

SEACO Core Projects Questionnaires Summary

Health Round 2013 & 2018

The SEACO Health Round 2013 and 2018 surveys were conducted as part of an ongoing NCD risk factor surveillance initiative by the South East Asia Community Observatory (SEACO). The survey collected comprehensive data on individual demographics, education, employment, health status, healthcare access, chronic conditions, mental health, and lifestyle behaviours among residents of Segamat, Johor who participated in the enumeration in the previous year (SEACO Census 2012 and 2017 respectively). The questionnaire was designed to support community-based research, policy development, and public health monitoring.

MUHREC 3837 (HR2013)

MUHREC 13242 (HR2018)

Section	Content Summary
1. Metadata and Interview Details	System-generated timestamps, device ID, form version, and interviewer information.
2. Basic Demographics	Resident's name, gender, age, ethnicity, citizenship, and relationship to household head.
3. Marital and Family Information	Marital status, polygamy, number of wives, and cohabitation with spouse.
4. Education	Educational attainment, current enrollment, school type, literacy, and religious schooling.
5. Employment and Income	Employment status, and sources and amount of personal income.
6. Healthcare Access and Insurance	Sources of healthcare payment and decision-making on seeking and selecting care.
7. Recent Illness and Health Events	Recent symptoms, injuries, falls, dental issues, and health-seeking behaviours.
8. Chronic Conditions and Health History	Self-reported history of heart disease, asthma, stroke, arthritis, dengue, kidney disease and urinary tract infection, and use of traditional medicine.
9. Health Perceptions and Spiritual Well-being	Views on spiritual life, personal control, and stress coping.
10. Health and Social Support (Elderly ≥55 years)	Daily contact with others, income sufficiency, falls, hospital visits, subjective memory decline, subjective cognitive impairment, problem with sleep and social trust.
11. Mental Health (DASS-21)	Assesses depression, anxiety, and stress using the validated 21-item DASS scale.
12. Quality of Life (WHOQOL-BREF)	26-item instrument assessing physical, psychological, social, and environmental well-being.

13. Smoking and Tobacco Use	History and frequency of smoking, tobacco product types, addiction, and cessation attempts.
14. Alcohol Consumption	Frequency and patterns of alcohol consumption, including binge drinking episodes.
15. Nutrition and Eating Habits	Meals eaten outside the home per week.
16. Physical Activity (GPAQ)	Work-related, transport, and recreational physical activities and sedentary time.
17. Chronic Disease Management	Screening, diagnosis and treatment of hypertension and diabetes, including medication and TCM use.
18. Anthropometric Measurements	Height, weight, arm span, waist circumference, and pregnancy status.
19. Blood Pressure Measurements	Three readings of systolic and diastolic blood pressure, cuff size, and related observations.
20. Blood Glucose Measurement	Timing of last meal, blood glucose reading, and recent diabetes treatment.
21. Technology Access and Usage	Ownership and use of smartphones, tablets, computers, internet access, and social media engagement.

Health Round 2023

The SEACO Health Round 2023 is a comprehensive household and individual survey conducted by the South East Asia Community Observatory (SEACO) to assess the health status, health-seeking behaviours, healthcare access, chronic conditions, mental wellbeing, and social determinants of health among residents of Segamat, Johor. Designed to support data-driven public health planning and population-level research, the survey captures information across a broad range of health and social indicators for both adults and children. Participants from the 2013 and 2018 SEACO health surveys were re-invited to participate in this round, establishing a closed cohort design that enables longitudinal analysis.

Section	Content Summary
1. Interviewer and Household Identification	Fieldworker details, household verification, consent collection, and address confirmation.
2. Demographics	Age, sex, ethnicity, citizenship, relationship to household head, marital status, education level.
3. Schooling and Employment	School enrollment, education history, current work status, and personal income sources.
4. Health Insurance and Decision-Making	Type of coverage, payment source, and who decides to seek and choose care.
5. Illness and Health-Seeking Behavior	Self-reported illness, health-seeking actions, satisfaction, costs, and time spent.
6. Chronic Conditions	Diagnosed conditions like stroke, heart disease, asthma, arthritis, kidney disease, and cancer.
7. Cancer and Non-Communicable Diseases	Type and history of cancer, COPD, cirrhosis, and family history of key conditions.
8. Women's Health	Pap smear, HPV testing history, frequency, and date of last screening for eligible women.
9. Infectious Diseases	Self-reported diagnosis of dengue, TB, UTIs, and lower respiratory infections in the past year.
10. COPD and Asthma Screening	Standard symptom-based screening for individuals aged 35+ without prior diagnosis.
11. Traditional Medicine Use	Use and frequency of herbal and traditional medicines in the last six months.
12. Elderly Well-being	Hospitalizations, emergency visits, social support, income sufficiency, and fall history (age 55+).
13. Functional Health: IADL	Lawton scale to assess daily living activities for older adults (age 55+).
14. Cognitive Function: IDEA	Cognitive screening for adults 60+, including recall, verbal fluency, orientation, and drawing tasks.
15. WHOQOL-BREF	26-item assessment of quality of life across physical, psychological, social, and environmental domains.

16. Depression Screening: QIDS-SR16	Self-rated inventory evaluating depressive symptoms experienced over the past 7 days.
17. Mental Health (Kessler K10)	10-item Kessler Psychological Distress Scale measuring nonspecific psychological distress over the past 4 weeks.
18. Physical Activity (GPAQ & PAQ-C)	Global Physical Activity Questionnaire (GPAQ) for adults and PAQ-C for children to assess activity levels and sedentary behaviour.
19. Smoking, Vaping, Alcohol & Diet	Tobacco and vape use, alcohol consumption patterns, and dietary behaviours including fruit and vegetable intake.
20. Hypertension, Diabetes & Cholesterol History	Screening, diagnosis, treatment, and medication history for hypertension, diabetes, and high cholesterol.
21. Anthropometric Measurements	Height, weight, arm span, and waist circumference.
22. Blood Pressure Monitoring	Three readings of blood pressure and pulse rate, device and cuff size used and eligibility check (35+ years).
23. Random Blood Glucose Measurement	Capillary glucose reading, last meal timing, device ID, and eligibility check (35+ years).
24. Technology Access and Use	Ownership of smartphone, tablet, computer; internet access and frequency of digital technology use.

The Mothers and Infants in SEACO Segamat Project (MISS-P)

MISS-P was launched in 2013 as a collaboration between the South East Asia Community Observatory (SEACO) and the Pejabat Kesihatan Segamat. The project aims to strengthen collaboration, engagement, and capacity-building with district nurses across five subdistricts. Through this partnership, the initiative identifies new births, conducts postnatal home visits, and monitors the health and well-being of mothers and their infants in the community.

Section	Content Summary
1. Data Collection and Interviewer Info	Metadata: device ID, interviewer ID, date/time of interview, and questionnaire version.
2. Homestead and Location Information	Geographic data: state, district, mukim, taman/kampung/felda, street name, and house number.
3. Participant Identification and Contact Info	Mother's name, NRIC, contact number, barcode scan, and eligibility confirmation.
4. Demographic Information	Mother's age, education level, occupation, ethnicity, and religion.
5. Marital and Spouse Information	Husband's name, NRIC, employment status, polygamy, marital duration, and wife's position in the marriage.
6. Pregnancy History and Complications	Gravidity and parity, health conditions before and during pregnancy, medication, and exposure to hazards (e.g., smoke).
7. Birth and Infant Information	Infant sex, delivery method/location, birth measurements, APGAR scores, complications, neonatal care, and sleep habits.
8. Breastfeeding History	Initiation, exclusivity, duration of breastfeeding, reasons for stopping, and alternative feeding methods.
9. Caregiving and Postnatal Support	Primary caregivers, postnatal support, return to work, and reasons for caregiving changes.
10. Urinary Incontinence	Frequency, volume, interference with activities, and situations causing urine leakage.
11. Family Planning and Reproductive Intentions	Contraceptive use, type and access, future fertility preferences, and reasons for non-use.
12. Mother-to-Infant Bonding Scale (MIBS)	Items on emotional attachment, including joy, protectiveness, and frustration toward the infant.
13. WHO Quality of Life (WHOQOL-BREF)	26-item assessment of physical health, psychological state, social relationships, and environment.
14. Depression, Anxiety, and Stress Scales (DASS-21)	Measures symptoms of depression, anxiety, and stress experienced in the past week.

15. Edinburgh Postnatal Depression Scale (EPDS)	Screens for postpartum depression through mood, anxiety, self-harm ideation, and coping items.
16. Maternal Health Record Verification	Registration number, last menstrual period (THA), and estimated delivery date (TAL) from maternal record book.

Verbal Autopsy (VA)

The SEACO Verbal Autopsy questionnaire is part of SEACO's mortality surveillance and is administered following the report of a death in a household. Its primary objective is to collect retrospective information on signs, symptoms, and circumstances prior to death to support the determination of probable cause of death; particularly where medical certification is unavailable.

The tool is adapted from the 2012 WHO standard verbal autopsy instrument and is designed for respondents who were close to the deceased, using a structured yet sensitive interview approach.

Section	Content Summary
1. Interview Identification	Records interviewer details, location, interview date and time, respondent name, and relationship to the deceased.
2. Death Information	Captures date and time of death, place of death, type of death (e.g., injury-related or natural), and medical certification status.
3. Background of the Deceased	Includes age, sex, education, occupation, ethnicity, religion, and other sociodemographic information.
4. Medical History	Collects information on the deceased's known illnesses, recent hospital visits, diagnoses, and treatments prior to death.
5. Signs and Symptoms Before Death	A core section containing detailed yes/no questions on a range of symptoms (e.g., fever, cough, diarrhea, weight loss, difficulty breathing) experienced before death, with timing and duration.
6. Reproductive History (for women aged 12–49)	Gathers pregnancy-related information if the deceased was a woman of reproductive age, including recent pregnancy, delivery details, and postpartum symptoms.
7. Injury and Accident History	If death was due to external causes, captures type of injury, cause (e.g., fall, road accident, assault), location, timing, and actions taken before death.
8. Health Services Used	Includes questions on whether the deceased received medical care before death, where care was sought (e.g., clinic, hospital, traditional healer), and perceived quality of care.
9. Interview Conclusion	Final remarks from the interviewer, notes on interview quality, and any observed distress of the respondent.