



**WEST OF SCOTLAND
TWENTY-07 STUDY
HEALTH IN THE COMMUNITY**

Date 1995

Information Sheet

Dear Respondent,

Thank you for your continued interest in and help with the West of Scotland Study.

It is now more than four years since we last interviewed you, we hope that you will take part in this round of interviews as we are keen to update our information on the health and life circumstances of as many of you as possible.

Our 1995 interviews are very similar to those you have taken part in before. They will all be conducted by trained nurses and they will include:

- questions on your health now, and since we last visited you
- questions on your living and working circumstances
- measurements of your height, weight, waist and hip circumference, pulse rate, blood pressure, lung function, a small sample of saliva

Most of these questions and measurements will be familiar to you from our previous visits. There are a couple of new measurements that we would like to explain to you,

- This time we would like to measure blood pressure at more than one time in the interview. We may ask to take your blood pressure after doing a reaction time test and after a mental arithmetic test. This is so we can see how much people's blood

pressure varies during an interview. We will be using new automated blood pressure machines for these extra tests.

- We are also collaborating this time with scientists in London who have developed a measure of the general state of the body's immune system (the body's first defence against infection). This measure is called SigA and is extracted from a small sample of saliva. The saliva is collected by keeping a small roll of cotton wool under your tongue for a couple of minutes during the interview. We also plan to store the samples for futures use. We would seek your permission for any other tests other than SigA that we may undertake in the future.

You may know that it is possible to check whether people have been exposed to HIV using saliva samples, and to see whether they have used drugs. **We would like to reassure you that we will not be doing any tests for HIV or for illegal drugs in any of the samples which we obtain from people In the Twenty,07 Study.**

Please ask the nurse about any parts of the interview that you are unsure about.

Thank you again for all your help in the Twenty-07 Study. The Study could not be a success without the help of all the people who agree to be interviewed.

Yours sincerely,

Graeme Ford

Kate Hunt

Patrick West