

VIPVIZA: Overview of data in VIPVIZA

Study waves

The variable suffix denotes which wave the data is from

Wave	Suffix
20 years before baseline	_h20
10 years before baseline	_h10
Baseline	_0
Follow-up one year after baseline	_1
Follow-up three years after baseline	_3
Follow-up six years after baseline	_6
Follow-up 10 years after baseline	_10

(Val): Validated psychometric questionnaires

Variable/Type of data	20 and 10 years before baseline	Baseline	1 year	3 years	6 years	10 years To be completed 2026	Comment
Base variables							
Health literacy		x	x	x			The Brief Health Literacy Screen
Coping		x		x (subset n=2200)			Brief Cope
Optimism/Pessimism		x		x			LOT-R
General self efficacy		x		x	x	x	GSE
Depression/Anxiety		x		x	x (only depression)	x	HADS

Self perceived risk of CVD		x	x	x	x	x	
Self perceived possibility to reduce the CVD risk through life-style modification (Efficacy beliefs)		x	x	x	x	x	
Specific response efficacy (related to five specific health behaviors)					x	x	
Emotional reactions and cognitive impact of the intervention			x (a small subset n=160)	x (I-group only)	x		
Self perceived information seeking behavior			x	x	x		
Self perceived life-style modification			x	x	x		
Attitudes and norms towards life style habits				x (subset n=880)	x		
Day-time sleepiness and snoring	x (h10)	x				x	Epworth sleepiness scale
Quality of sleep						x	Karolinska Sleep Questionnaire
Stress/Burnout				x (subset n=880)	x	x	SMBQ (22 items)
Health related quality of life	x(h10)	x	x	x	x	x	RAND36
Self perceived health	x	x	x	x	x	x	
Social support and network	x	x			x	x	International Schedule of Social Interaction

Social support regarding specific health behavior					x	x	
Self control						x	The Brief Self Control Scale
Resilience						x	Brief Resilience Scale
Work related stress and network	x	x			x	x	Karasek Demand Control
Attitudes and norms towards lifestyle habits				x (subset N=880)	x		
Personality					x		SOM-Hp5i
Beliefs about Medicines				x (subset n=1600)			BMQ
Physical activity	x	x	x	x	x	x	
Sitting time		x	x	x	x	x	
Tobacco use	x	x	x	x	x	x	
Alcohol use and related problems	x	x	x	x	x	x	AUDIT
Food Frequency Questionnaire	x	x		x		x	
Portion size	x	x	x	x	x		
Diet scores	x	x		x			
Self reported medication	x	x	x	x	x	x	

Prescriptions of antihypertensive, antidiabetics, lipid-lowering medications within Region Västerbotten							Period 2011–2020
Purchases of medications for CVD prevention							The Swedish Prescribed Drug Register Jan 2011-Sept 2021
Self reported Pregnancy complications					x		
Self reported marital status	x	x					
Self reported Education	x	x					
Self reported employment status	x	x					
Self reported retirement					x	x	
Self reported family history of CVD and diabetes	x	x					
Self reported dental and oral health					x	x	
Having a pet (dog or cat)					x		
Residency urban/rural		x					
Highest attained Education							Statistics Sweden 2011-2018
Income							Statistics Sweden 2011-2018
Physical and psychological functioning at age around 18 yrs							Only men. Conscripts testing at age ~19 years

Cognitive ability/decline (MOCA test)					x (subsample)	x	
Air Pollutants							The Swedish Meteorological and hydrological Institute Jan 1953–Jan 2020
Blood group							The Scandinavian Donations and Transfusions database Jan 1966–Sept 2018
Clinical risk factors	x	x	x	x	x	x	
Hand grip strength					x	x	
Biomarkers	x	x		x	x	x	
ABI-index (ankle-brachial index					x (subsample)	x	
Arterial stiffness					x (subsample)	x	
Accelerometry					x (subsample)	x	
Oral health and carotid artery calcifications (orthopantomogram)							Records from Region Västerbotten and private dentists Data collection ongoing
Carotid ultrasound examination		x		x	x	x	
Qualitative interviews		x (with GPs)		x (with participants)			

