

Environment and Intestinal Health Study, 2020

October 2020

Dear Sir,
Dear Madam,

You have been selected to participate in the *Environment and Intestinal Health Study* initiated by a team of researchers from the Institut national de la recherche scientifique (INRS) and the Centre hospitalier universitaire Sainte-Justine. This study aims to better understand the factors responsible for inflammatory bowel diseases and their role during different life stages. The Institut de la statistique du Québec (Statistique Québec) has been mandated to carry out this study, which includes both people who have had these diseases and those who have not.

Statistique Québec will call you in the next few days to complete a 30-minute questionnaire. If you are not available when we call, simply let us know what time would be more convenient for you. Prior to answering the phone questionnaire, we suggest that you complete the attached document. This way, the call will be shorter, as certain questions may require some research on your family and friends.

If you would like more information about the study or if you require assistance, get in touch with Statistique Québec using the contact information provided below. You will also find useful information on the back of this letter and on our website (www.stat.gouv.qc.ca) under the “Surveys” tab.

Thank you for your cooperation. You are contributing to the production of quality statistical information that Québec needs to better understand the dynamics of certain diseases in order to provide better health services to citizens.

Sincerely,


Daniel Florea
Director General

Additional information

Why was I chosen for the study?

You have been selected from a group of people born in Québec between 1970 and 1974. Please note that this study is aimed both at people who have inflammatory bowel diseases and people who do not.

We have obtained from the Régie de l'assurance maladie du Québec (RAMQ) the contact information necessary to carry out the study under an agreement approved by the Commission d'accès à l'information (CAI) in accordance with the *Act respecting Access to documents held by public bodies and the Protection of personal information*.

Do I have to participate in this study?

Your participation in the study is voluntary, but **important**, as it will contribute to a greater understanding of the links between life trajectories and some inflammatory bowel diseases, as well as how to prevent these diseases.

Quality monitoring

For quality and training purposes, phone conversations with Statistique Québec agents are recorded. However, if you don't want the call to be recorded, simply mention it at the beginning of the call.

Confidentiality and data transmission

This study is being conducted in accordance with the *Act respecting the Institut de la statistique du Québec*. Statistique Québec has signed an agreement with the INRS and the Centre hospitalier universitaire Sainte-Justine, to whom the collected data will be transmitted with the exception of your name, address and telephone number. For research purposes, researchers from these institutions have been approved by the CAI to match this information with information from files in the provincial health system. Your information will remain **confidential** and will be used only for statistical purposes.

Ethics

An ethical evaluation of the study was conducted by the INRS and by an ethics committee mandated by Statistique Québec. The committee is responsible for safeguarding the respect, dignity and integrity of those participating or included in the study.

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Preparatory document for phone interview

About the study

At the request of the Institut national de recherche scientifique (INRS) and the Centre hospitalier universitaire Sainte-Justine, the Institut de la statistique du Québec (Statistique Québec) is conducting this study on the intestinal health of Quebecers.

The objective of this study is to better understand the factors related to intestinal health and their role during different life periods.

Confidentiality

The study is being carried out under the *Act respecting the Institut de la statistique du Québec*. Statistique Québec has entered into an agreement with the INRS and the Centre hospitalier Sainte-Justine to whom the information collected will be sent, with the exception of your name, address and telephone number. All your information will be kept confidential and will be used for statistical purposes only.

For quality and training purposes, telephone conversations with Statistique Québec interviewers will be recorded. If you do not want the conversation to be recorded, you can notify the interviewer of your refusal at the start of the call.

Assistance

For any assistance, please contact the Direction de la gestion de la collecte toll-free at 1-800-561-0213 or by e-mail at collecte@stat.gouv.qc.ca

Instructions

- ▶ **Do not return this questionnaire by mail.** Since many of the study questions require some preparation, it is strongly recommended that you first complete the paper version of this document. Save it for the phone interview.
- ▶ Statistique Québec will contact you by phone as of October 2020 so that you can answer a questionnaire of approximately 30 minutes. If you are not available at that time, you can let us know a more convenient time for you.
- ▶ This document contains six sections. The first four sections require preparation on your part. You will need to provide that information to the interviewer as you answer the questionnaire over the phone. In the last two sections, you will find answer choices for questions that will be asked over the phone.

Section 1 Life-history calendar

In the first part of this questionnaire, we'll ask you questions to establish your life-history calendar. These questions will focus on where you lived, your studies, your work, and some important life events. You can refuse to answer a question at any time.

The life-history calendar will then help you answer other questions by helping you remember the information we want to collect, and linking certain periods of your life to important events. The questions in the life-history calendar cover the period from your birth until you turn 44.

Answer as best as you can according to what you remember. Indicate the age you were at the time of the event (e.g. 33 years) or the year in which it occurred (e.g. 1990).

Residential history

R1. Indicate at what age or in what year you have changed address since your birth until 2014 or until you turned 44. Identify each residence with a term that will allow you to easily recognize it (e.g. neighbourhood, street, etc.).

Year or age	Identification
E.g.: 2000	Villeray Street, Montréal

Education history

E1. What is the highest level of education you have achieved?

Level of education _____

High school includes high school diploma (DES) and diplomas of vocational studies (DEP).

E2a. In what year did you complete high school?

Year or age _____

E2b. If you haven't completed your high school, when did you stop attending?

Year or age _____

E3. If applicable, when have you started and when have you completed or stopped your collegial studies or CEGEP?

Start (year or age)	End (year or age)	Identification
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>

This includes a Bachelor's degree, Masters degree, Ph.D, or post-doc.

E4. If applicable, when did you start and finish each level of your university studies?

Start (year or age)	End (year or age)	Identification
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>

Job history

Excluding student, seasonal or part-time jobs.

T1. Have you ever had a paid full-time job?

Yes

No

T2. If yes, when did you occupy your first full-time job? What was the job title?

Start (year or age)	End (year or age)	Job title
<input type="text"/>	<input type="text"/>	<input type="text"/>

T3. Think about the job that you worked full-time for the longest time. When did you occupy this job? What was your job title?

Start (year or age)	End (year or age)	Job title
<input type="text"/>	<input type="text"/>	<input type="text"/>

If you held multiple jobs in 2014, please state the one you held for the longest time.

T4. What job did you occupy in 2014? When did you start this job?

I didn't have a job in 2014.

Start (year or age)	Job title
<input type="text"/>	<input type="text"/>

Personal events

P1. Have you ever been married or had a common-law partner?

- Yes
- No

P2. If the answer is yes, how many times? What was the date of your marriage(s) or of the start of cohabitation with your common-law partner(s)? Identify each person in a way that will allow you to easily recognize him/her (e.g. name, nickname, etc.).

Start (year or age)	Marriage or common-law partner	Identification
	<input type="checkbox"/> Marriage <input type="checkbox"/> Common-law partner	
	<input type="checkbox"/> Marriage <input type="checkbox"/> Common-law partner	
	<input type="checkbox"/> Marriage <input type="checkbox"/> Common-law partner	
	<input type="checkbox"/> Marriage <input type="checkbox"/> Common-law partner	

Including stillborn babies and children who have been born but later died.

P3. Have you had any biological children? If so, how many?

- Yes, _____ biological children
- No

P4. When were your children born?

Year or your age at their birth	Child

People who are important to you or to whom you are emotionally close.

P5a. Have you lost any family members close to you?

- Yes
- No

P5b. If yes, when did it happen, and who was it?

Year or your age	Family member close to you

P6. Are there other significant events that you would like to include in your life-history calendar that could help you remember certain periods of your life? If so, which ones? When did they happen?

Year or age	Significant event

The following sections provide you with questions that you will be asked during the interview. We send them to you in advance since you may need to refer to people around you to get answers to some of these questions.

Section 2 Your early days

During the telephone interview, you will need to provide certain information about your infancy and childhood. Here are some items that you may need to validate with your parents beforehand:

- Whether you were born by natural birth or caesarean section
- If by caesarean section, whether it was planned or not
- Breastfeeding and duration of breastfeeding
- Baby formula consumption
- Start of food purée consumption
- Daycare attendance

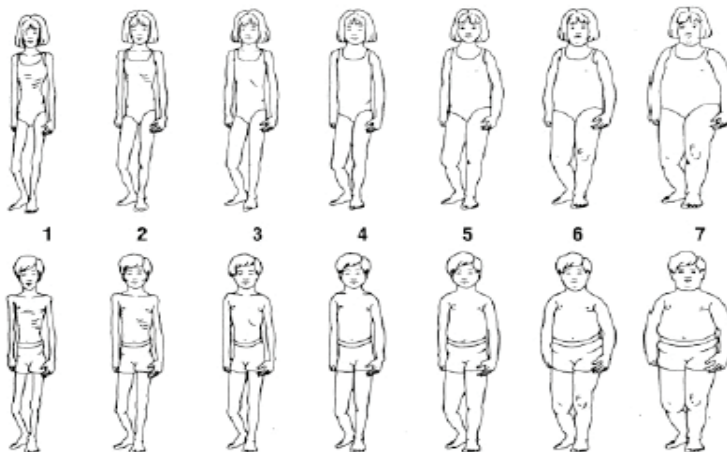
Moreover, there will be questions on your biological parents such as:

- Their year of birth
- Jobs they held when you were born, during your childhood and adolescence
- Their level of education

Section 3 Physical characteristics over the life course

This section is about your physical characteristics as a child, adolescent, young adult, and adult.

Among the images of the silhouettes, you will need to indicate the one that best describes you, when you were:



Age

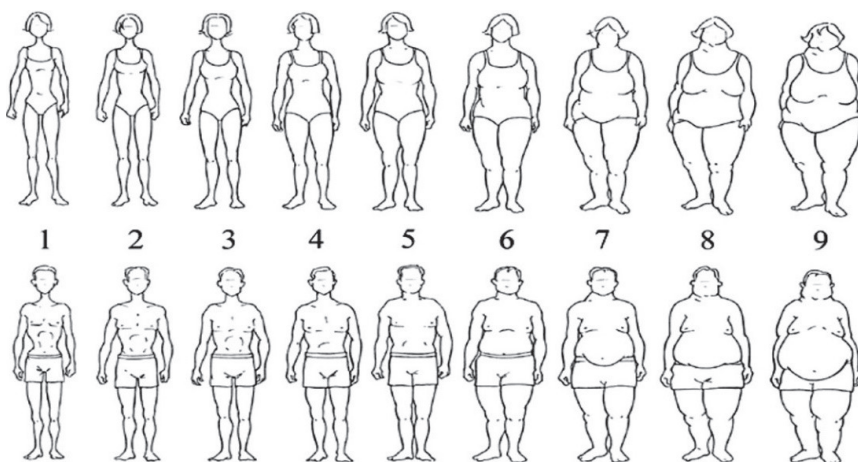
3 years old

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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10 years old

You were probably in 5th grade

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Age

15 years old

You were probably in
4th year of high school.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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25 years old

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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35 years old

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Section 4 Reproductive history and drugs

For each period of your life, you will need to indicate whether you have received at least one antibiotic treatment and if so, the number of treatments using the answer choices: 1 to 2, 3 to 10, more than 10 or do not know.

Period of life	Antibiotic treatment	Number of antibiotic treatment received			
		1 to 2	3 to 10	More than 10	Don't know
0 to 3 years old	<input type="checkbox"/> Yes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/> No				
	<input type="checkbox"/> Don't know				
4 to 11 years old	<input type="checkbox"/> Yes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/> No				
	<input type="checkbox"/> Don't know				
12 to 18 years old	<input type="checkbox"/> Yes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/> No				
	<input type="checkbox"/> Don't know				
19 to 30 years old	<input type="checkbox"/> Yes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/> No				
	<input type="checkbox"/> Don't know				
31 to 44 years old	<input type="checkbox"/> Yes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/> No				
	<input type="checkbox"/> Don't know				

Section 5 Lifestyle habits

This is not a question to answer.

During the phone interview, you will need the following choice of frequencies to answer questions in the section about your dietary habits.

Everyday	1 to 6 times per week	1 to 3 times per month	Never or less than once a month
	A few times per week, but not every day	A few times per month, but not every week	

Section 6 Psychosocial factors

This is not a question to answer.

You will need the following effect scale to answer questions in the section about the psychosocial factors during the phone interview.

Very negative effect					No effect				Very positive effect
-4	-3	-2	-1	0	+1	+2	+3	+4	