest period of drinking throughout your life, please select “About the same”.

Tobacco Use Section

TU11. What does the question mean by “most days”?

This question is asking if you have ever smoked cigarettes on more days than not. In other words, 4 or more days per week/7 days.

Environmental Tobacco Smoke Section

ET06. How do I respond to this question if I am retired, not working, or unemployed?

Select Never.

Marijuana Use Section

Is vaping marijuana considered smoking?

For the purposes of this questionnaire, vaping is considered to be smoking.

Does the ingestion of edible marijuana (in candy, cookies, oils, etc.) considered in this section?

No. please note we are only asking about smoking marijuana in this section, not the consumption of marijuana-based products.

MU08. During the time that I smoked marijuana or hashish, I usually smoked less than one joint or pipe in a day. How should I answer this question?

If you usually smoked less than one joint or pipe in a day, please select ‘1 per day’.

Ethnic Background Section

EB01. Can I select more than one?

Yes, select as many responses as are applicable, including ‘Don’t Know’ with any other ethnicity.

EB02. What do you consider to be part of the United Kingdom?

For the purpose of this questionnaire England, Scotland, Wales and Northern Ireland are all part of the United Kingdom.

Working Status Section

WS01 – WS08. I am currently on a leave from work (maternity/paternity/sickness/etc.). How should I answer these questions?

Answer these questions based on your working status/position before you left for your current leave, if you intend to return to that position once your leave is over.

WS07/WS13. I set my own shifts/run my own business. What should I select?

If you set your own schedule and it does not fall into any of the other categories, select 'Irregular Schedule'.

Household Income Section

HI02/HI03. Do I consider myself when entering how many individuals the income supports and how many adults live in the household?

Yes, include yourself in these answers.