# "Asian American Quality of Life (AAQoL) Project"

You are invited to participate in the Asian American Quality of Life (AAQoL) Project. The purpose of the project is to explore the challenges experienced by the members of Asian American communities in Austin.

If you agree to participate in this study, you will be asked to complete a paper and pencil format of survey, which will take less than 30 minutes. The project will include about 3,000 participants.

Your participation is voluntary, and there are no foreseeable risks to participating in this study.

You will receive no direct benefit from participating in this study; however, you may be psychologically benefited from having an opportunity to talk about community issues, to think about your health and well-being, and to make contributions to the research project. Given the growth of the Asian American population in Austin, the project will provide benefits to society by informing social policies and services. You will also receive \$10 for your participation. Payments will occur at the end of the survey.

The survey is anonymous. As part of the survey, your residential address will be asked. Please note that your privacy and the confidentiality will be protected by using randomly assigned identification numbers and geo-coded information (Cencus tract and block codes). If it becomes necessary for the Institutional Review Board to review the study records, information that can be linked to you will be protected to the extent permitted by law. Questionnaires and data files will be securely kept for the next 5 years.

Prior, during or after your participation you can contact the researcher **[Yuri Jang, Ph.D.]** at **[512-471-1702]** or send an email to **[yjang12@austin.utexas.edu]** for any questions or if you feel that you have been harmed.

This study has been reviewed and approved by The University Institutional Review Board and the study number is **[XXXX-XX-XXXX]**. For questions about your rights or any dissatisfaction with any part of this study, you can contact, anonymously if you wish, the Institutional Review Board by phone at (512) 471-8871 or email at orsc@uts.cc.utexas.edu.

The University of Texas at Austin School of Social Work

• The project is part of the City of Austin's Asian American Quality of Life Initiative.

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Section 1: Demographic Information
1. What is your current age? year-old
2. What is your gender?   Male  Female
<ul> <li>3. What is your ethnic origin?</li> <li>□ Chinese □ Asian Indian □ Korean □ Vietnamese □ Filipino</li> </ul>
<ul> <li>4. What is your current marital status?</li> <li>□ Single (never married)</li> <li>□ Married</li> <li>□ Divorced</li> <li>□ Widowed</li> <li>□ Separated</li> </ul>
5. Please circle the highest year of school completed.
0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17+
(primary) (middle/high school) (college/university) (graduate school)
6. Including yourself, how many people live in your household?
7. Who lives with you (check all applicable)?         No one       Spouse       Children         Parents       Grandparents       Brothers/sisters         Other relatives       Friends       Other (please specify)
<ul> <li>8. What is your religious affiliation?</li> <li>None</li> <li>Protestant</li> <li>Catholic</li> <li>Hindu</li> <li>Muslim</li> <li>Buddhist</li> <li>Other (please specify)</li></ul>
<ul> <li>9. How often do you attend religious services?</li> <li>Never</li> <li>Once or twice a month</li> <li>Once a week</li> <li>A few times a year</li> <li>More than once a week</li> </ul>
<ul> <li>10. How important is religion in your life?</li> <li>□ Not at all important</li> <li>□ Not very important</li> <li>□ Somewhat important</li> <li>□ Very important</li> </ul>
11. Are you currently working? 🛛 Yes 🔅 No 🔅 Looking for job
12. How much was your household income for the past year?         □ < \$20,000
<ul> <li>13. How would you rate your personal financial situation?</li> <li>Below average</li> <li>Average</li> <li>Above average</li> </ul>
14. Do you use computers and the Internet?
15. Do you use a cellphone?
16. Do you have a home phone?

# Section 2: Immigration and Acculturation

1.	Were you born in the United States? 🛛 Yes 🖓 No
2.	How long have you lived in the United States? years
3.	Is English your primary language? 🛛 Yes 🗆 No
4.	How well do you speak English? <ul> <li>Not at all</li> <li>Not very well</li> <li>Pretty well</li> <li>Very well</li> </ul>
5.	How much does your English speaking ability interfere with daily life? <ul> <li>Not at all</li> <li>Not very much</li> <li>Pretty much</li> <li>Very much</li> </ul>
6.	How would you rate your level of familiarity with the culture and custom of mainstream America?
	Very low Low High Very high
7.	How would you rate your level of familiarity with the culture and custom of your ethnic origin?

## 8. Please indicate your personal experience below.

	Never	Rarely	Sometimes	Often
How often do people dislike you because you are Asian?				
How often do people treat you unfairly because you are Asian?				
How often have you seen friends treated unfairly because they are Asian?				

## 9. Please indicate your response to the following questions.

E.

٠	• How closely do you identify with other people who are of the same racial and ethnic descent as yourself?											
	Not at all	Not very close	Somewhat close	Very close								
•	How close do you feel, in your ideas and feelings about things, to other people of the same racial and ethnic descent?											
	Not at all	Not very close	Somewhat close	Very close								
•	If you could choose, how racial and ethnic group?	much time would you like to	spend with other people who are	e of your same								
	Not at all	A little	□ Some	□ A lot								
•	How important do you thi other people who are also	· · ·	rom your same racial and ethnic g	group to marry								
	Not at all	Not very important	Somewhat important	Very important								

				S	Section 3: Physic	al Heal	th				
1.	How w	ould vou rat	e vour	overall health	at the present	time?					
		Excellent	-	Very good			Fair		Poor		
		Execution		Very Bood			iun		1001		
2		ould you rat		· mental/emot	<u>ional health</u> at t	he nres	ent time?				
۷.		Excellent	-	Very good	Good	-	Fair		Poor		
		LXCellent		Very good			run		1001		
z		ould you rat		· dental/oral b	<u>ealth</u> at the pres	ent tim	۵?				
Э.		Excellent	-	Very good	<u>cattin</u> at the pres		Fair		Poor		
		LACEHEIII		very good			Ian		F 001		
л		upped below	with da	vilv activition lil	ke bathing, dres	cing og	ting or u	ing the	toilot2	🗆 Yes	🗆 No
4.	D0 y00	u neeu neip v	with uc	any activities in	ke batiling, ules	sing, ea	ting, of us	sing the	e tonet:		
5		doctor ovor	toldy	ou that you ha	ad any of the foll	owing	ondition	.)			
Ј.	nave a	Hypertensi	-	ou that you ha				N	0		
		Heart disea									
		Stroke	30								
		Diabetes					☐ Yes				
		Cancer									
		Arthritis					□ Yes				
		Hepatitis					🗆 Yes		0		
		Kidney prob	olem				🗆 Yes		0		
		Asthma					🗆 Yes		0		
		Chronic Ob	structi	ve Pulmonary	Disease (COPD)		🗆 Yes		0		
6.	Do γοι	u currently sr	noke?					Yes	🗆 No		
7.	Has an	iyone ever to	old you	i that you have	e a drinking prob	lem?		Yes	🗆 No		
8.	Do γοι	u do regular (	exercis	se?				Yes	🗆 No		
9. Is there a place that you USUALLY go to when you get sick?											
10.	Are y	ou currently	covere	ed by any heal	thcare insurance	2?		Yes	🗆 No		
11.	Do yo	ou have <u>dent</u>	<u>al</u> insu	rance?				Yes	🗆 No		
12.	Pleas	e indicate if	you ha	ve used each o	of the following	services	s during tl	ne past	12 mont	hs.	

A doctor, hospital or clinic for a routine physical check-up	🗆 Yes	
A dentist for a routine check-up	Yes	□ No
A doctor, emergency room, or clinic for urgent care treatment (because of new symptoms, an accident, or something else unexpected)	□ Yes	🗆 No
A folk medicine provider (e.g., herbalist, acupuncturist, etc.) for health concerns		□ No

13. Was there a time in the past 12 months when you needed medical care but couldn't get it?	🗆 Yes	🗆 No
14. Was there a time in the past 12 months when you needed <u>dental care</u> but couldn't get it?	□ Yes	🗆 No
15. For your medical visit, do you need someone who can provide a ride for you?	🗆 Yes	🗆 No
16. For your medical visit, do you need someone who can do interpretation for you?	🗆 Yes	🗆 No
17. Have you had an experience that you could not understand what the doctor/nurse said?	🗆 Yes	🗆 No
18. If you could choose, would you prefer to be treated by a doctor of your own ethnic group?	Yes	🗆 No
19. How much are you satisfied with the health care you received in the past 12 months?		

□ Not at all □ Not very much □ Pretty much □ Very much

### Section 4: Emotional Health

#### 1. The next questions are about how you have been feeling **<u>during the past 30 days</u>**.

	All of the time	Most of the time	Some of the time	A little of the time	None of the time
How often did you feel nervous?					
How often did you feel hopeless?					
How often did you feel restless or fidgety?					
How often did you feel so depressed that nothing could cheer you up?					
How often did you feel that everything was an effort?					
How often did you feel worthless?					

- 2. During the past 12 months, have you ever felt that you might need to see a professional because of a problem with your emotional or mental health?
- 3. Please indicate if you have used each of the following professionals during the past 12 months about a problem with your emotional or mental health.

A psychiatrist	🗆 Yes	🗆 No
A general practitioner or other medical doctor	🗆 Yes	🗆 No
A psychologist, professional counselor, marriage therapist, or social worker	🗆 Yes	🗆 No
A minister, priest, rabbi, or other spiritual advisor	🗆 Yes	🗆 No

4. Was there a time in the past 12 months when you needed emotional or mental care but couldn't get it?

🗆 Yes 🛛 🗆 No

5. Please indicate your experience or opinion for the questions below.

Do you think depression is a sign of personal weakness?	🗆 Yes 🗆 No
◆ Do you think having a depressed family member brings a shame to the whole family?	🗆 Yes 🗆 No
◆ Do you think if you had depression, your family would be disappointed with you?	🗆 Yes 🗆 No
Do you think keeping emotional troubles to oneself is a virtue?	🗆 Yes 🗆 No
Do you think antidepressant medicines are addictive?	🗆 Yes 🗆 No
Do you think people with mental problems are dangerous to others?	🗆 Yes 🗆 No
Do you think people with mental problems will never recover?	🗆 Yes 🗆 No
Have you ever received psychological counseling or treatment?	🗆 Yes 🗆 No
If you have depression, would you be willing to use counseling?	🗆 Yes 🗆 No
◆ If you use counseling, would you prefer a counselor of your own ethnic group?	🗆 Yes 🗆 No

# Section 5: Social Resources and Quality of Life

1. Thinking about your FAMILY/RELATIVES.....

•	How many	family/rel □ 1	atives do □ 2	you see or h	ear from at	least once a month?
•	How many	family/rel	<u>atives</u> do □ 2	you feel at e	ease with tha 5-8	at you can talk about private matters?
•	How many	family/rel □ 1	atives do □ 2	you feel clos	se to such th	at you could call on them for help?
2. Thinki	ng about yo	our <b>FRIENI</b>	DS			
•	How many	of your <u>fri</u> □ 1	<u>iends </u> do y □ 2	rou see or he	ear from at le	east once a month?
*	How many	friends_do	you feel	at ease with	that you can	n talk about private matters?
*	How many	<u>friends</u> do □ 1	o you feel	close to sucl	n that you co	ould call on them for help?

	Strongly disagree	Somewhat disagree	Somewhat agree	Strongly agree
My family members respect one another.				
We share similar values and beliefs as a family.				
Things work well for us as a family.				
We really do trust and confide in each other.				
My family members feel loyal to the family.				
We are proud of our family.				
We can express our feelings with our family.				
My family members like to spend free time with each other.				
My family members feel very close to each other.				
Family togetherness is very important to our family.				

3. For the set of questions below, please indicate how you feel about your family.

4. Please indicate your experience below.

	Never	Once in a while	Fairly often	Very often
How often has your family made too many demands on you?				
How often has your family been critical of you?				
How often has your family prided into your affairs?				
How often has your family taken advantage of you?				

5. How would you rate your overall quality of life? Please circle the number below that describes your quality of life in general?

0	1	2	3	4	5	6	7	8	9	10
Very poor										Excellent
quality										quality

6. Please indicate how much you agree with each statement.

	Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree
In most ways my life is close to my ideal.							
The conditions of my life are excellent.							
I am satisfied with my life.							
So far I have gotten the important things I want in life.							
If I could live my life over, I would change almost nothing.							

7. Over the last 2 weeks, how often have been bothered by any of the following problems:

	Not at all	Several days	More than half the days	Nearly every day
Little interest or pleasure in doing things				
Feeling down, depressed or hopeless				

	Section 6: Special Inte	rest	
1. How much do you know about Alzhei	imer's disease? □ Not very much	Pretty much	Very much
2. Do any of your family members or fri	ends have Alzheimer's dis	sease? 🛛 Yes	□ No

3. Please indicate your response to the following questions.

	Not at all	Not very much	Pretty much	Very much
How concerned are you that YOU may have Alzheimer's disease someday?				
How concerned are you that you may someday have to provide care for someone with Alzheimer's disease?				
How important do you think it is to plan for the possibility of getting Alzheimer's disease in the future?				

♦ Alzheimer's disease is a cause of fate.	🗆 Yes 🗆 No
8. Please indicate whether you agree with each of the following statements.	
7. Do you think your language and/or culture would interfere with your participation in such	programs? □ Yes □ No
6. Do you know any local services and programs for Alzheimer's disease patients and family?	🗆 Yes 🛛 No
5. Do you know any educational programs on Alzheimer's disease?	🗆 Yes 🗆 No
4. Have you made plans for the possibility of you or your family getting Alzheimer's disease?	🗆 Yes 🗆 No

♦ Alzheimer's disease is a normal process of aging.	🗆 Yes 🗆 No
It is embarrassing to have a family member with Alzheimer's disease.	🗆 Yes 🗆 No
<ul> <li>Social interactions with an Alzheimer's disease patient should be avoided.</li> </ul>	🗆 Yes 🗆 No
♦ Scientists will find cure for Alzheimer's disease soon.	🗆 Yes 🗆 No
◆ It is not right to place a family member with Alzheimer's disease in a nursing home.	🗆 Yes 🗆 No

9. Do you have a living will?	🗆 Yes 🛛 No
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10. Have you heard about advance directives?	🗆 Yes 🛛 No
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- 11. An advance directive is a type of legal document that designates someone who can make medical decisions in the event that you are unable to do so. Do you have such a document?
- 12. How much do you agree with the following statement?: "One should avoid speaking about bad things (e.g., disease and death) because it might cause them to happen."
  - □ Strongly disagree □ Somewhat disagree □ Somewhat agree □ Strongly agree

## Section 7: Housing and Community Resources

What kind of housing do you live in?

 Mobile house
 One-family house
 Two-family house/duplex
 Apartment/Townhouse/Condominium
 Other (please specify)

 Do you (and your family) own your home, rent it, or what?

 Own
 Rent
 Other (please specify)
 How much are you satisfied with your current housing condition?

 Not at all
 Not very much
 Pretty much
 Very much

4. Please indicate how you feel about your community.

	Strongly agree	Agree	Neutral	Disagree	Strongly disagree
This is a close-knit community.					
People around here are willing to help their community members.					
People in this community don't share the same values.					
People in this community generally don't get along with each other.					
People in this community can be trusted.					

5. What is your address and zip code? PLEASE note that this information will only be used to identify the Census tract and block codes of your residence.

Street address: \_\_\_\_\_\_ Zip code: \_\_\_\_\_\_

6. How long have you lived in Austin? \_\_\_\_\_ years

7. Please rate your satisfaction with the following.

	Not at all satisfied	Not very much satisfied	Pretty much satisfied	Very much satisfied
The City of Austin as a place <b>to live</b>				
The City of Austin as a place to raise children				
The City of Austin as a place to work				
The City of Austin as a place <b>to retire</b>				
Overall quality of <b>safety</b> in the City of Austin				
Overall quality of life in the City of Austin				
Overall quality of services provided by the City of Austin				

8. Below is a selected list of city services. Please rate your satisfaction with the following.

	Not at all satisfied	Not very much satisfied	Pretty much satisfied	Very much satisfied	Never used
Parks and recreational services					
Libraries					
Public safety services (i.e. police, fire and ambulance)					
Austin-Bergstrom International Airport					
Drinking water provided by Austin Water Utility					
Municipal court services (i.e. traffic, fine collection)					
Maintenance of city streets and sidewalks					
Social services/ public health services provided by the City					
Animal Services (shelter, adoptions, animal control, etc.)					

9.	Please	indicate	if vou	have done	anv of the	following	during the	past 12 month	s.
2.	i icusc	maicate			any or the	1011011116	aaring the	past ±2 month	٠.

3. Please indicate if you have done any of the following during the past 12 months.					
♦ Attended a City hosted public meeting	🗆 Yes 🗆 No				
♦ Attended a City Council meeting in person	🗆 Yes 🗆 No				
<ul> <li>Watched a City Council meeting on live video stream</li> </ul>	🗆 Yes 🗆 No				
♦ Spoke at a City Council meeting	🗆 Yes 🗆 No				
◆ E-mailed or phoned an elected City official	🗆 Yes 🗆 No				
♦ E-mailed or phoned an Executive City staff person	🗆 Yes 🗆 No				
♦ E-mailed or phoned a City staff person	🗆 Yes 🗆 No				
♦ Voted in a City election (in the past 18 to 24 months)	🗆 Yes 🗆 No				
<ul> <li>Participated in a City of Austin online survey</li> </ul>	🗆 Yes 🗆 No				
<ul> <li>Submitted a Public Information Request</li> </ul>	🗆 Yes 🗆 No				
10. Have you heard about the Asian American Resource Center (AARC) in Austin?       Yes       No         11. How often do you use AARC?       Never       Rarely       Some of the time       Often         12. How often do you participate in activities/events in Asian communities in Austin?       Never       Rarely       Some of the time       Often         13. How much are you satisfied with Asian communities in Austin?       Not at all       Not very much       Pretty much       Very much         14. In your opinion, what are the major concerns in Asian communities in Austin?       1       1       In your opinion, what are the major concerns in Asian communities in Austin?         19.					

Not at all Not very much Pretty much Very much satisfied satisfied satisfied satisfied Length of the survey Content \$10 incentive Assistance from bilingual and bicultural research team 

If someone who speaks English calls you and asks for your participation in a survey, would you do it?