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 Growing and Changing (4) Girl
**closer:sourceFileName**

alspac\_02\_gac4\_f

## Instrument Locations

- [https://discovery.closer.ac.uk/files/instruments/alspac\\_02\\_gac4\\_f-de676888e4ff572d633dea8d4336d25e.pdf](https://discovery.closer.ac.uk/files/instruments/alspac_02_gac4_f-de676888e4ff572d633dea8d4336d25e.pdf)

## alspac\_02\_gac4\_f

Label	Location
alspac_02_gac4_f	Sequence
Type	Order
Sequence	InOrderOfAppearance

 s\_intro\_i

Name	Location
s_intro_i	Sequence › alspac_02_gac4_f
Type	
Statement	

**Statement Text**

Mother/Daughter Questionnaire

 s\_intro\_ii

Name	Location
s_intro_ii	Sequence › alspac_02_gac4_f
Type	
Statement	

**Statement Text**

GROWING AND CHANGING (4)

 s\_intro\_iii

Name	Location
s_intro_iii	Sequence › alspac_02_gac4_f
Type	
Statement	

**Statement Text**

There are important changes to a girl's body that can happen even as early as 6 or as late as 20. At this time in life we have some questions we need to ask and which we would appreciate hearing about.

 s\_intro\_iv

Name s_intro_iv	Location Sequence › alspac_02_gac4_f
Type Statement	

**Statement Text**

This questionnaire can be filled in by either mother or daughter. As always, if you don't want to answer a question, put a line through it.

 s\_intro\_v

Name s_intro_v	Location Sequence › alspac_02_gac4_f
Type Statement	

**Statement Text**

Your answers will of course be kept in confidence and not attached to your name

 s\_intro\_vi

Name s_intro_vi	Location Sequence › alspac_02_gac4_f
Type Statement	

**Statement Text**

If you can only answer some of the questions please send those back

 s\_intro\_vii

Name s_intro_vii	Location Sequence › alspac_02_gac4_f
Type Statement	

**Statement Text**

THANK YOU VERY MUCH FOR YOUR HELP.

SECTION A: PERIODS, PROBLEMS AND OTHER DEVELOPMENT

Label SECTION A: PERIODS, PROBLEMS AND OTHER DEVELOPMENT	Location Sequence › alspac_02_gac4_f
Type Sequence	Order InOrderOfAppearance

 qi\_A1 - A1

Name qi_A1	Label A1	Location Sequence › alspac_02_gac4_f › SECTION A: PERIODS, PROBLEMS AND OTHER DEVELOPMENT
Type Integer, Integer, Integer, Integer	Low 0	High

**Question**

What is your daughter's height (without shoes)? ... feet ... inches OR ... metres ... centimetres

**Instructions**

The best way to measure height is to ask your daughter to stand barefoot as straight as possible against a wall, to make a mark on the wall at the highest point on the child's head, and to measure the distance from the mark on the floor.

? qi_A2 - A2		
Name qi_A2	Label A2	Location Sequence › alspac_02_gac4_f › SECTION A: PERIODS, PROBLEMS AND OTHER DEVELOPMENT
Type Integer, Integer, Integer	Low 0	High

**Question**

What is your daughter's weight (without shoes)? ... stones ... pounds OR ... kilos

**Instructions**

Please fill in using kilos or stones.


? qi_A3 - A3		
Name qi_A3	Label A3	Location Sequence › alspac_02_gac4_f › SECTION A: PERIODS, PROBLEMS AND OTHER DEVELOPMENT
Type Multiple Choice	Selection Type SelectOne	Display Style

**Question**

In the past month, what was the average number of times that your daughter participated in vigorous physical activity (such as running, dance, gymnastics, netball, swimming or aerobics)?

**Choices**

1	none
2	less than once a week
3	1-3 times a week
4	4-6 times a week
5	daily

 qi\_A4 - A4

Name qi_A4	Label A4	Location Sequence › alspac_02_gac4_f › SECTION A: PERIODS, PROBLEMS AND OTHER DEVELOPMENT
Type Multiple Choice	Selection Type SelectOne	Display Style

**Question**

Has your daughter started her menstrual periods yet?

**Choices**


1	Yes
2	No

 s\_qA4

Name s_qA4	Location Sequence › alspac_02_gac4_f › SECTION A: PERIODS, PROBLEMS AND OTHER DEVELOPMENT
Type Statement	

**Statement Text**

If no, please go to A10 on page 4

 qi\_A4\_a - A4 a

Name qi_A4_a	Label A4 a	Location Sequence › alspac_02_gac4_f › SECTION A: PERIODS, PROBLEMS AND OTHER DEVELOPMENT
Type Integer	Low 0	High

## Condition

If yes,

**Question**

How old was your daughter when she had her first period? ... years old

 qi\_A5 - A5

Name qi_A5	Label A5	Location Sequence › alspac_02_gac4_f › SECTION A: PERIODS, PROBLEMS AND OTHER DEVELOPMENT
Type Date		

Condition  
If yes,

**Question**

When was her first period ?

qi\_A6\_a - A6 a

Name qi_A6_a	Label A6 a	Location Sequence › alspac_02_gac4_f › SECTION A: PERIODS, PROBLEMS AND OTHER DEVELOPMENT
Type Integer, Multiple Choice	Low 0	High

Condition  
If yes,

**Question**

In the past year, how many days of bleeding has your daughter usually had during each of her periods? ... days

**Choices**

99	don't know
----	------------

qi\_A6\_b - A6 b

Name qi_A6_b	Label A6 b	Location Sequence › alspac_02_gac4_f › SECTION A: PERIODS, PROBLEMS AND OTHER DEVELOPMENT
Type Multiple Choice	Selection Type SelectOne	Display Style

Condition  
If you don't know,  
If yes,

**Question**

is it probably:

**Choices**

1	3 days or less
2	4-6 days
3	7 days or more

qi\_A7 - A7

Name qi_A7	Label A7	Location Sequence › alspac_02_gac4_f › SECTION A: PERIODS, PROBLEMS AND OTHER DEVELOPMENT
---------------	-------------	--



Type Integer, Multiple Choice	Low 0	High
Condition If yes,		

**Question**

In the past year, what was the usual length of your daughter's menstrual cycle? In other words, how many days were there from the first day of one period to the first day of the next period? ... days

**Choices**

99	don't know
----	------------

qi_A8_a - A8 a		
Name qi_A8_a	Label A8 a	Location Sequence › alspac_02_gac4_f › SECTION A: PERIODS, PROBLEMS AND OTHER DEVELOPMENT
Type Multiple Choice	Selection Type SelectOne	Display Style
Condition If yes,		

**Question**

Has your daughter ever had any of the following symptoms associated with her period? Heavy or prolonged bleeding?

**Choices**

1	Yes
2	No

s_qA8_a	
Name s_qA8_a	Location Sequence › alspac_02_gac4_f › SECTION A: PERIODS, PROBLEMS AND OTHER DEVELOPMENT
Type Statement	
Condition If yes,	

**Statement Text**

If no, go to A8b on page 4

qi_A8_a_i - A8 a(i)		
Name qi_A8_a_i	Label A8 a(i)	Location Sequence › alspac_02_gac4_f › SECTION A: PERIODS, PROBLEMS AND OTHER DEVELOPMENT

Type	Selection Type	Display Style
Multiple Choice	SelectOne	
Condition		
If yes,		
If yes,		

**Question**

did you contact her doctor for this?

**Choices**

1	Yes
2	No

 qi\_A8\_b - A8 b

Name	Label	Location
qi_A8_b	A8 b	Sequence › alspac_02_gac4_f › SECTION A: PERIODS, PROBLEMS AND OTHER DEVELOPMENT
Type	Selection Type	Display Style
Multiple Choice	SelectOne	
Condition		
If yes,		

**Question**

Has your daughter ever had any of the following symptoms associated with her period? Severe cramps with her period?

**Choices**

1	Yes
2	No

 qi\_A8\_b\_i - A8 b(i)

Name	Label	Location
qi_A8_b_i	A8 b(i)	Sequence › alspac_02_gac4_f › SECTION A: PERIODS, PROBLEMS AND OTHER DEVELOPMENT
Type	Selection Type	Display Style
Multiple Choice	SelectOne	
Condition		
If yes,		
If yes,		

**Question**

did you contact her doctor for this?

**Choices**

1	Yes
---	-----

2	No
---	----

qi_A8_c - A8 c		
Name qi_A8_c	Label A8 c	Location Sequence › alspac_02_gac4_f › SECTION A: PERIODS, PROBLEMS AND OTHER DEVELOPMENT
Type Multiple Choice	Selection Type SelectOne	Display Style
Condition If yes,		

**Question**

Has your daughter ever had any of the following symptoms associated with her period? Period-type pains or pain in her pelvic area (lower part of her tummy) for most days of the month even when she is not bleeding?

**Choices**

1	Yes
2	No

qi_A8_c_i - A8 c(i)		
Name qi_A8_c_i	Label A8 c(i)	Location Sequence › alspac_02_gac4_f › SECTION A: PERIODS, PROBLEMS AND OTHER DEVELOPMENT
Type Multiple Choice	Selection Type SelectOne	Display Style
Condition If yes, If yes,		

**Question**

Did you contact her doctor for this?

**Choices**

1	Yes
2	No

s_qA9	
Name s_qA9	Location Sequence › alspac_02_gac4_f › SECTION A: PERIODS, PROBLEMS AND OTHER DEVELOPMENT
Type Statement	

Condition

If yes,

**Statement Text**

Sometimes, if girls have problems with their periods e.g. heavy bleeding, irregular bleeding or cramps, their G.P. may prescribe the oral contraceptive pill (which can be called 'hormone' or 'oestrogen pills') to help.

? qi\_A9 - A9

Name qi_A9	Label A9	Location Sequence › alspac_02_gac4_f › SECTION A: PERIODS, PROBLEMS AND OTHER DEVELOPMENT
Type Multiple Choice	Selection Type SelectOne	Display Style

Condition

If yes,

**Question**

Has your daughter taken oral contraceptives or birth control pills, for any reason during the past 12 months?

**Choices**

1	Yes
2	No

? qi\_A10\_a - A10 a

Name qi_A10_a	Label A10 a	Location Sequence › alspac_02_gac4_f › SECTION A: PERIODS, PROBLEMS AND OTHER DEVELOPMENT
Type Multiple Choice	Selection Type SelectOne	Display Style

**Question**

Has a doctor ever told your daughter that she had a thyroid problem or asked her to take thyroid medicine or treatment?

**Choices**

1	Yes
2	No


? qi\_A10\_b - A10 b

Name qi_A10_b	Label A10 b	Location Sequence › alspac_02_gac4_f › SECTION A: PERIODS, PROBLEMS AND OTHER DEVELOPMENT
------------------	----------------	--

Type Text	Minimum Length	Maximum Length 255
Condition If yes,		

**Question**

What kind of thyroid problem did the doctor say she had?

 qi_A11 - A11		
Name qi_A11	Label A11	Location Sequence › alspac_02_gac4_f › SECTION A: PERIODS, PROBLEMS AND OTHER DEVELOPMENT
Type Multiple Choice	Selection Type SelectOne	Display Style

**Question**


Has she started to have hair growing in the armpits?

**Choices**

1	Yes
2	No


**PHYSICAL DEVELOPMENT**

Label PHYSICAL DEVELOPMENT	Location Sequence › alspac_02_gac4_f
Type Sequence	Order InOrderOfAppearance

 s_PhysDev_i	
Name s_PhysDev_i	Location Sequence › alspac_02_gac4_f › PHYSICAL DEVELOPMENT
Type Statement	

**Statement Text**

We would like to assess the stage of your daughter's physical development using the drawings on the next pages. These indicate various stages of puberty commonly used by doctors to assess the growth and development of girls.

 s_PhysDev_ii	
Name s_PhysDev_ii	Location Sequence › alspac_02_gac4_f › PHYSICAL DEVELOPMENT
Type Statement	

**Statement Text**

We need to know which drawings most closely match your daughter's stage of development at the moment.

s_PhysDev_iii	
Name s_PhysDev_iii	Location Sequence › alspac_02_gac4_f › PHYSICAL DEVELOPMENT
Type Statement	

**Statement Text**

Not all children follow the same pattern of development. Just pick the stage that is closest, based on both the picture and the description.

qi_PhysDev_i - PhysDev i		
Name qi_PhysDev_i	Label PhysDev i	Location Sequence › alspac_02_gac4_f › PHYSICAL DEVELOPMENT
Type Text	Minimum Length	Maximum Length

**Question**

If there are any additional comments about your daughter's physical growth and development that you would like to make, then please do so here:

SECTION B	
Label SECTION B	Location Sequence › alspac_02_gac4_f › PHYSICAL DEVELOPMENT
Type Sequence	Order InOrderOfAppearance

s_PhysDev_iv	
Name s_PhysDev_iv	Location Sequence › alspac_02_gac4_f › PHYSICAL DEVELOPMENT › SECTION B
Type Statement	

**Statement Text**

The drawings below show stages of the way the breasts develop. A girl can go through each of the five stages shown, although some girls skip some stages. Please look at each of the drawings. It is also important to read the descriptions.

qi_PhysDev_ii - PhysDev ii		
Name qi_PhysDev_ii	Label PhysDev ii	Location Sequence › alspac_02_gac4_f › PHYSICAL DEVELOPMENT › SECTION B

Type Multiple Choice	Selection Type SelectOne	Display Style
-------------------------	-----------------------------	---------------

**Question**

Put a tick in the box to the right of the drawing that is closest to your daughter's current breast stage.

**Choices**

1	The nipple is raised a little in this stage. The rest of the breast is still flat.
2	This is the breast bud stage. In this stage the nipple is raised more than in stage 1. The breast is a small mound. The dark area around the nipple (areola) is larger than in stage 1.
3	The areola and the breast are both larger than in stage 2. The areola does not stick out away from the breast.
4	The areola and the nipple make up a mound that sticks up above the shape of the breast (Note: This stage may not happen at all for some girls. Some girls develop from stage 3 to stage 5 with no stage 4.)
5	This is the mature adult stage. The breasts are fully developed. Only the nipple sticks out in this stage. The areola has moved back in the general shape of the breast.
6	Not sure

## External Aids

image

- [https://discovery.closer.ac.uk/external\\_aids/alspac\\_02\\_gac4\\_f/qc\\_physdev\\_ii.PNG](https://discovery.closer.ac.uk/external_aids/alspac_02_gac4_f/qc_physdev_ii.PNG)

## SECTION C

Label SECTION C	Location Sequence › alspac_02_gac4_f › PHYSICAL DEVELOPMENT
Type Sequence	Order InOrderOfAppearance

 s\_PhysDev\_v

Name s_PhysDev_v	Location Sequence › alspac_02_gac4_f › PHYSICAL DEVELOPMENT › SECTION C
Type Statement	

**Statement Text**

The drawings below show different amounts of female pubic hair. A girl can go through each of the five stages shown. Please look at each of the drawings. It is also important to read the descriptions.

qi_PhysDev_iii - PhysDev iii		
Name qi_PhysDev_iii	Label PhysDev iii	Location Sequence › alspac_02_gac4_f › PHYSICAL DEVELOPMENT › SECTION C
Type Multiple Choice	Selection Type SelectOne	Display Style

### Question

Put a tick in the box to the right of the drawing that is the closest to the amount of pubic hair your daughter has.

### Choices

1	There is no pubic hair
2	There is a little long, lightly coloured hair. This hair may be straight or a little curly.
3	The hair is darker in this stage. It is coarser and more curled. It has spread out and thinly covers a bigger area.
4	The hair is now as dark, curly and coarse as that of an adult woman. However, the area that the hair covers is not as large as that of an adult woman. The hair has not spread out to the legs.
5	The hair now is like that of an adult woman. It also covers the same area as that of an adult woman. The hair usually forms a triangular pattern as it spreads out to the legs.
6	Not sure

### External Aids

image

- [https://discovery.closer.ac.uk/external\\_aids/alspac\\_02\\_gac4\\_f/qc\\_physdev\\_iii.PNG](https://discovery.closer.ac.uk/external_aids/alspac_02_gac4_f/qc_physdev_iii.PNG)

s_PhysDev_vi	
Name s_PhysDev_vi	Location Sequence › alspac_02_gac4_f › PHYSICAL DEVELOPMENT › SECTION C
Type Statement	


### Statement Text

NOTE: Your daughter's pubic hair stage may or may not be the same as her stage of breast development.



## SECTION D

Label	Location
SECTION D	Sequence › alspac_02_gac4_f
Type	Order
Sequence	InOrderOfAppearance

 qi\_D1\_a - D1 a

Name	Label	Location
qi_D1_a	D1 a	Sequence › alspac_02_gac4_f › SECTION D
Type	Selection Type	Display Style
Multiple Choice	SelectUpToN (1)	

**Question**


This questionnaire was completed by: mother

**Instructions**

(tick all that apply)

**Choices**

<input type="checkbox"/>	1 Yes
--------------------------	-------

 qi\_D1\_b - D1 b

Name	Label	Location
qi_D1_b	D1 b	Sequence › alspac_02_gac4_f › SECTION D
Type	Selection Type	Display Style
Multiple Choice	SelectUpToN (1)	

**Question**

This questionnaire was completed by: daughter

**Instructions**

(tick all that apply)

**Choices**

<input type="checkbox"/>	1 Yes
--------------------------	-------

 qi\_D1\_c - D1 c

Name	Label	Location
qi_D1_c	D1 c	Sequence › alspac_02_gac4_f › SECTION D
Type	Selection Type	Display Style
Multiple Choice, Text	SelectUpToN (1)	

**Question**

This questionnaire was completed by: other (please tick and describe)

**Instructions**

(tick all that apply)

**Choices**

1	Yes
---	-----

**qi\_D2 - D2**

Name qi_D2	Label D2	Location Sequence › alspac_02_gac4_f › SECTION D
Type Date		

**Question**

Please give the date on which you completed this questionnaire:

**qi\_D3 - D3**

Name qi_D3	Label D3	Location Sequence › alspac_02_gac4_f › SECTION D
Type Date		

**Question**

Please give the date of birth of your daughter:

**s\_outro\_i**

Name s_outro_i	Location Sequence › alspac_02_gac4_f
Type Statement	

**Statement Text**


THANK YOU VERY MUCH FOR YOUR HELP

**qi\_outro\_i - outro i**

Name qi_outro_i	Label outro i	Location Sequence › alspac_02_gac4_f
Type Text	Minimum Length	Maximum Length

**Question**


Space for any additional comments you would like to make

 s\_outro\_iii

Name	Location
s_outro_iii	Sequence › alspac_02_gac4_f
Type	
Statement	

**Statement Text**

Please remember we cannot reply to any comment unless you sign it.

 s\_outro\_iv

Name	Location
s_outro_iv	Sequence › alspac_02_gac4_f
Type	
Statement	

**Statement Text**

When completed, please return the questionnaire to: Professor Jean Golding Children of the 90s - ALSPAC  
Institute of Child Health