

**Number:**.....

**Demographics:**

- Date of birthday: .....
- Date of inclusion in the study: .....
- Self-perceived age (years): .....
- Sex: Male  Female
- Race/ethnicity: Caucasian  Latin American  Sub-Saharan   
North African  Other
- Place of residence: Urban (Logroño, Calahorra, Arnedo, Haro)  Rural  [<10,000 inhab.]
- Cultural level (self-reported): No education  Complete primary  Full secondary  University
- Employment status (self-reported): Student  Active worker   
Unemployed  Pensioner
- Personal situation (self-reported): Live alone  In family  With friends
- Marital status (self-reported): Single  Married  With a couple   
Divorced  Widowed

**Lifestyle (self-reported) and quality of life:**

- Daily alcohol consumption: Abster  Mild <3 / week  Moderate 3-13 / week  Severe > 14 / week
- Smoking: Never  Ex-smoker [has not smoked for > 6]  Smoker
- Physical activity recommended by the WHO (in 18-64 years, ≥150 min/wk in an aerobic practice of moderate intensity, or ≥75 min / wk of vigorous physical activity, or an equivalent combination of moderate and vigorous activities): Yes  No
- Marijuana use: Yes  No
- Quality of life (MOS-HIV): <https://eprovide.mapi-trust.org/instruments/medical-outcome-study-hiv-health-survey>
- EQ-5D: <https://euroqol.org>

**Variables related to the presence of comorbidities:**

- Charlson comorbidity index (<https://www.mdcalc.com/charlson-comorbidity-index-cci>) and VACS index (<https://www.mdcalc.com/veterans-aging-cohort-study-vacs-index>)
- Comorbidities
  - cardiovascular (HBP, claudication, stroke, congestive heart failure, angina pectoris, AMI) Yes  No
  - digestive (liver cirrhosis) Yes  No
  - endocrinological (diabetes mellitus, obesity, dyslipidemia, metabolic syndrome) Yes  No
  - respiratory (COPD) Yes  No
  - osteoarticular (osteoporosis, previous fracture) Yes  No
  - neuro-psychiatric (dementia, depression, anxiety, bipolar disorder, schizophrenia) Yes  No
  - nephrological (chronic renal failure) Yes  No
- Multimorbidity (presence of > 2 comorbidities) Yes  No
- Polypharmacy (> 5 drugs not related to HIV) Yes  No
- Number of drugs for HIV: .....
- Specific taking of some of these treatments
  - AAS Yes  No
  - Beta-blockers Yes  No

- Diuretics Yes  No
- ACEI Yes  No
- ARA-II Yes  No
- Thyroid supplements Yes  No
- Statins Yes  No
- NSAIDs Yes  No
- Antidepressants Yes  No
- Anticholinergic Yes  No

- Hospitalization the previous year for any reason: Yes  No
- Self-perception of your health status: Excellent  Very good  Good  Fair  Bad
- Falls for any reason the previous year Yes  No
- Neurosensory deficit (hearing problems and / or those that require a hearing aid, and / or patients with difficulty seeing despite wearing glasses): Yes  No
- In women:
  - Previous pregnancy Yes  No
  - Number of pregnancies .....
  - Menopause (absence of period > 6 months) Yes  No

**At the family level (first degree relatives):**

- History of AMI (in <60 years) Yes  No
- Hypertension Yes  No
- Diabetes mellitus type 2 Yes  No
- Hypercholesterolemia Yes  No

**Related to HIV infection and other coinfections:**

- HIV diagnosis date .....
- Acquisition route: Heterosexual  MSM  UDVP  Other
- Start date of the ART .....
- Current ART: .....
- Previous ART employed: NRTI  NNRTI  PIs  INSTI  Other
- CD4 Nadir: .....
- Previous AIDS event: Yes  No
- Lipoatrophy: Yes  No
- Lipoaccumulation: Yes  No
- HBV Coinfection (HBsAg +) Yes  No
- HCV Coinfection (RNA +): No  Previous (Cured)  Active
- Adherence to ART treatment (self-reported): <85%  85-99%  100%
- Others
  - Ambulation speed (4 m) .....
  - Weight .....
  - Size .....
  - Circumference of the waist .....
  - Hip circumference .....

**Analytics parameters**

- HIV RNA <50 cop / mL Yes  No
- HIV RNA <50 cop / mL since have > 1 year Yes  No
- CD4 number
- Biochemical, haematological and coagulation parameters (analytical data)

**Fragility criteria (Fried Criteria):** criteria described by Fried et al. (Fried LP, et al. The Journals of Gerontology Series A, Biological sciences and medical sciences. 2001;56(3):M146-56).