

THE MAASTRICHT STUDY: CATEGORY INDEX

Anthropometric characteristics

Basic anthropometric characteristics

- Objectively measured basic anthropometric characteristics
- Self reported basic anthropometric characteristics

Birth characteristics

Body composition

- Bioelectrical impedance analysis
- DXAscan body composition
- MRI abdomen
- Skinfold measurement

Biomarkers

Blood cells

- Blood cell counts
- Flow cytometry (FACS)

Continuous Glucose Monitoring

Serum plasma

- Beta cell function
- Cardiac markers
- Endothelial dysfunction
- Glucose Cpeptide Insulin OGTT
- Inflammation
- Insulin resistance
- Kynurenines and Vitamins B2 and B6
- Metabolomics
- Plasma AGEs dicarbonyls
- Serum plasma other
- Serum plasma QC values
- Standard clinical chemistry

Skin autofluorescence

Urine (24h)

Urine portion

Cardiovascular health

Arterial plaques

Arterial stiffness

- Aortic stiffness (cfPWV)
- Blood pressure during vascular measurements
- Brachial stiffness
- Carotid stiffness
- Femoral stiffness

Autonomic cardiovascular function

- Baroreflex sensitivity measurement
- Frequency domain analysis

Blood pressure

- 24h blood pressure measurement
- Ankle Brachial Index measurement
- Blood pressure variability
- Home blood pressure measurement (7days)
- Office blood pressure measurement

Cardiac function and structure characteristics

- Echocardiography
- Electrocardiography
 - ECG 12lead*
 - ECG 24h*
 - ECG 256channel*

Cardiorespiratory fitness (bicycle test)

Microcirculation

- Capillary microscopy
- Heat induced hyperemia test
- Presence of microvascular disease
- Retinal microcirculation measurement

Self reported cardiovascular health

- Cardiovascular disease history
- Family history of CVD
- Rose Questionnaire

Demographic characteristics

Basic demographic characteristics

Education

Employment

- Employment status
- Job stress
- Working conditions

Housing conditions

Income and poverty

Neighbourhood characteristics

- Neighbourhood conditions
- Neighbourhood solidarity
- Walkability (NEWSa)

Ear health

Objectively measured hearing status (HearCheck)

Self reported hearing status

- General data on hearing
- HHDI
- HHIEs
- IOIHA
- MiniTQ

Eye health

Eye pressure

Retinal microcirculation measurement

Self reported eye disease

Vision

Health behaviour

Alcohol consumption

Diet

- Diet pattern scores
 - Alternate Greek Mediterranean diet*
 - DASH*
 - Dutch Healthy Eating Index (DHD15)*
 - European Mediterranean diet*
 - Greek Mediterranean diet*
 - Italian Mediterranean diet*
 - Vegetarism classification*
- Food Frequency Questionnaire
 - Food intake (FIT)*
 - Artificial sweeteners
 - Beverages
 - Bread
 - Cereal products
 - Cheese
 - Clinical formulas
 - Eggs
 - Fats Oils Savoury sauces
 - Fish
 - Fruits

Herbs Spices
Legumes
Meat products Poultry
Milk products
Miscellaneous foods
Mixed dishes
Nuts Seeds Snacks
Pastry Biscuits
Potatoes
Savoury bread spreads
Soups
Soy Vegetarian products
Sugar Sweets Sweet sauces
Vegetables

Nutrient intake (NIT)

Dietary AGEs Dicarbonyls
Macronutrients Alcohol
Macronutrients Carbohydrates
Macronutrients Energy
Macronutrients Fats
Macronutrients Proteins
Micronutrients Minerals
Micronutrients Vitamins
Non nutrients Artificial sweeteners
Water

Physical activity

Accelerometry (ActivPAL)

Activity during daytime

Daytime activity avg day
Daytime activity avg weekday
Daytime activity avg weekendday
Daytime activity per day

Activity during nighttime

Nighttime activity avg night
Nighttime activity avg weekendnight
Nighttime activity avg weeknight
Nighttime activity per night

Activity per hour

Hourly activity avg day
Hourly activity avg weekday
Hourly activity avg weekendday
Hourly activity for7days

CHAMPS questionnaire

Sedentary behaviour questionnaire

Pursuit of healthier lifestyle

Sleep

Epworth Sleepiness Scale

Sleep questionnaire

Smoking status

Health economic evaluation

Care use and costs

Quality of life

EQ5D

SF36

Utility scores

Maastricht Study characteristics

Medication

Medication interview

Pharmacy data

Metabolic health

Diabetes

- Diabetes status
- Diabetic complications
 - Foot wound and amputation*
 - Presence of microvascular disease*
- Family history of diabetes
- Hypoglycemia
- Markers glucose metabolism
- Problem Areas In Diabetes questionnaire

Metabolic syndrome

Musculoskeletal health

Bone composition

- DXAscan bone mineral density
- DXAscan vertebral fracture assessment
- HR pQCT

Bone fractures (hospital record)

Joint examination findings

- Knee Xray
- Rheumatological examination

Physical function

- Cardiorespiratory fitness (bicycle test)
- Muscle strenght
 - Handgrip strength*
 - Isometric muscle strength*
- Performance based physical function
 - 6 minute walk test*
 - Timed chair stand test*
- Self reported physical function
 - Activities restriction (GARS4)*
 - Mobility*
 - SF36*

Self reported musculoskeletal health

- Bone fractures and falls
- Chronic musculoskeletal disease and pain
- Gout

Neurological health

Autonomic cardiovascular function

Brain structure characteristics

- MRI brain
- MRI connectivity

Cognitive performance

- Concept Shifting Test
- Forgetfulness
- General cognition (summary measures)
- Groninger Intelligentie Test
- Letter Digit Substitution Test
- MMSE
- Stroop Colour Word Test
- Word Fluency Test
- Word Learning Test

Peripheral nerve function

- Electromyography
- Vibratory sense (neurothesiometer)

Self reported neurological health

Migraine
Nerve disease history
Neuropathic pain (DN4)
Parkinson

Other health characteristics**Cancer****Gastrointestinal health****Infections**

Nose and throat swabs
Self reported infections

Quality of life**Psychosocial characteristics****Aggression****Anxiety**

GAD7
MINI anxiety

Depression

Depression history
MINI depression
MINI dysthymia
PHQ9

Fairness and justice perception**Mindfulness****Need for cognition****Parental style****Personal mastery****Personality**

Nijmeegse Quick Big Five (QBF)
Type D personality test (DS14)

Self control**Self efficacy****Social inadequacy****Social participation****Social support and network****Respiratory health****Lung function (spirometry)****Respiration during sleep (apnea meter)****Self reported respiratory health**

ATS DLD78
Respiratory health history

Urogenital health**Kidney disease history****Menstruation and menopause****Obstetric history**