

CATI Survey on Visual Height Intolerance Population ≥ 14 years of age

The following variables are taken from the general statistics section

Information on area code and postal code: BIK city area (bik)

Information on area code and postal code: federal state (land)

Information on area code and postal code: variable according to East/West mapping (region)

Sex : decided on basis of voice; when in doubt, ask (sex)

Age: How old are you? (age)

_____age in years

Which educational institution did you last attend or which is the highest level of education reached? (bild)

- I'm still going to school
- grade school or secondary school, with vocational training
- grade school or secondary school, without vocational training
- post secondary school without "abitur" (German university entrance qualification)
- "abitur", higher education entrance qualification, technical college qualification
- university degree
- no answer

Are you yourself employed? (beruf)

- yes (also if currently unemployed)
- no, incl. trainees, schoolchildren, students, senior citizens
- no answer

How many people live in your household (include yourself)? (hhgr)

- one person
- two persons
- three persons
- four persons
- five persons or more
- no answer

When you add up everything earned: how high is the monthly net income of your household, after deduction of taxes and social insurance? Does the net income vary?

I will now read a few income groupings and ask you to please tell me which applies to you (net)

- below EURO 500
- EURO 500 to EURO 1,000
- EURO 1,000 to below EURO 1,500
- EURO 1,500 to below EURO 2,000
- EURO 2,000 to below EURO 2,500
- EURO 2,500 to below EURO 3,000
- EURO 3,000 to below EURO 3,500
- EURO 3,500 to below EURO 4,000
- EURO 4,000 or more
- no answer

Status: approved by Prof. Brandt on 19 January 2011, final change 26 January 2011 (questions 4, 23)

Screening question:

1. Have you already experienced visual height intolerance / height vertigo (an unpleasant feeling caused by visual exposure to heights)? (V1)

 **One answer possible (SP)!**

 **Interviewer: Classify answers!**

Yes → **Continue with question 2!**

Otherwise → **Continue with question 2!**

No → **Continue with question 22!**

Don't know → **Continue with question 22!**

2. How old were you when you first noticed height intolerance? (V2)

 **One answer possible (SP)!**

_____ **age in years (test, must be larger than 5 but smaller than the current age)**

 **Do not read aloud!**

Don't know

No answer

3. Where were you when you first experienced height intolerance?

 **Multiple answers possible (MP)!**

 **Interviewer: Read the possible answers only if there is no response!**

A on a tower (V3_11)

B in a ski lift / gondola (V3_12)

C on a bridge (V3_13)

D on steps (V3_14)

E on a ladder (V3_15)

F on a balcony (V3_16)

G when looking out a window in a high-rise building (V3_17)

H when wandering / mountain climbing (V3_18)

I when rock climbing / during rock-climbing tour (V3_19)

J other situation (V3_20)

 **please enter:** _____ (q3t)

coded text (q3c1, q3c2)

 **Do not read aloud!**

- M Don't know. (V3_98).....
- N No answer (V3_99)

4. Where do you now experience height intolerance (after the first time)?

 **Multiple answers possible (MP)!**

 **Interviewer: Read aloud possible answers**

- A on a tower (V4_11).....
- B in a ski lift / gondola (V4_12)
- C on a bridge (V4_13).....
- D on steps (V4_14)
- E on a ladder (V4_15).....
- F on a balcony (V4_16)
- G when looking out a window in a high-rise building (V4_17).....
- H when wandering / mountain climbing (V4_18)
- I when rock climbing / during rock-climbing tour (V4_19)
- K Height intolerance did not reoccur after the one time. (V4_21).....
- J other situation (V4_20)

 **please enter:** _____ (q4t)

Coded text (q4c1, q4c2)

 **Do not read aloud!**

- M Don't know (V4_98).....
- N No answer (V4_99)

5. How does the height intolerance you experience express itself concretely?


If answer option answer K is chosen (question 4), the question should be formulated as follows:


What concretely do you experience when you have height intolerance? → Continue with question 9b!

 **Multiple answers possible (MP)!**

 **Interviewer: Read the possible answers aloud!**

- A giddiness (V5_11)
- B postural (to-and-fro) vertigo, as if on a boat (V5_12)
- C inner agitation (V5_13)
- D trembling (V5_14).....
- E sudden, profuse sweating (V5_15).....
- F palpitations (V5_16).....

- G fearfulness (V5_17)
 - H instability of stance and gait (V5_18).....
 - I queasy feeling in the stomach region (V5_19)
 - J weakness in the knees (V5_20)
 - K other (V5_21)
-  **please enter:** _____ (q5t)
 coded text (q5c1, q5c2)

 **Don't read aloud!**

- L Don't know. (V5_98).....
- M No answer (V5_99)

6. Now we want to know how height intolerance has developed since the first time you experienced it. I will now read several possible answers to you. Please indicate which applies best. (V6)

 **Only one answer possible (SP)!**

 **Interviewer: Read aloud possible answers!**

- A Since the first time, height intolerance has reoccurred again and again in the same situation...
- B Since the first time, height intolerance has reoccurred again and again in the same situation, but more seldom.
- C Since the first time, height intolerance has also occurred in different situations.

 **Don't read aloud!**

- G Don't know.....
- H No answer

7. Now we want to know how height intolerance has developed over the course of time since you first experienced it in the one situation. I will now read different possible answers. Please indicate which applies best. (V7)

Height intolerance subsequently reoccurred (after the first time), but it hasn't occurred for more than 10 years now..... → **Continue with question 9!**

Height intolerance subsequently reoccurred (after the first time); however, it hasn't occurred for several years now..... → **Continue with question 9!**

Height intolerance subsequently reoccurred (after the first time); however, it hasn't occurred for months now. → **Continue with question 8!**

Height intolerance subsequently reoccurred again and again (after the first time). → **Continue with question 8!**



Don't read aloud!

Don't know.....

No answer

8. How often has height intolerance reoccurred in the last 12 months? (V8)

_____ *frequency (three-digit number)*

Not once/ not at all.....



Don't read aloud!

Don't know.....

No answer

9. When height intolerance occurs, does it influence your behavior during wandering / mountain climbing (or rock climbing)? I will read different possible answers.



Multiple choice with restrictions A and B



Interviewer: Read possible answers!



Note to programmer: In case the possible answer A occurs, continue with 9b; if B occurs, continue with 12, otherwise read possible answers C,D,E,F,G,H,I,J, in their order and make a cross when the answer fits the behavior.

A I don't go wandering. (V9_11) → **Continue with question 9b**

B It doesn't affect my behavior during wandering or mountain climbing (V9_12).... → **Continue with 12**

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C I am able to control it so that I can continue without any substantial restrictions (V9_13)

D I can continue only with great effort (V9_14).....

E I have to take a longer break before I can continue (V9_15)

F I have to break off the mountain or rock-climbing tour (V9_16)

→ Continue with question 10

G I have to change my route (V9_17)

→ Continue with question 11

H My behavior in the mountains has fundamentally changed because of height intolerance, i.e., I undertake different tours than I used to (for example, instead of rock climbing, I only do easy hikes) (V9_18)

I I don't undertake any hikes or wander any more because of height intolerance (V9_19).....

J I undertake more hikes in the mountains because of height intolerance (V9_20)



Don't read aloud!

L Don't know (V9_98).....

M No answer (V9_99)



Note to programmer: If possible answers F and G are not indicated, continue with question 12

10. How often have you had to break off a mountain / rock-climbing tour in the last 10 years because of height intolerance? (V10)

↳ Please read possible answers aloud.

- 1x
- 2-5x
- 5-10x
- more than 10x
- Every time.....



Note to programmer: Only ask question 10, if possible answer F was given for question 9.

➔ **Continue with question 12**

11. How often in the last 10 years have you had to change your route because of height intolerance? (V11)

↳ Please read possible answers aloud.

- 1x
- 2-5x
- 5-10x
- more than 10x
- Every time.....



Note to programmer: Only ask question 11, if possible answer G was given for question 9.

➔ **Continue with question 12**

9b. When height intolerance occurs, independently of mountain tours, which behavior is/was typical for you? (V91)



One possible answer (SP)!



Interviewer: Read possible answers aloud!

- A I avoid the trigger situation
- B I don't change my behavior
- C I intentionally expose myself to the trigger situation.....

12. Which approach is/was most characteristic for you when you experience / experienced height

intolerance? *One answer possible (SP)! (V12)*

 **Interviewer: Read aloud possible answers!**

- A I can talk freely about it with accompanying persons.....
- B I can only talk freely about it with close friends who know about my “weakness“.....
- C I try to cover up my height intolerance.....

 **Don't read aloud!**

- D Don't know.....
- E No answer

13. Have you already asked for help to deal with your height intolerance? (V13)

 **One answer possible (SP)!**

 **Interviewer: classify possible answers!**


- A Yes..... → **Continue with question 14!**
- B No..... → **Continue with question 17!**

 **Don't read aloud!**

- C Don't know..... → **Continue with question 17!**
- D No answer..... → **Continue with question 17!**

14. In which concrete situation have you asked for help with your height intolerance?

 **One answer possible (SP)!**

In Situation:  **please enter:** _____ (q14t) → **Continue with question 15!**
 Coded text (q14c1, q14c2)

 **Don't read aloud!**

- C Don't know..... → **Continue with question 15!**
- No answer → **Continue with question 15!**

15. How often has this occurred, since you realized that you had height intolerance? (V15)

_____ **frequency (three digits)**

 **Don't read aloud!**

- F Don't know.....
- G No answer

16. What kind of help did you require?

 **Multiple answers possible (MP)!**

 **Interviewer: classify answers!**

- A help of accompanying persons (V16_1).....
- B help of the mountain rescue service (V16_2).....
- C help of other persons (V16_3).....
- D emergency medical rescue (V16_4).....
- E other help (V16_5).....

 **please enter:** _____(q16t)

Coded text (q16c1)

 **Don't read aloud!**

- F Don't know (V16_8).....
- G No answer (V16_9)

17. Have you already been to the doctor for your height intolerance? (V17)

 **One possible answer (SP)!**

 **Interviewer: classify the answers of the participant!**

A Yes..... → **Continue with 18!**

B No..... → **Continue with 17b!**

C Don't know → **Continue with 22!**

D No answer..... → **Continue with 22!**

17b. Have you developed your own way to treat your height intolerance? (V171)

A Yes..... → **Continue with 17c!**

B No..... → **Continue with 22!**

17 c) If yes, which way?

.....(q17t) Continue with 22


Coded text (q17c1, q17c2, q17c3, q17c4)

18. What kind of doctor have you consulted?

 **Multiple answers possible (MP)!**

 **Interviewer: read possible answers aloud!**

- A General practitioner (V18_1)
- B ENT doctor (V18_2)
- C Neurologist (V18_3)
- D Internist (V18_4)
- E Psychiatrist / psychologist (V18_5)
- F Other specialities (V18_6)

 **please enter:**(q18t)

Coded text (q18c1)


 **Don't read aloud!**

- G Don't know (V18_8)
- H No answer (V18_9)

19. Did you go to the doctor for only an examination or for an examination and treatment? (V19)

 **One answer possible (SP)!**


- A Only for an examination

 What did the doctor diagnose?

A1 **Please enter the diagnosis:**(19at) and (19ac1, 19ac2) → **Continue with question 22!**

A2 I can't recall the diagnosis any more. → **Continue with question 22!**

- B For an examination and treatment

 What did your doctor diagnose?

B1 **Please enter the diagnosis:**(19bt) and (19bc1, 19bc2) → **Continue with question 20!**

B2 I can't recall the diagnosis any more. → **Continue with question 20!**

 **Don't read aloud!**


- C Don't know → **Continue with question 22!**
- D No answer → **Continue with question 22!**

20. What type of treatment did you have?

 **Multiple answers possible (MP)!**

 **Interviewer: read possible answers aloud!**

- A medicine (V20_1)
- B behavioral instructions (V20_2)
- C behavioral therapy (V20_3)
- D other psychotherapy (V20_4)
- D a different therapy (V20_5)

 **please enter the different therapy:** _____ (q20t)

Coded text (q20c1, q20c2)

- E treatment refused (V20_6)

 **Don't read aloud!**

- F Don't know (V20_8)
- G No answer (V20_9)

21. Did the therapy improve your height intolerance, worsen it, or did it remain unchanged? (V21)

 **One answer possible (SP)!**

 **Interviewer: assign to possible answers!**

- A Improved
- B Worsened
- C Unchanged

 **Don't read aloud!**

- D Don't know
- E No answer


22. Are there cases of height intolerance among your close relatives? (V22)

 **One answer possible (SP)!**

Yes → **Continue with question 22b!**

No → **Continue with question 23!**

 **Interviewer: assign to answers possible!**

 **22 b) Who?**


 **Multiple answers possible (MP)!**

 **Interviewer: assign to answers possible!**



- grandparents (V222_1)
- parents (V222_2).....
- brothers and/or sisters (V222_3).....
- children (V222_4)
- other relatives (V222_5)
- Don't know (V222_8)
- Unknown, no answer (V222_9)

23. Are you prone to or do you have the following (other) illnesses? Please indicate which of these susceptibilities / illnesses apply to you!

 **Multiple answers possible**

 **Note to programmer: (“other“) should be deleted if participant answered “no“ or “don't know“ / gave no answer to the screening question (question 1).**

 **Interviewer: read possible answers aloud!**

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|--|--------------------------|
| A migraine (V23_11)..... | <input type="checkbox"/> |
|  If “applies“, specify: | |
| A1 During a migraine attack I am especially susceptible to height intolerance (V231)..... | <input type="checkbox"/> |
| B motion sickness (e.g., nausea during travel by ship or car) (V23_12) | <input type="checkbox"/> |
| C Menière's disease (pronounce “Meniär“; give a definition) (V23_13)..... | <input type="checkbox"/> |
| D other illnesses with symptoms of dizziness (V23_14) | <input type="checkbox"/> |
| E anxiety (V23_15) | <input type="checkbox"/> |
| F panic attacks (V23_16)..... | <input type="checkbox"/> |
| G phobias or anxiety disorder (V23_17)..... | <input type="checkbox"/> |
| H Don't know (V23_98) | <input type="checkbox"/> |
| I No answer (V23_99) | <input type="checkbox"/> |
|
 If “applies“, which does? | |
| G1 agoraphobia (open spaces) (V232_1) | <input type="checkbox"/> |
| G2 claustrophobia (V232_2) | <input type="checkbox"/> |
| G3 animal phobias (e.g., spiders) (V232_3)..... | <input type="checkbox"/> |
| G4 cardiophobia (V232_4) | <input type="checkbox"/> |
| G5 acrophobia (V232_5)..... | <input type="checkbox"/> |
| G6 other phobias (V232_6)..... | <input type="checkbox"/> |

↳ **Please enter:** _____ (q232t)

Coded text (q232c1, q232c2)

G7 Don't know (V232_8).....

G8 No answer (V232_9)

P Other illness which you think could be associated with height intolerance (occurs only during height intolerance) (V23_18).....

↳ ↳ **Please enter:** _____ (q23t)

Coded text (q23c1, q23c2)

Q none of the cited (V23_19)