Heart and Soul Study Measurements (more info at www.heartandsoulstudy.net)
Principal Investigator: Mary Whooley MD FACP FAHA FACC (mary.whooley@ucsf.edu)

Study Year:	0	1 to 4				5	6 to 11				12 to 15			
Calendar Year:	2000-2002	2001-2005				2005-2007	2006-2011				2012 – 2015			
Assessment:	IN PERSON (N=1024)	PHONE				IN PERSON (N=667)	PHONE				MEDICAL RECORDS			
Past medical history														
Demographic information	X	X	X	X	X	X								
Past medical history	X					X								
Psychiatric interview	X	X	X	X	X	X								
Medication details	X	X	X	X	X	X								
Height, weight & waist:hip ratio	X					X								
Social support	X	X	X	X	X	X								
Cardiac measures														
Exercise treadmill test	X					X								
Resting & stress echocardiogram	X					X								
Electrocardiogram	X					X								
Blood pressure	X					X								
24 hour holter monitor	X													
6 minute walk test	X													
Lab measurements														
24 hr urine cortisol	X					X								
24 hr urine catecholamines	X					X								
Inflammatory markers	X					X								
Lipids, kidney function	X					X								
NT-proBNP, BNP	X					X								
hs-Cardiac Troponin T	X					X								
Multiple other biomarkers	X					X								
Health behaviors														
Medication adherence	X					X								
Physical activity	X					X								
Smoking	X					X								
Outcomes (detailed chart review)														
Myocardial infarction		X	X	X	X	X	X	X	X	X				
Heart failure		X	X	X	X	X	X	X	X	X				
Stroke or TIA		X	X	X	X	X	X	X	X	X				
Revascularization		X	X	X	X	X	X	X	X	X				
Arrhythmias		X	X	X	X	X	X	X	X	X				
Cardiovascular death		X	X	X	X	X	X	X	X	X				
All cause mortality		X	X	X	X	X	X	X	X	X	X	X	X	X
Functional status														
Quality of life	X	X	X	X	X	X								
Overall health	X	X	X	X	X	X								
NYHA classification	X	X	X	X	X	X								
Activities of daily living	X	X	X	X	X	X								
Cognitive function	X	X	X	X	X	X								
Other														
Stored serum and plasma	X					X								
Stored urine	X					X								
Stored DNA	X					X								
Telomere length	X					X								