

**PROJECT: "BURNOUT SYNDROME AND METABOLIC SYNDROME IN PRIMARY HEALTH CARE
NURSING PROFESSIONALS"
CODE BOOK
Sociodemographic, Labor, Lifestyle and Human Biology Questionnaire**

Questionnaire number (NQUEST)
Ascending order – cardinal number
Profession (PROF)
0 Nurses 1 Nursing Technician / Auxiliary
Age in years (IDAD)
0 Up to 35 years 1 36 years or more
Sex (SEX)
0 Male 1 Female
Residence (RESID2)
0 Rural area 1 Urban area
Self-reported race/ (COR2)
0 Non-black or undeclared 1 Black
Level of education (ESCOL)
01 Technical Level 02 Bachelor's Degree 03 Specialization 04 Master's Degree 05 Doctorate
Family income in minimum wages (RENDA2)
0 3 or more minimum wages 1 Up to 2 minimun wages
Marital Status (ESTCI2)

0 with a partner 1 without a partner

Number of children (NFIL2)

0 without children 1 with children

Number of dichotomized children (NFILDIC)

0 to 2 children 1 3 or more children

You have hypertension (HIPERTDIC)

0 No 1 Yes

You have Diabetes (DIABDIC)

0 No 1 Yes

You have cardiovascular problems (CARDDIC)

0 No 1 Yes

You have polycystic ovary (OVPOLI)

0 No 1 Yes 04 Not applicable

Have you ever felt the need to undergo psychiatric or psychological treatment (PSIQ2)

0 No 1 Yes

You do physical exercises (ATIVFIS)

0 Yes 1 no

Uses hypoglycemic medications, corticosteroids, beta-blockers, or diuretics (MEDIC2)

0 No 1 Yes

You currently smoke (FUMA)

0 No 1 Yes

You drink alcohol (BEBE)

0 No 1 Yes
You have periodontal disease (PERIO2DIC)
0 No 1 Yes
Weight (PESO)
Describe
Height (ALTURA)
Describe
Body Mass Index (IMC)
Describe
Systolic Blood Pressure (PISIS)
Describe
Diastolic Blood Pressure (PADIAS)
Describe
Systolic / Diastolic Blood Pressure (PASISDIA)
Describe SYSBP/DIASBP
Blood pressure criteria IDF - (PAIDF) (MetS IDF, AACE, NCEP and IDF/AHA/NHLBI \geq 130/85)
0 No 1 Yes
Altered blood pressure or treatment for sistemic arterial hypertension (SAH) IDF (PAIDF 2)
0 No (PAIDF and HYPERT =0) 1 Yes (PAIDF and/or HYPERT=1)
Blood pressure criteria WHO/EGIR- (MetS WHO and EGIR \geq140/90) - (PAWHO)
0 No 1 Yes
Altered blood pressure or use of antihypertensive drugs (with SAH) criteria WHO- (PAWHO2)

0 No (PAWHO and/or HIPERT=0) 1 YES (PAWHO and/or HIPERT=1)

METS Barbosa 2006 criteria (SMBARB)

Sum of number of changed items (maximum 5 minimum 0) (GLIIF2+CABARB+HDLIDF+TRIGIDF+PAIDF2)

METS Barbosa 2006 (SMBARB2)

0 No 1 Yes

METS AHA (SMAHA)

Sum of number of changed items (maximum 5 minimum 0) (GLIIF2+CAIDF+HDLIDF+TRIGIDF+PAIDF2)

Dichotomized METS AHA SMAHA \geq 3 (SMAHA2)

0 No 1 Yes

METS NCEP (SMNCEP)

Sum of number of changed items (maximum 5 minimum 0) (GLIIF2+CANCEP+HDLIDF+TRIGIDF+PAIDF2)

Dichotomized NCEP METS (SMNCEP \geq 3) (SMNCEP2)

0 No 1 Yes

METS AACE (SMAACE)

Sum of criteria only (Maximum 4) (HDLIDF+TRIGIDF+PAIDF+GLIAACE)

Dichotomized METS AACE - ALTORISCORES (mandatory)+ SMAACE \geq 2 (SMAACE2)

0 No 1 Yes

METS EGIR (SMEGIR)

Sum of number of changed items (maximum 4 minimum 0) (CAEGIR+HDLEGIR+TRIGIDF+PAWHO)

METS EGIR dichotomized GLIWHO (Mandatory)+ SMEGIR \geq 2 – DIABDIC (SMEGIR2)

0 No 1 Yes

METS IDF (SMIDF)

Sum of number of changed items (maximum 4 minimum 0) (GLIIDF2+HDLIDF+TRIGIDF+PAIDF2)
METS dichotomized IDF CAIDF (required) + SMIDF \geq 2 (SMIDF2)
0 No 1 Yes
METS WHO (SMWHO)
Sum of number of changed items (maximum 4 minimum 0) (IMC +HDLWHO+TRIGIDF+PAWHO2)
METS WHO criteria (SMWHO1)
Sum of number of changed items (maximum 5 minimum 0) (IMC +HDLWHO+TRIGIDF+PAWHO2+ MICROAL)
METS WHO dichotomized GLIWHO (required) + SMWHO \geq 2 (SMWHO2)
0 No 1 Yes
Sum of individuals with MetS in 5 different criteria without WHO (SMAHA2, SMAACE2+SMNCEP2+SMIDF2+SMEGIR2) (SOMA5CRIT)
Number of positive criteria (minimum 0 maximum 5)
Sum of individuals with MetS in 6 different criteria with WHO (SMAHA2, SMAACE2+ SMNCEP2+ SMIDF2+ SMEGIR2+ SMWHO2) (SOMA6CRIT)
Number of positive criteria (minimum 0 maximum 5)
Group of individuals who have MetS in all 6 criteria including WHO (AGRUP)
0 No 1 Yes
Group of individuals who have MetS in 05 criteria except WHO (BGRUP)
0 No 1 Yes
Group of individuals with MetS from 1 to 4 criteria except WHO (CGRUP)
0 No 1 Yes
Group of individuals who do not have MetS by any criteria (DGRUP)
0 No 1 Yes
Waist Circumference (CA)

Describe
Waist Circumference EGIR (CAEGIR)
0 <94 men and <80 women 1 ≥94 men and ≥80 women
Waist Circumference NCEP (CANCEP)
0 <102 men and <88 women 1 ≥102 men and ≥88 women
Waist Circumference IDF (CAIDF) (mets IDF and IDF/AHA/NHLBI)
0 <90 men and <80 women 1 ≥90 men and ≥80 women
Waist Circumference BARBOSA (CABARB) (Mets Barbosa)
0 <88 men and <84 women 1 ≥88 men and ≥84 women
Fasting Blood Glucose (HGT)
Describe
Triglycerides (TRIGL)
Describe
HDL-C (HDL)
Describe
HDL-C WHO (HDLWHO)
0 ≥ 35 men and ≥39 women 1 < 35 men and <39 women
HDL-C IDF (HDLIDF) (serves AACE, NCEP, IDF and IDF/AHA/NHLBI)
0 ≥ 40 men and ≥50 women 1 <40 men and < 50 women
HDL-C EGIR (HDLEGIR)
0 ≥ 39 men and women 1 < 39 men and women
BMI WHO (IMCWHO)

0 < 30 KG/m² 1 ≥ 30KG/m²

Glycemia WHO (Mets WHO and EGIR) (GLIWHO)

0 <110 mg/dl 1 ≥110mg/dl

IDF Glycemia (Mets NCEP, IDF , IDF/AHA/NHLBI) (GLIIDF)

0 <100 mg/dl 1 ≥100mg/dl

Altered blood glucose or treatment for diabetes IDF (GLIDF2)

0 no (GLIIDF and DIAB =0) 1 YES (GLIIDF and/or DIAB=1)

Glycemia AACE 110-125 (GLIAACE)

0 <110 or >125 1 110 to 125

Triglycerides IDF (TRIGIDF) (Mets all criteria)

0 <150 mg/dl 1 ≥150mg/dl

Presence of Acanthosis Nigricans (ACANNIGRI)

0 No 1 Yes

You have nonalcoholic liver disease (DOHEPALC)

0 No 1 Yes

Have obstructive sleep apnea (APNOBST2)

0 No 1 Yes

Burnout Syndrome (BSDIC)

0 no 1 yes

Fasting Insulin (INSJEJ)

Describe

Dichotomized SB (Ramirez Criteria) (BSDIC)

0 no 1 yes

METS-NCEP 2001 (SM2001)

number of criteria by NCEP 2006

METS dichotomized NCEP 2001 (SMDIC2001)

0 no 1 yes

BMI AACE (IMCAACE)

0 <25KG/m² 1 ≥ 25KG/m²

High-risk insulin resistance (ALTORISCRES)

0 No 1 YES

Insulin resistance (INSURES)

0 No 1 Yes