



Bedre sundhed  
i generationer

## Puberty Follow-up

– in the Danish National Birth Cohort

# Web Questionnaire

Danish National Birth Cohort  
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This codebook reflects the Puberty follow-up data collection in the DNBC Puberty Cohort. The codebook documents the web-based data collection. This codebook revision is from March 2019.

**An overview of variable codes:**

The value **9 or 99** indicates that the question was left unanswered (undefined).

The value **10 or 100** indicates that the question was not answered due to logic skips in the questionnaire (not applicable).

<b>Lbgravff:</b>	Child unique identifier in the DNBC. The key consists of 9 digits and is divided into 4 parts: lbnr   gravnr   flerfold   flernr <b>lbnr</b> (digits 1-6): Number identifying the mother <b>gravnr</b> (digit 7): Number identifying the woman's DNBC pregnancy (a woman can participate with several pregnancies). <b>flerfold</b> (digit 8): Number of children in pregnancy (singleton birth=1, twins=2, triplets =3). <b>flernr</b> (digit9): The number identifying the index child in twin/multiple births
<b>PUBudfyldto</b>	Completed date
<b>PUB_invdto</b>	Invitation date
<b>PUB_ALDER</b>	Age at invitation
<b>PUB_KOEN</b>	Sex
1.	Male
2.	Female
<b>PUB_STATUS</b>	Questionnaire Status
1.	Completed
2.	In Progress
3.	Abandoned

## The DNBC Puberty questionnaire

Hi \_\_(first name)\_\_\_



Thank you for wanting to participate in the puberty follow-up.

Questions start on the next page. It is a good idea to read all the different options before choosing your answer.

### Ready to get started?

Press Next page to start the questions.

Enjoy!



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## Height and Weight

We would like to know how tall you are and what your weight is. We also need to know when you last weighed and measured yourself so we can calculate your height and weight in relation to your age.

**PUB01** How tall are you? Enter your height in full centimetres, e.g. 158

I am [ ] cms tall.

**PUB01a** How tall are you? Don't know.

Dependent on: PUB01

- 1. Don't know
- 9. Undefined
- 10. Irrelevant

**PUB01b** When was your height last measured?

Dependent on: PUB01

- 1. Today
- 2. Within the latest month
- 3. Within the latest six months
- 4. More than six months ago
- 5. I have not been measured
- 6. Don't know
- 9. Undefined
- 10. Irrelevant

**PUB02** What is your weight? Enter you weight in full kilogrammes, e.g. 57

My weight is [ ] kg.

**PUB02a** What is your weight? Don't know.

Dependent on: PUB02

- 1. Don't know
- 9. Undefined
- 10. Irrelevant

**PUB02b** When did you last weigh yourself?

Dependent on: PUB02

- 1. Today
- 2. Within the latest month
- 3. Within the latest six months
- 4. More than six months ago
- 5. I have not been weighed
- 6. Don't know
- 9. Undefined
- 10. Irrelevant

## Skin and Hair

Changes take place in your body when you go from childhood to adulthood. The age at which such changes take place differ from person to person.

The next questions are about the changes that might be going on in your body right now.

**PUB03** Have you started growing armpit hair?

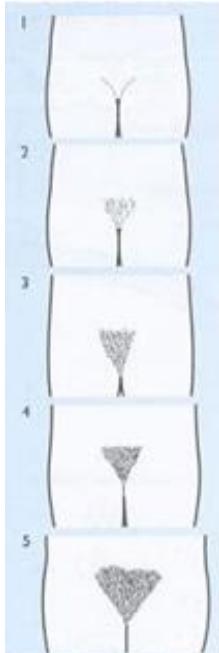
1. Yes
2. No
9. Undefined

**PUB04** Are you starting to notice that your skin has changes and that you get more blackheads or pimples than you used to?

1. Yes
2. No
9. Undefined

**PUB05** Which picture matches the hair growth in your pubic hair area? (Please think about how your pubic hair grows when you do not shave or remove hair in any way) Dependent on: PUB\_KOEN

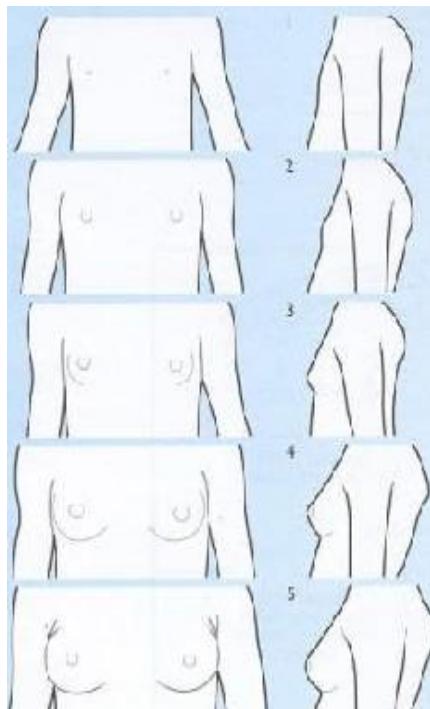
The pictures on the left show how pubic hair growth develops. Some girls go through all 5 stages and other girls may skip some of the stages.



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 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.

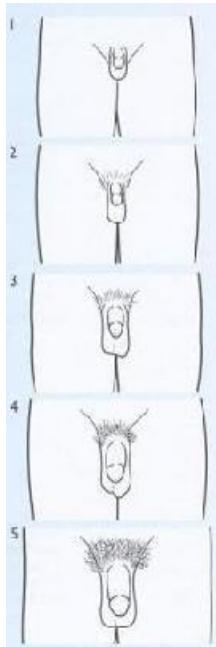
**PUB06** Please choose the picture that matches the development of your breasts.

Dependent on: PUB\_KOEN



1. The nipple is raised a little bit 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 to all teenagers. Some teenagers 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.

**PUB07** Which picture matches the hair growth in your pubic hair area? (Please think about how your pubic hair grows when you do not shave or remove hair in any way)  
 Dependent on: PUB\_KOEN

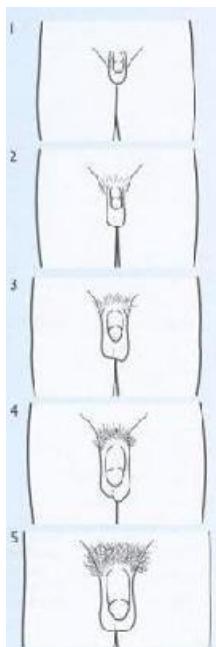


1. There is no pubic hair.
2. There is a little long, lightly coloured hair. This hair may be straight or a little curly.
3. The hair is darker and more curled. It has spread out and thinly covers a bigger area.
4. The hair is as dark and curly as that of a man, but it has not spread to the legs.
5. The hair is like that of a man. It has spread out to the legs.

**PUB08** Which picture matches the growth of your genitals?

Dependent on: PUB\_KOEN

The pictures on the left show different stages of genital development.  
 In some boys, this development starts when they are quite young, and other boys start in their late teenage years.



1. The size and shape of the testes, scrotum (the sac holding the testes) and penis are about the same as when you were younger.
2. The penis is a little bit bigger. The scrotum has dropped and the skin of the scrotum has changed. The testes are bigger.
3. The penis has grown longer, the testes have grown and dropped lower.
4. The penis is longer and wider. The head of the penis is bigger, the scrotum is a darker colour and bigger. The testes are bigger.
5. The penis, scrotum and testes are the size and shape of a man's.

## Boys only...

**PUB09** Has your voice started to change?

Dependent on: PUB\_KOEN

1. Yes, sometimes it is much deeper
2. Yes, it has changed completely and has become deeper
3. No, my voice is the same
4. Don't know
9. Undefined
10. Irrelevant

**PUB10** Have you ever had a semen ejaculation?

Dependent on: PUB\_KOEN

1. Yes
2. No
9. Undefined
10. Irrelevant

How old were you when you had your first ejaculation? Please try to remember when it happened.

Dependent on: PUB\_KOEN, PUB10

**PUB10aar** I was [ ] years

**PUB10mnd** and [ ] months old

## Menstruation

**PUB11** Have you started having your period? (monthly bleeding)

Dependent on: PUB\_KOEN

- 1. Yes
- 2. No
- 9. Undefined
- 10. Irrelevant

How old were you, when you had your first period? Please try to remember when it happened.

Dependent on: PUB\_KOEN, PUB11

**PUB11aar** I was [ ] years

**PUB11mnd** and [ ] months old

**PUBKommtar** You are welcome to enter any comments you may have to the questionnaire here:

For your information the last screen of the questionnaire has been copied in (see picture below).  
The text is a translation of the text in the picture.

## You have almost completed the questionnaire...

**NB!** If you have questions, you would like us to answer straight away, please write to [bsmb@ssi.dk](mailto:bsmb@ssi.dk)

(if option 5 has been chosen for both Tanner question (hair and size) this text is shown: )

*It looks as if you have reached full maturity now. So this was the last time you filled in the Puberty questionnaire. We hope to be able to ask you to fill in other DNBC questionnaires at a later stage.*

*In the future, we would like to contact all DNBC participants via email or mobile phone.  
We ask you therefore please to complete or update the information in the below fields.*

**Mum's/Dad's email-address:** .....

Please use lowercase letters in email address

**Mum's/Dad's mobile phone number:**.....

Please leave fields completely blank if you do not have your mother or father's email-address or mobile phone number.

**Your own email-address:**.....

Please use lowercase letters in email address

**Your own mobile phone number:**.....

Please leave fields completely blank if you do not have an email-address or a mobile phone number.

We will write to you directly only when you have turned 15.

Remember to press the button **SEND ANSWERS** before closing the window!

### Nu er skemaet snart slut....

Hvis du har kommentarer til skemaet, er du velkommen til at skrive dem her:

**NB!**  
Hvis du har spørgsmål, som du gerne vil have svar på med det samme, så skriv til os på [bsmb@ssi.dk](mailto:bsmb@ssi.dk).

Det ser ud til, at du er færdig med puberteten nu.

Derfor bliver dette sidste gang, du svarer på pubertetsskemaet.

Vi regner dog med at kunne kontakte dig senere med andre spørgeskemaer.

Fremover vil vi gerne kunne henvende os til alle deltageres i BSBM på email eller via mobiltelefon.  
Vi beder dig derfor indtaste eller opdatere informationen i felterne nedenfor.

Mors/fars email:

Indtast email-adressen med små bogstaver.  
Lad felterne stå helt tomme, hvis du ikke har din mors eller fars

Mors/fars mobilnummer:

email adresse eller mobilnummer.

Din egen email:

Indtast email-adressen med små bogstaver.

Lad felterne stå helt tomme, hvis du ikke har en email eller

Dit eget mobilnummer:

mobil.

Vi henvender os først direkte til dig, når du er fyldt 15.

Husk at trykke på knappen **SEND BESVARELSE** inden du lukker!



Tak for indsatsen indtil videre!  
- du hører fra os igen...



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