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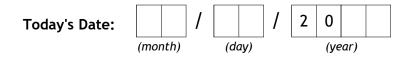
National Institute of Environmental Health Sciences / National Institutes of Health / Department of Health and Human Services



This one-time survey asks about your experiences and how you have felt at different times in your life. Some of the questions are about the past week or month and others focus on your entire life. Please pay careful attention to the time-frame for each question.

Your continued participation in the Sister Study is completely voluntary and greatly appreciated. Some questions may be personal or sensitive. *All of your answers will be kept confidential*. You will not be identified in any way. However, if you are not comfortable answering a question, just skip it and go on to the next one.

Please mark the category that best describes your response. There are no right or wrong answers. Try not to let your response to one statement influence your responses to other statements. Answer according to your own feelings, rather than how you think "most people" would answer. Don't take too long thinking over your replies; your immediate reaction will probably be more accurate than a long thought out response.



## 1. How often during the *past 30 days*, have you...

	Never	Almost Never	Some- times	Fairly often	Very often
afelt that you were unable to control the important things in your life?	0	0	0	0	0
bfelt confident about your ability to handle your personal problems?	0	0	0	0	0
cfelt that things were going your way?	0	0	0	0	0
dfelt difficulties were piling up so high that you could not overcome them?	0	0	0	0	0



2. For each statement below, choose the answer that best indicates how often the statement is true for you.

		None of the time	A little of the time	Some of the time	Most of the time	All of the time
a.	I can count on someone to provide me with emotional support (someone to confide in about myself or a problem or who will listen to me when I need to talk).	0	0	0	0	0
b.	I can count on someone if I need help (for example, to take me to the doctor or help with daily chores if I am sick).	0	0	0	0	0
c.	There is someone in my immediate family who believes in me and wants me to succeed.	0	0	0	0	0
d.	There is someone in my immediate family who makes me feel important or special.	0	0	0	0	0
e.	When I was a child, there was someone in my immediate family who believed in me and wanted me to succeed.	0	0	0	0	0
f.	When I was a child, there was someone in my immediate family who made me feel important or special.	0	0	0	0	0

- 3. In general, how many relatives or friends do you feel close to (people you feel at ease with, can talk to about private matters, or call on for help)?
  - $\bigcirc$  NONE
  - O 1-2
  - 3-5
  - O 6-9
  - $\bigcirc$  10 or more



4. During the past 12 months, about how many hours *per week* on average did you provide care for children or grandchildren?

## $\bigcirc$ NONE $\rightarrow$ GO TO QUESTION 5

- $\bigcirc$  1-8 hours
- 9-20 hours
- 21-40 hours
- $\bigcirc$  41 or more hours

4a.	How stressful would you say it is to provide care for these children or grandchildren?	<ul> <li>Not at all</li> <li>A little</li> <li>A moderate amount</li> <li>A lot</li> </ul>
4b.	During the past 12 months, for whom did you provide such care? (Please mark all that apply.)	<ul> <li>My children</li> <li>My grandchildren</li> <li>Other children</li> </ul>

5. During the past 12 months, about how many hours *per week* on average did you provide care for a disabled or ill parent, child, sibling, spouse, partner, or other relative?

 $\bigcirc$  NONE  $\rightarrow$  GO TO THE NEXT PAGE, QUESTION 6

- $\bigcirc$  1-8 hours
- 9-20 hours
- 21-40 hours
- $\bigcirc$  41 or more hours

5a.	How stressful would you say it is to provide care for these disabled or ill individuals?	<ul> <li>Not at all</li> <li>A little</li> <li>A moderate amount</li> <li>A lot</li> </ul>
5b.	During the past 12 months, for whom did you provide such care? (Please mark all that apply.)	<ul> <li>Parent</li> <li>Child</li> <li>Sibling</li> <li>Spouse</li> <li>Partner</li> <li>Other relative</li> </ul>



6. There are many ways to deal with problems. These items ask what you do, *in general*, to cope with the stress in your life. To what extent do you do the following?

	Not at all	A little	A moderate amount	A lot
<ul> <li>a. I get emotional support or comfort and understanding from others.</li> </ul>	$\circ$	0	0	0
b. I give up trying to deal with things or trying to cope.	$\bigcirc$	$\circ$	$\circ$	0
c. I take action to try to make the situation better.	$\bigcirc$	$\circ$	0	0
d. I refuse to believe that things have happened.	0	0	0	0
e. I criticize or blame myself.	0	0	0	0
f. I express my negative feelings.	$\bigcirc$	0	0	0
g. I learn to live with things.	$\bigcirc$	$\circ$	$\circ$	0
h. I try to laugh or make fun of the situation.	0	0	0	0
i. I try to grow as a person from the experience.	$\bigcirc$	$\circ$	$\circ$	0

- 7. How important is your religious faith or spirituality to you?
  - $\bigcirc$  Not at all
  - ⊖ A little
  - A moderate amount
  - $\bigcirc$  A lot
- 8. How much is religion or spirituality a source of strength and comfort to you?
  - $\bigcirc$  Not at all
  - $\bigcirc$  A little
  - $\bigcirc$  A moderate amount
  - $\bigcirc$  A lot
- 9. How often do you pray or meditate?
  - $\bigcirc$  Never
  - $\bigcirc$  Less than once a year
  - $\bigcirc$  Yearly or a few times a year
  - $\bigcirc$  Monthly or a few times per month
  - $\bigcirc$  1 to 3 times per week
  - $\bigcirc$  4 to 6 times per week
  - Every day



	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
a. In uncertain times, I usually expect the best.	0	$\circ$	0	0	0
b. If something can go wrong for me, it will.	0	0	0	$\circ$	0
c. I'm always optimistic about my future.	0	0	$\circ$	$\circ$	0
d. I hardly ever expect things to go my way.	0	0	0	0	0
e. I rarely count on good things happening to me.	0	0	$\circ$	$\circ$	0
f. Overall, I expect more good things to happen to me than bad.	0	0	0	0	0

10. Please read each statement below and mark the one response that best matches how you feel.

11. Below is a list of some of the ways you may have felt or behaved. During the *past week*, how often did you feel or act this way?

	Rarely or none of the time	A little of the time	A moderate amount of the time	Most or all of the time
a. I was bothered by things that usually don't bother me.	0	0	0	0
b. I had trouble keeping my mind on what I was doing.	$\circ$	0	$\bigcirc$	0
c. I felt depressed.	0	0	0	0
d. I felt that everything I did was an effort.	0	0	0	0
e. I felt hopeful about the future.	0	0	0	0
f. I felt fearful.	0	0	0	0
g. My sleep was restless.	0	$\circ$	$\bigcirc$	0
h. I was happy.	0	0	$\bigcirc$	0
i. I felt lonely.	0	$\circ$	$\bigcirc$	0
j. I could not "get going."	$\circ$	0	$\bigcirc$	0



The next questions are about personal experiences that may have happened at any time in your life. Think about how old *you* were when reporting when these experiences took place.

	NO	YES	a. IF YES, this happened (Mark all that apply.)	b. Regardless of when this happened, how much distress or anxiety has this caused you in the <i>past 4 weeks</i> ?
12. Have you ever been in a <u>major fire</u> , <u>flood</u> , <u>or other natural disaster</u> that resulted in <u>serious injury to yourself</u> or the fear of your own death, or serious injury or death of someone with whom you were very close, or serious damage to your home?	⊖ no	⊖ yes	<ul> <li>at age 12 or younger</li> <li>at age 13 to age 17</li> <li>at age 18 to last year</li> <li>in the past 12 months</li> </ul>	<ul> <li>none</li> <li>a little</li> <li>a moderate amount</li> <li>a lot</li> </ul>
13. Have you ever been in a <u>major accider</u> involving a car or other vehicle, or a work site accident that resulted in serious injury to yourself or the fear of your own death, or serious injury or death of someone with whom you were very close?	- O no	⊖ yes	<ul> <li>at age 12 or younger</li> <li>at age 13 to age 17</li> <li>at age 18 to last year</li> <li>in the past 12 months</li> </ul>	<ul> <li>none</li> <li>a little</li> <li>a moderate amount</li> <li>a lot</li> </ul>
14. Have you ever been <u>deliberately hit or</u> <u>attacked</u> so severely as to result in marks, bruises, burns, blood, or broker bones by someone with whom you were very close?		⊖ yes	<ul> <li>at age 12 or younger</li> <li>at age 13 to age 17</li> <li>at age 18 to last year</li> <li>in the past 12 months</li> </ul>	<ul> <li>none</li> <li>a little</li> <li>a moderate amount</li> <li>a lot</li> </ul>
15. Have you ever been <u>deliberately hit or</u> <u>attacked</u> so severely as to result in marks, bruises, burns, blood, or broker bones by someone with whom you were not so close?		⊖ yes	<ul> <li>at age 12 or younger</li> <li>at age 13 to age 17</li> <li>at age 18 to last year</li> <li>in the past 12 months</li> </ul>	<ul> <li>none</li> <li>a little</li> <li>a moderate amount</li> <li>a lot</li> </ul>
16. Have you ever been made to have <u>unwanted sexual contact</u> , such as touching or penetration <b>by someone</b> <b>with whom you were very close</b> ?	⊖ no	⊖ yes	<ul> <li>at age 12 or younger</li> <li>at age 13 to age 17</li> <li>at age 18 to last year</li> <li>in the past 12 months</li> </ul>	<ul> <li>none</li> <li>a little</li> <li>a moderate amount</li> <li>a lot</li> </ul>
17. Have you ever been made to have <u>unwanted sexual contact</u> , such as touching or penetration <b>by someone</b> with whom you were not so close?	⊖ no	⊖ yes	<ul> <li>at age 12 or younger</li> <li>at age 13 to age 17</li> <li>at age 18 to last year</li> <li>in the past 12 months</li> </ul>	<ul> <li>none</li> <li>a little</li> <li>a moderate amount</li> <li>a lot</li> </ul>
18. Have you ever been <u>emotionally or</u> <u>psychologically mistreated</u> (such as being yelled or screamed at, insulted belittled) over a significant period of time by someone with whom you wer very close?		⊖ yes	<ul> <li>at age 12 or younger</li> <li>at age 13 to age 17</li> <li>at age 18 to last year</li> <li>in the past 12 months</li> </ul>	<ul> <li>none</li> <li>a little</li> <li>a moderate amount</li> <li>a lot</li> </ul>



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		NO	YES	a. IF YES, this happened (Mark all that apply.)	b. Regardless of when this happened, how much distress or anxiety has this caused you in the <i>past 4 weeks</i> ?
19.	Have you ever been <u>emotionally or</u> <u>psychologically mistreated</u> (such as being yelled or screamed at, insulted or belittled) over a significant period of time <i>by someone with whom you</i> <i>were not so close</i> ?	⊖ no	⊖ yes	<ul> <li>at age 12 or younger</li> <li>at age 13 to age 17</li> <li>at age 18 to last year</li> <li>in the past 12 months</li> </ul>	<ul> <li>none</li> <li>a little</li> <li>a moderate amount</li> <li>a lot</li> </ul>
20.	Have you ever personally witnessed someone with whom you were very close <u>committing suicide</u> , or being <u>attacked</u> so severely as to result in marks, bruises, burns, blood, broken bones or teeth, or death?	⊖ no	⊖ yes	<ul> <li>at age 12 or younger</li> <li>at age 13 to age 17</li> <li>at age 18 to last year</li> <li>in the past 12 months</li> </ul>	<ul> <li>none</li> <li>a little</li> <li>a moderate amount</li> <li>a lot</li> </ul>
21.	Have you ever personally witnessed someone with whom you were not so close <u>committing suicide</u> , or being <u>attacked</u> so severely as to result in marks, bruises, burns, blood, broken bones or teeth, or death?	⊖ no	⊖ yes	<ul> <li>at age 12 or younger</li> <li>at age 13 to age 17</li> <li>at age 18 to last year</li> <li>in the past 12 months</li> </ul>	<ul> <li>none</li> <li>a little</li> <li>a moderate amount</li> <li>a lot</li> </ul>
22.	Have you ever personally witnessed someone with whom you were very close <u>deliberately attack another</u> <u>family member</u> so severely as to result in marks, bruises, burns, blood, broken bones or teeth?	⊖ no	⊖ yes	<ul> <li>at age 12 or younger</li> <li>at age 13 to age 17</li> <li>at age 18 to last year</li> <li>in the past 12 months</li> </ul>	<ul> <li>none</li> <li>a little</li> <li>a moderate amount</li> <li>a lot</li> </ul>
23.	Have you ever personally witnessed or learned of <u>your own child's experience</u> <u>of unwanted sexual contact</u> , sexual abuse, physical or psychological abuse?	⊖ no	⊖ yes	<ul> <li>before age 18</li> <li>age 18 to last year</li> <li>in the past 12 months</li> </ul>	<ul> <li>none</li> <li>a little</li> <li>a moderate amount</li> <li>a lot</li> </ul>
24.	Have you ever experienced the <u>death</u> of a spouse?	⊖ no	⊖ yes	<ul> <li>before age 18</li> <li>age 18 to last year</li> <li>in the past 12 months</li> </ul>	<ul> <li>none</li> <li>a little</li> <li>a moderate amount</li> <li>a lot</li> </ul>
25.	Have you ever experienced the <u>death</u> of your child?	⊖ no	⊖ yes	<ul> <li>before age 18</li> <li>age 18 to last year</li> <li>in the past 12 months</li> </ul>	<ul> <li>none</li> <li>a little</li> <li>a moderate amount</li> <li>a lot</li> </ul>



	NO	Y	ËS	a. IF YES, this happened (Mark all that apply.)	b. Regardless of when this happened, how much distress or anxiety has this caused you in the <i>past 4 weeks</i> ?
26.	Have you ever experienced the O n <u>death of a sibling</u> ?		yes	<ul> <li>at age 12 or younger</li> <li>at age 13 to age 17</li> <li>at age 18 to last year</li> <li>in the past 12 months</li> </ul>	
27.	Have you ever experienced the $\bigcirc$ n death of a parent?	. 0	yes	<ul> <li>at age 12 or younger</li> <li>at age 13 to age 17</li> <li>at age 18 to last year</li> <li>in the past 12 months</li> </ul>	
28.	Have you ever experienced the death of a close personal friend?		yes	<ul> <li>at age 12 or younger</li> <li>at age 13 to age 17</li> <li>at age 18 to last year</li> <li>in the past 12 months</li> </ul>	
29.	Have you ever <u>personally experienced</u> <u>a major illness</u> (life threatening or On severely disabling to you)?		yes	<ul> <li>at age 12 or younger</li> <li>at age 13 to age 17</li> <li>at age 18 to last year</li> <li>in the past 12 months</li> </ul>	

- 30a. Thinking about breast cancer in some of your blood relatives, how old were you when you had a sister diagnosed with breast cancer? (*Mark all that apply.*)
  - $\bigcirc$  Age 12 or younger
  - $\bigcirc$  Age 13 to age 17
  - $\bigcirc$  Age 18 to last year
  - $\bigcirc$  In the past 12 months
- 30b. Regardless of when this happened, how much distress or anxiety has this caused you in the *past 4 weeks*?
  - $\bigcirc$  None
  - $\bigcirc$  A little
  - $\bigcirc$  A moderate amount
  - $\bigcirc$  A lot



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	NO	YES	a. IF YES, this happened (Mark all that apply.)	b. Regardless of when this happened, how much distress or anxiety has this caused you in the <i>past 4 weeks</i> ?
31.	Have you ever experienced <u>your</u> O n <u>mother getting breast cancer</u> ?	⊖ yes	<ul> <li>at age 12 or younger</li> <li>at age 13 to age 17</li> <li>at age 18 to last year</li> <li>in the past 12 months</li> </ul>	<ul> <li>none</li> <li>a little</li> <li>a moderate amount</li> <li>a lot</li> </ul>
32.	Have you ever experienced <u>a</u> <u>daughter of yours getting breast</u> O n <u>cancer</u> ?	⊖ yes	<ul> <li>○ at age 18 to last year</li> <li>○ in the past 12 months</li> </ul>	<ul> <li>none</li> <li>a little</li> <li>a moderate amount</li> <li>a lot</li> </ul>
33.	Have you ever experienced a <u>major</u> <u>illness</u> other than breast cancer (life threatening or severely disabling) <i>in</i> <i>someone close to you</i> ?	⊖ yes	<ul> <li>at age 12 or younger</li> <li>at age 13 to age 17</li> <li>at age 18 to last year</li> <li>in the past 12 months</li> </ul>	<ul> <li>none</li> <li>a little</li> <li>a moderate amount</li> <li>a lot</li> </ul>
34.	Have you ever experienced a <u>major</u> <u>change in, or serious difficulty with</u> <u>a personal relationship</u> (such as a divorce, or child custody issues)?	⊖ yes	<ul> <li>at age 12 or younger</li> <li>at age 13 to age 17</li> <li>at age 18 to last year</li> <li>in the past 12 months</li> </ul>	<ul> <li>none</li> <li>a little</li> <li>a moderate amount</li> <li>a lot</li> </ul>
35.	Have you ever experienced <u>serious</u> <u>financial or legal troubles</u> such as arrest or bankruptcy (either you or n another family member whose troubles would directly affect you)?	⊖ yes	<ul> <li>at age 12 or younger</li> <li>at age 13 to age 17</li> <li>at age 18 to last year</li> <li>in the past 12 months</li> </ul>	<ul> <li>none</li> <li>a little</li> <li>a moderate amount</li> <li>a lot</li> </ul>
36.	Have you ever experienced <u>serious</u> <u>family problems related to alcohol,</u> <u>drug, or other substance abuse, or</u> <u>mental illness</u> (either you or another family member whose troubles would directly affect you)?	⊖ yes	<ul> <li>at age 12 or younger</li> <li>at age 13 to age 17</li> <li>at age 18 to last year</li> <li>in the past 12 months</li> </ul>	<ul> <li>none</li> <li>a little</li> <li>a moderate amount</li> <li>a lot</li> </ul>
37.	Have you ever experienced a <u>seriously</u> <u>traumatic event not already covered</u> O n in any of these questions?	⊖ yes	<ul> <li>at age 12 or younger</li> <li>at age 13 to age 17</li> <li>at age 18 to last year</li> <li>in the past 12 months</li> </ul>	<ul> <li>none</li> <li>a little</li> <li>a moderate amount</li> <li>a lot</li> </ul>



Please use a ballpoint pen for this form

38. People may be frightened of being a victim of violence due to where they live or work. About how often were you afraid of being personally attacked or injured...

	None of the time	A little of the time	Some of the time	Most of the time	All of the time
aas a child?	0	0	0	0	0
bas a teen?	0	0	0	0	0
cas an adult?	0	0	0	0	0

39. Please choose the answer that best describes how you feel about safety these days.

	None of the time	A little of the time	Some of the time	Most of the time	All of the time
a. Nowadays, I worry about my personal safety.	0	0	$\circ$	0	0
<ul> <li>b. Nowadays, I feel heightened tension when</li> <li>I am in crowded places.</li> </ul>	0	0	0	0	0
c. I am afraid of a terror strike harming me or my family.	0	0	0	0	0



N	O YES	a. IF YES, has this happened in the <b>past five years?</b>
40. Have you ever been <u>treated unfairly in home renting</u> , <u>buying</u> , or mortgage due to your <i>race or ethnicity</i> ?	no 🔿 yes	○ no ○ yes
41. Have you ever been <u>treated unfairly in being stopped</u> , <u>searched</u> , <u>or threatened by police</u> due to your <i>race or</i> <u>ethnicity</u> ?	no O yes	○ no ○ yes
42. Have you ever been <u>treated unfairly in receiving service</u> <u>at a store or restaurant</u> due to your <i>race or ethnicity?</i>	no 🔿 yes	○ no ○ yes
43. Have you ever been <u>treated as though you were less</u> <u>intelligent, worthy, or honest</u> than others due to your <i>race or ethnicity</i> ?	no Oyes	○ no ○ yes
44. Have you ever experienced <u>people acting as if they are</u> <u>afraid of you</u> due to your <i>race or ethnicity</i> ?	no Oyes	○ no ○ yes
45. Have you ever <u>felt discriminated against</u> because of your <i>sexual orientation</i> ?	no $\bigcirc$ yes	○ no ○ yes
46. Have you ever been <u>treated unfairly in home renting</u> , <u>buying</u> , or mortgage due to your <i>sexual orientation</i> ?	no Oyes	○ no ○ yes
47. Have you ever been <u>treated unfairly in receiving service</u> <u>at a store, restaurant or other place of business</u> due to ○ your <i>sexual orientation</i> ?	no Oyes	○ no ○ yes



## The following questions are about how you have been treated at work.

48. Have you *ever* held a full-time or part-time job other than homemaking that took at least 10 hours per week, where you worked for one year or longer?

○ No → GO TO END, PAGE 16

 $\bigcirc$  Yes



NO	YES	a. IF YES, has this happened in the <b>past five years?</b>
49. Have you ever been <u>treated unfairly in job hiring</u> , ○ no promotion or firing due to your <i>sex</i> ?	⊖ yes	○ no ○ yes
50. Have you ever been <u>treated unfairly in job hiring</u> , O no	⊖ yes	○ no ○ yes
51. Have you ever been <u>treated unfairly in job hiring</u> , O no promotion or firing due to your <i>race or ethnicity</i> ?	⊖ yes	<ul><li>○ no</li><li>○ yes</li></ul>
52. Have you ever been <u>treated unfairly in job hiring</u> , O no <u>promotion or firing</u> due to your <i>sexual orientation</i> ?	⊖ yes	○ no ○ yes
53. Have you ever been <u>treated unfairly in job hiring,</u> promotion or firing due to <b>an illness or medical condition?</b> ○ no	⊖ yes	○ no ○ yes



51.	set. The following questions are about possible mistreatment at work.						
		No	Yes	Not applicable			
a.	<i>In the past 12 months</i> , have you been repeatedly mistreated, harassed, or otherwise prevented from doing your job successfully?	0	0	0			
b.	Have you been repeatedly mistreated, harassed, or otherwise prevented from doing your job successfully <i>at any other time in your working life</i> ?	0	0	0			
c.	Have you <i>ever</i> lost, quit, or otherwise changed your job as a result of being mistreated or harassed on the job?	0	0	0			
d.	Have you <i>ever</i> had to seek medical or professional help as a result of being mistreated or harassed on the job?	0	0	0			

## 54. The following questions are about possible mistreatment at work.



The next questions are about your current or most recent jobs, not including volunteer work.

55. Thinking about your *current (or most recent) job(s)*, indicate how much you agree or disagree with the following statements.

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
a. My job requires that I learn new things.	0	0	0	0	0
b. My job requires me to be creative.	0	0	0	0	0
c. My job requires working very fast.	$\circ$	$\circ$	0	0	0
d. My job requires working very hard.	0	0	0	0	0
e. My job involves a lot of repetitive work.	0	0	0	0	0
f. My job allows me to make a lot of decisions.	0	0	0	0	0
g. My job requires a lot of skill.	$\circ$	0	0	0	0
h. On my job I have very little freedom to decide how to do my work.	0	0	0	0	0
i. I get to do a variety of things on my job.	$\circ$	$\circ$	0	$\circ$	0
j. I have a lot of say about what happens on my job.	0	0	0	0	0
k. I have an opportunity to develop my own special abilities.	0	0	0	0	0
l. I am not asked to do an excessive amount of work.	0	0	0	0	0
m. I have enough time to get my job done.	0	0	0	0	0
n. I am free from conflicting demands that others make.	0	0	0	0	0
o. My job security is good.	0	0	0	0	0
p. My prospects for career development and promotions are good.	0	0	0	0	0
q. In five years my skills will still be valuable.	0	0	0	0	0



	None of the time	A little of the time	Some of the time	Most of the time	All of the time	Not applicable
56. In the <i>past 12 months</i> , how often have the demands of your job interfered with your family life?	0	0	0	0	0	0
57. In the <i>past 12 months</i> , how often have the demands of your family life interfered with your work on the job?	0	0	0	0	0	0

58. In the *past 12 months*, have you had to quit, reduce your hours, or change your job in order to meet the needs of your family life?

 $\bigcirc$  No

 $\bigcirc$  Yes

 $\bigcirc$  Not applicable

Please check to see that all questions are answered.

# Thank you for completing this questionnaire and for your continued participation in the Sister Study.

Please mail this form to us at the address below. A postage-paid envelope is provided.

The Sister Study, 1009 Slater Road, Suite 120, Durham, NC 27703 phone: 1-877-4SISTER (1-877-474-7837); email: update@sisterstudy.org

