



German Environmental Survey for Adults

Note: This document specifies the content and wording of the interview. As this is a CAPI interview (computer-assisted personal interview), layout divergences may occur for technical reasons.

Documentation - Morning Urine Sample

IDNR of participant	
Date of interview	. .20 <i>Programming note: show date automatically</i>
Interviewer no.	

Questions with a coloured background and in blue font: the questions in blue font and in fields with grey background are addressed to the interviewer and are not read out to the respondent.

U1. Have you taken a morning urine sample? <i>Programming note: follow filter guide and start again with this question at a catch-up appointment.</i> Yes ☐ ➞ continue with question U3 No ☐																													
U2. What was the reason for not taking a morning urine sample? <u>To interviewer: only one response possible</u> <table border="1"> <tr> <td>forgot to take a sample in the morning</td> <td>☐</td> <td></td> </tr> <tr> <td>the sample vessel did not arrive in time</td> <td>☐</td> <td></td> </tr> <tr> <td>problems during sampling, e.g. sample spilled, vessel tipped over</td> <td>☐</td> <td>➞ U5</td> </tr> <tr> <td>no sample obtained because of embarrassment due to menstruation</td> <td>☐</td> <td></td> </tr> <tr> <td colspan="3">Note to interviewer: menstruation is not a criterion for exclusion</td> </tr> <tr> <td>sampling not possible for health reasons (e.g. bladder weakness/respondent wear diaper, the 4 hours cannot be adhered to e.g. due to taking water tablets)</td> <td>☐</td> <td>➞ End = Discontinued</td> </tr> <tr> <td>no date for a 2nd catch-up appointment could be arranged during field time in Point</td> <td>☐</td> <td>➞ End = Discontinued</td> </tr> <tr> <td>refused on principle to take a sample</td> <td>☐</td> <td>➞ End = Discontinued</td> </tr> <tr> <td>other reason</td> <td>☐</td> <td>➞ U5</td> </tr> </table> please specify: _____ don't know ☐ declined to respond ☐			forgot to take a sample in the morning	☐		the sample vessel did not arrive in time	☐		problems during sampling, e.g. sample spilled, vessel tipped over	☐	➞ U5	no sample obtained because of embarrassment due to menstruation	☐		Note to interviewer: menstruation is not a criterion for exclusion			sampling not possible for health reasons (e.g. bladder weakness/respondent wear diaper, the 4 hours cannot be adhered to e.g. due to taking water tablets)	☐	➞ End = Discontinued	no date for a 2nd catch-up appointment could be arranged during field time in Point	☐	➞ End = Discontinued	refused on principle to take a sample	☐	➞ End = Discontinued	other reason	☐	➞ U5
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U3. <u>To interviewer:</u> clarify with the respondent whether the morning urine sample was taken in accordance with the guidelines. Use Morning Urine checklist. Is this the case? <i>Programming note: follow filter guide.</i> Yes ☐ ➞ continue with question U8 No ☐																													
U4. <u>To interviewer:</u> why was the correct sampling procedure not performed? Which criterion/criteria was/were not met? <u>Multiple responses possible.</u> Sampling procedure was performed: <table border="1"> <tr> <td>not on the day of the home visit</td> <td>☐</td> </tr> <tr> <td>but it's not the first time respondent went to the toilet after a night's sleep.</td> <td>☐</td> </tr> <tr> <td>not at least ≥ 4 hours after last use of the toilet</td> <td>☐</td> </tr> <tr> <td>other reason</td> <td>☐</td> </tr> </table> please specify: _____			not on the day of the home visit	☐	but it's not the first time respondent went to the toilet after a night's sleep.	☐	not at least ≥ 4 hours after last use of the toilet	☐	other reason	☐																			
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U5. <u>To interviewer:</u> do you have time for a follow-up appointment or 2nd home visit? Yes ☐ No ☐ ➞ End= Discontinued																													

U6. Are you willing to take another morning urine sample?

Yes ☐

No ☐ ➞ End = Discontinued

U7. To interviewer: make an appointment with the respondent to collect the sample and document this appointment here.

Date **Time**
 on 20 at
 Day Month Year Hour Minute

U7A. To interviewer: if the 1st sample vessel has been opened, hand out a new sample vessel to the participant. Did you hand out a 2nd sample vessel?

Yes ☐

No ☐

the 1st sample vessel has not been opened in the meantime

End of 1st home visit

U8. When was the morning urine sample taken?

To interviewer: copy from the label or ask the participant if necessary. Please do not fill in missing information on the label, just write it down in the CAPI.

Please check the plausibility of the information! I.e. if the sample was not taken on the same day as the home visit, the sample must be discarded. If possible, a follow-up appointment should be arranged. This comment does not appear in the CAPI, as corresponding checking rules have been programmed.

Source: GerES I-V

Date **Time**
 on 20 at
 Day Month Year Hour Minute

U9. When was the last time you went to the toilet before sampling?

To interviewer: copy from the label or ask the participant if necessary. Please check the plausibility of the information! Enter evening hours (pm) as 12:00 to 23:59 in the documentation form. When entering the date, make sure that you enter the date of the "old" day up to 23:59 and the date of the "new" day from 00:00 onwards.

Please do not enter missing information on the label, but only in the CAPI.

Programming note: calculate the time from U8 and U9 as a plausibility check.

Programming note: follow filter guide.

Source: GerES III-V

Date **Time**
 on 20 at
 Day Month Year Hour Minute

don't know ☐

➞ no morning urine sample! Discard sample and inform respondent about it and return to question U3, correct there and continue with interview

declined to respond ☐

➞ no morning urine sample! Discard sample and inform respondent

if indication is refused, if sample collection is refused on principle, return to U2

U10. Please label the sample vessel with the **IDNR number label** xxxxxxMT

Yes ☐ Done

U11. How was the sample **stored** until collection from the household?

Source: GerES III-V

Refrigerator ☐

Other cool place ☐

Uncooled ☐ don't know ☐ declined to respond ☐

U12. Is the morning urine sample **complete**?

To interviewer: the urine sample is considered complete, if all morning urine has been collected!

Source: GerES III-V

Yes ☐

No ☐ don't know ☐ declined to respond ☐

U13. Did you wear **sanitary pads**, e.g. because of bladder weakness or menstruation, before sampling?

To interviewer: sanitary pads include pads, diapers and tampons for fluid absorption *Source: new question*

Yes ☐

No ☐ don't know ☐ declined to respond ☐

Now let's talk about your **dietary habits before sampling**.

U14. When was the last time you ate **food** provided by a **communal catering service** such as a **canteen, dining hall or cafeteria** (e.g. workplace, university) or **from a mobile lunch service or meals on wheels** before the morning urine sample was taken?

To interviewer: please present list U14 with the response categories.

Source: GerES V modified

	yesterday (1 day ago)	day before yesterday (2 days ago)	more than 2 days ago / never	don't know
Food from a canteen, cafeteria, mobile lunch service or similar.	☐	☐	☐	☐

declined to respond ☐

U15. When was the last time you consumed the following **foods and beverages** before taking the morning urine sample?

To interviewer: present **list U15**. Please enter a tick in each line. Regarding "grilled food via open fire/embers": this includes grilling on a gas or electric grill. This does not include grilling on a lava stone, as there is "normally" no open fire or embers.

Source: GerES I-V

	yesterday (1 day ago)	day before yesterday (2 days ago)	more than 2 days ago / never	don't know
Smoked dishes (e.g. Kassler, smoked sausage, smoked cheese, smoked tofu, various boiled sausages or ham and salami, unless air-dried)	☐	☐	☐	☐
Grilled dishes via open fire/embers	☐	☐	☐	☐
French fries	☐	☐	☐	☐
Other fried dishes (e.g. meat, fish, vegetables, also fruit or sweets, chicken nuggets, calamari, spring rolls)	☐	☐	☐	☐
Any toasted bread	☐	☐	☐	☐
Crustaceans and shellfish (e.g. lobster, langoustine, scampi, crab, shrimp, oysters, mussels. Please also consider scampi on a pizza and in crab cocktails).	☐	☐	☐	☐
Fish Please also consider, e.g. tuna in a salad or on a pizza.	☐	☐	☐	☐
Fast Food (Fast food are prepared meals that are purchased for quick consumption, e.g. curry sausage/bratwurst sausage, veggie burger, hamburger or doner kebab). <u>Note to interviewer:</u> you may name companies such as McDonald's, Burger King, KFC, Ditsch.	☐	☐	☐	☐
Ready meals (Ready meals are ready-to-eat meals that only need to be heated, e.g. frozen meals for microwave or oven, e.g. frozen pizza).	☐	☐	☐	☐
Dairy products of animal origin:				
Milk <u>To interviewer:</u> this also refers to milk in coffee, tea, cocoa or cereal.	☐	☐	☐	☐
Cheese (fresh, soft, cut or hard)	☐	☐	☐	☐
Butter (excluding margarine)	☐	☐	☐	☐
Other dairy products (e.g. curd, yoghurt, buttermilk, sour cream, cream)	☐	☐	☐	☐
Plant-based dairy substitutes:				
Plant-based milk substitute (e.g. soy, oat, rice, almond or coconut drink). <u>To interviewer:</u> this also refers to milk substitutes in coffee, tea, cocoa or cereal.	☐	☐	☐	☐
Other dairy substitute products (e.g. soy curd, soy yoghurt, cheese substitutes)	☐	☐	☐	☐

	yesterday (1 day ago)	day before yesterday (2 days ago)	more than 2 days ago / never	don't know
Plant-based meat substitutes (e.g. cold cuts, minced meat substitute, sausages, burger patties, etc. based on soy, pea, lentil, lupin or wheat protein).	☐	☐	☐	☐
Sausage (e.g. smoked sausage, mortadella, cooked sausage, salami, liver sausage, ham, corned beef etc.)	☐	☐	☐	☐
Meat (e.g. pork/beef/lamb. Excluding poultry, game or sausage).	☐	☐	☐	☐
Poultry (e.g. chicken)	☐	☐	☐	☐
Bread/bread rolls (full grain, brown, mixed grain or white bread/bread rolls)	☐	☐	☐	☐
Cereals, cornflakes, oats	☐	☐	☐	☐
Rice	☐	☐	☐	☐
Legumes (e.g. beans, peas, lentils),	☐	☐	☐	☐
Vegetables (incl. leaf salad) (every type of vegetable: fresh vegetables, frozen vegetables, vegetables in cans or glasses)	☐	☐	☐	☐
Fruits (every type of fruit: fresh fruits, frozen fruits, fruits in cans or glasses)	☐	☐	☐	☐
Nuts (e.g. peanuts, walnuts, hazelnuts, trail mix, salted and/or spiced)	☐	☐	☐	☐
Chewing gum (please also consider dental care gum)	☐	☐	☐	☐
Potato crisps, peanut curls	☐	☐	☐	☐
Salted snacks or crackers (e.g. pretzel sticks, pretzels, etc.)	☐	☐	☐	☐
Chocolate or chocolate bars (also pralines)	☐	☐	☐	☐
Other sweets (e.g. bonbons, fruit gums, lozenges, liquorice)	☐	☐	☐	☐
Coffee (incl. instant coffee)	☐	☐	☐	☐
Tea	☐	☐	☐	☐
Soft drinks (e.g. coke, lemonade, iced tea, malt beer, energy drinks)	☐	☐	☐	☐
Beer (incl. alcoholic-free and beer mix variants e.g. Radler (shandy)	☐	☐	☐	☐
Wine, spritzer, sparkling wine, prosecco (incl. non-alcoholic and mixed variants e.g. Aperol Spritz)	☐	☐	☐	☐
declined to respond				☐

U16.	When was the last time you consumed food and/or beverages sold or served in the following packaging before taking your morning urine sample? <i>Source: new question</i>									
Note to interviewer: please present list U16 with the response categories. You may mention company names such as McDonald's, Burger King, KFC, Ditsch etc.).										
			yesterday (1 day ago)	day before yesterday (2 days ago)	more than 2 days ago / never	don't know				
Plastic bottles (incl. those for cooking oil)			☐	☐	☐	☐				
Plastic packaging e.g. packaging for prepackaged cheese and sausage products, vegetables, yoghurt, packaging for takeaway food, cling film			☐	☐	☐	☐				
Coated cardboard/ paper Water-, dirt- and grease-repellent, like for example tetrapacks, packaging for frozen meals, vegetables etc., wrapping paper for cheese and sausage at the deli counter, wrapping for fast food (wrapping paper for burgers, pizza boxes from delivery services, <u>not</u> frozen pizza boxes).			☐	☐	☐	☐				
Cans for food and drink			☐	☐	☐	☐				
U17.	Have you come into contact with the following products in the last 48 hours prior to providing your sample? That is: have you had contact with the product via your skin or through inhalation or ingestion? <i>Programming note: calculate the 48 hours before sampling from U8 and the current time and insert the day of the week, date and time. In the paper version, the interviewer must answer this question.</i> To interviewer: present list U17 with the response categories. Please enter a tick in each line. <i>Source: new question</i>									
	Day of the week		Date					Time		
since	_____		☐ ☐	☐ ☐	20 ☐ ☐	at		☐ ☐	☐ ☐	
			Day	Month	Year			Hour	Minute	
						Yes	No	Don't know	Declined to respond	
	Wall and ceiling paints / wall and ceiling lacquers					☐	☐	☐	☐	
	Construction adhesive / construction putty					☐	☐	☐	☐	
	Construction/assembly foams					☐	☐	☐	☐	
	Paint stripper for removing old paint and coatings (e.g. on wood) ...					☐	☐	☐	☐	
	Graffiti remover for removing (artistic) slogans or characters that have usually been sprayed or painted on walls, facades, etc.					☐	☐	☐	☐	
U18.	Has the household been selected for field blank sampling? (automated for the 3rd household in any Point)									
	Yes	☐	Interviewer: please take the random field sample out of the cooler bag, open it briefly and close it again immediately.							
	No	☐	☞ End of morning urine section							
U19.	Enter the extra number .									
	☐	☐	☐	☐	☐	☐	MF			
U20.	Does the sample vessel of the random field sample feature the number label xxxxxxMF?									
	No	☐	Please rectify		Yes	☐	☞ End of collection procedure			
U21.	To interviewer: note the IDNR of the temperature logger.									
	☐	☐	☐	☐	☐	☐	☐	☐	☐	

-end of documentation-