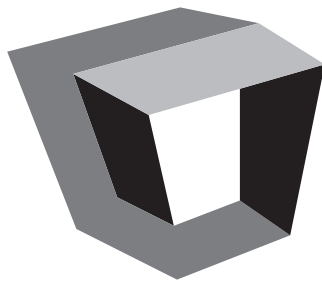


FSD2051

University Student Health Survey 2000

Codebook



FINNISH SOCIAL SCIENCE DATA ARCHIVE

The bibliographic citation for this codebook:

University Student Health Survey 2000 [codebook]. Finnish Social Science Data Archive [producer and distributor], 2020.

This codebook has been generated from the version 2.0 (11.7.2018) of the data.

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To the reader

This codebook is part of the data FSD2051 archived at the FSD (Finnish Social Science Data Archive). The dataset has been described in as much detail as possible in Finnish and English. Variable frequencies, variable and value labels, and missing values have been checked. If necessary, the data have been anonymised. The data and its creators shall be cited in all publications and presentations for which the data have been used. The bibliographic citation may be in the form suggested by the archive or in the form required by the publication. The bibliographic citation suggested by the archive:

Kunttu, Kristina (Finnish Student Health Service (FSHS)) & Huttunen, Teppo (Clinical Research Services Turku (CRST)): University Student Health Survey 2000 [dataset]. Version 2.0 (2018-07-11). Finnish Social Science Data Archive [distributor]. <http://urn.fi/urn:nbn:fi:fsd:T-FSD2051>

The user shall notify the archive of all publications where she or he has used the data. The original data creators and the archive bear no responsibility for any results or interpretations arising from the reuse of the data.

The codebook contains information on data content, structure and data collection, and includes a list of publications wholly or in part based on the data, according to publication information received by the FSD. The second part of the codebook contains information on variables: question texts, response options, and frequencies. The third part contains indexes.

Variable distributions presented in this codebook have been generated from the SPSS files. Distribution tables present variable values, frequencies (n), frequency percentages (%), and valid percentages (v. %) which take into account missing data. All distributions are unweighted. If the data contain weight variables, these will be found at the end of the variables list. In some cases frequency distributions have been substituted by descriptive statistics. Categorised responses to open-ended questions are not always included in the codebook. Distributions may contain missing data. The note "System missing (SYSMIS)" refers to missing observations (e.g. a respondent has not answered all questions) whereas "Missing (User missing)" refers to data the user has defined as missing. For example, the user may decide to code answer alternatives 'don't want to say' or 'can't say' as missing data.

The codebook may contain attached files, the most common one being the questionnaire.

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Chapter 1

Study description

1.1 Titles

Titles and data version: University Student Health Survey 2000

Titles and data version in Finnish: Korkeakouluopiskelijoiden terveystutkimus 2000

This codebook has been generated from the version 2.0 (11.7.2018) of the data.

1.2 Subject description

Other material

More information on the research project¹

Authoring entity

Kunttu, Kristina (Finnish Student Health Service (FSHS))

Huttunen, Teppo (Clinical Research Services Turku (CRST))

Copyright statement for the data

According to the agreement between FSD and the depositor.

Depositor

Kunttu, Kristina (Finnish Student Health Service (FSHS))

¹http://www.yths.fi/en/health_information_and_research/research_and_publications/the_finnish_student_health_survey

Date of deposit

22.2.2005

Keywords

accidents; alcohol use; dental health; diet and exercise; dietary habits; drinking behaviour; drug use; food and nutrition; health; health services; health status; interpersonal relations; lifestyle and health; mental health; physical activities; smoking; students (college); symptoms; tutoring; undergraduates

Topic Classification

Fields of Science Classification: medical and health sciences; social sciences

CESSDA Classification: general health and well-being; health behaviour; psychology; youth

Series description

The data belong to the series:

University Student Health Surveys

The survey series charts the physical, mental and social health of undergraduate students of higher education institutions in Finland. Other main themes include health-related behaviour and associated attitudes, social relationships, studies and financing studies, opinions on and the use of student health services. In addition to core questions, each survey contains questions on particular themes. Surveys are conducted by the Finnish Student Health Service (FSHS) at four-year intervals. Data collection began in the year 2000.

Abstract

The health survey of university students charted the respondents' health, and factors influencing their health. Questions covered general state of health, possible illnesses and injuries, and use of medication. Mental health was investigated with the help of GHQ12 (General Health Questionnaire) and a screen test created by psychologist Salli Saari. The screen test focused on the respondents' relationships to their parents and friends, their sexuality, strengths, and skills.

Health behaviour was examined with questions pertaining to smoking, drug and alcohol use, nutrition and exercise. In relation to alcohol use, the respondents were asked how much and how often they drank alcohol, and whether drinking had ever prevented them from doing something planned or caused an accident. The questionnaire included an AUDIT-test (Alcohol Disorders Test). Eating habits were investigated with questions about the respondents' consumption of dairy and grain products, fruits, berries, vegetables, and sugary and fatty products. The respondents were also asked whether they were on a special diet. In addition, they evaluated their own

state of health. Participation in sports as well as the frequency of brushing teeth, using dental floss and eating xylitol chewing gum were charted.

The respondents were asked about feelings of loneliness and level of social interaction. With regard to studies, they assessed whether their area of study was the right one for them, when they were going to graduate, who had given them study guidance and how satisfied they had been with the guidance. The respondents' financial circumstances and participation in paid employment were studied.

Attitudes to health issues were charted by asking whether there should be legislation regulating smoking in the workplace, alcohol selling in retail shops, cannabis use, or alcohol use in public places etc. The respondents were asked whether health professionals had advised them to change their lifestyle, and whether the doctor's instructions had helped them to do so. The most important sources of health-related information were also surveyed.

Finally, the respondents' use of health services was investigated. Visits to student, occupational, military, public or private health service units were studied, and respondents evaluated the quality of service and care they had received at the Finnish Student Health Service (FSHS). Reasons for using other services than those provided by the FSHS were studied. Need for the help of health services in certain issues (e.g. stress management, self-esteem, nutrition) was charted.

Background variables included the respondent's gender, year of birth, year of beginning studies, location of university, and area of study.

The study was funded by the research and development fund of the Finnish Student Health Service.

1.3 Structure and collection of the data

Country: Finland

Geographic coverage: Finland

Analysis or observation unit type: Individual

Universe: Finnish undergraduate students aged under 35 in universities

Collection date: February 2000 – September 2000

Data collector(s): Kunttu, Kristina (Finnish Student Health Service); Huttunen, Teppo (Clinical Research Services Turku)

Data producer(s): Finnish Student Health Service; Ministry of Education; Student Research Foundation; Pro Sanitate Studiosorum Foundation

Mode of data collection: Self-administered questionnaire: Paper

Type of research instrument: Structured questionnaire

Time period covered: 2000

Time method of the data collection: Longitudinal: Trend/Repeated cross-section

Response rate: 63.1

Number of variables and cases: The data contain 353 variables and 3174 cases.

Sampling procedure: Probability: Systematic random

Systematic sampling. The sample was selected from the customer register of the Finnish Student Health Service among students whose addresses were known and who lived in Finland. Sample size was 5,030, out of which 2,321 were men and 2,709 women.

Follow-up mailings were sent three times. 3,174 questionnaires were returned.

Data sources: Background variables were obtained from the customer register of the Finnish Student Health Service.

1.4 Use of data

Data appraisal

Variable identifying municipality was removed from the data, and values in variables bv2 and bv3 (birth year, year of starting studies) were categorised. Largest values in the 'number of children' variable (q77) were top-coded (2 and over). The variables 'height' and 'weight' were coded into separate variables for men and women (q8a/b, q9a/b) and values were top- and bottom-coded. Some of the open-ended variables were removed. Identifiers were removed from the remaining open-ended variables. Anonymisations carried out at FSD were marked with [square brackets].

Related publications

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Updated list of publications in the study description at

https://services.fsd.uta.fi/catalogue/FSD2051?lang=en&study_language=en

Location of the data collection

Finnish Social Science Data Archive

Weighting

There are no weight variables in the data.

Special Permissions

Users of the data shall send the creator of the data a copy of all publications based on or using the data. The mail address send the publications: Medical Director, FSHS, Töölönkatu 37 A, 00260 Helsinki, FINLAND.

Restrictions

The dataset is (B) available for research, teaching and study.

Chapter 2

Variables

[FSD_NO] FSD study number

Question

FSD study number

Descriptive statistics

statistic	value
number of valid cases	3174
minimum	2051.00
maximum	2051.00
mean	2051.00
standard deviation	0.00

[FSD_VR] FSD edition number

Question

FSD edition number

Descriptive statistics

statistic	value
number of valid cases	3174
minimum	2.00
maximum	2.00
mean	2.00
standard deviation	0.00

[FSD_ID] FSD case id

Question

FSD case id

Descriptive statistics

statistic	value
number of valid cases	3174
minimum	1.00
maximum	3174.00
mean	1587.50
standard deviation	916.40

[Q1_1] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Diabetes

Question

Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Diabetes

Frequencies

label	value	n	%	v. %
No	0	2984	94.0	99.5
Yes	1	15	0.5	0.5
System missing (SYSMIS)	.	175	5.5	—
		3174	100.0	100.0

[Q1_2] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Thyroid disease/condition

Question

Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Thyroid disease/condition

Frequencies

label	value	n	%	v. %
No	0	2976	93.8	99.2
Yes	1	25	0.8	0.8
System missing (SYSMIS)	.	173	5.5	–
		3174	100.0	100.0

[Q1_3] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: High blood pressure/hypertension

Question

Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: High blood pressure/hypertension

Frequencies

label	value	n	%	v. %
No	0	2947	92.8	98.1
Yes	1	56	1.8	1.9
System missing (SYSMIS)	.	171	5.4	–
		3174	100.0	100.0

[Q1_4] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Arrhythmia or other heart condition

Question

Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Arrhythmia or other heart condition

Frequencies

label	value	n	%	v. %
No	0	2969	93.5	99.0
Yes	1	31	1.0	1.0

(continued on next page)

2. Variables

(cont. from previous page)

label	value	n	%	v. %
System missing (SYSMIS)	.	174	5.5	–
		3174	100.0	100.0

[Q1_5] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Rheumatoid arthritis

Question

Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Rheumatoid arthritis

Frequencies

label	value	n	%	v. %
No	0	2985	94.0	99.5
Yes	1	14	0.4	0.5
System missing (SYSMIS)	.	175	5.5	–
		3174	100.0	100.0

[Q1_6] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Other musculoskeletal disorder

Question

Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Other musculoskeletal disorder

Frequencies

label	value	n	%	v. %
No	0	2885	90.9	96.1
Yes	1	118	3.7	3.9
System missing (SYSMIS)	.	171	5.4	–

(continued on next page)

(cont. from previous page)

label	value	n	%	v. %
		3174	100.0	100.0

[Q1_7] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Asthma or other lung disease

Question

Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Asthma or other lung disease

Frequencies

label	value	n	%	v. %
No	0	2880	90.7	95.9
Yes	1	123	3.9	4.1
System missing (SYSMIS)	.	171	5.4	—
		3174	100.0	100.0

[Q1_8] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Allergic rhinitis or conjunctivitis (eyes)

Question

Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Allergic rhinitis or conjunctivitis (eyes)

Frequencies

label	value	n	%	v. %
No	0	2448	77.1	81.2
Yes	1	566	17.8	18.8
System missing (SYSMIS)	.	160	5.0	—

(continued on next page)

2. Variables

(cont. from previous page)

label	value	n	%	v. %
		3174	100.0	100.0

[Q1_9] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Atopic dermatitis

Question

Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Atopic dermatitis

Frequencies

label	value	n	%	v. %
No	0	2721	85.7	90.5
Yes	1	286	9.0	9.5
System missing (SYSMIS)	.	167	5.3	–
		3174	100.0	100.0

[Q1_10] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Other skin disease, severe acne

Question

Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Other skin disease, severe acne

Frequencies

label	value	n	%	v. %
No	0	2775	87.4	92.3
Yes	1	230	7.2	7.7
System missing (SYSMIS)	.	169	5.3	–
		3174	100.0	100.0

[Q1_11] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Lactose intolerance

Question

Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Lactose intolerance

Frequencies

label	value	n	%	v. %
No	0	2805	88.4	93.4
Yes	1	198	6.2	6.6
System missing (SYSMIS)	.	171	5.4	—
		3174	100.0	100.0

[Q1_12] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Other gastrointestinal condition

Question

Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Other gastrointestinal condition

Frequencies

label	value	n	%	v. %
No	0	2904	91.5	96.7
Yes	1	100	3.2	3.3
System missing (SYSMIS)	.	170	5.4	—
		3174	100.0	100.0

[Q1_13] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/problem which has given you symptoms or has been treated during the past 12 months: Recurring urinary tract infection, renal disease

Question

Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/problem which has given you symptoms or has been treated during the past 12 months: Recurring urinary tract infection, renal disease

Frequencies

label	value	n	%	v. %
No	0	2923	92.1	97.2
Yes	1	83	2.6	2.8
System missing (SYSMIS)	.	168	5.3	–
		3174	100.0	100.0

[Q1_14] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Male urogenital disorder

Question

Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Male urogenital disorder

Frequencies

label	value	n	%	v. %
No	0	2969	93.5	99.3
Yes	1	20	0.6	0.7
System missing (SYSMIS)	.	185	5.8	–
		3174	100.0	100.0

[Q1_15] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Gynaecological disorder

Question

Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Gynaecological disorder

Frequencies

label	value	n	%	v. %
No	0	2831	89.2	94.3
Yes	1	171	5.4	5.7
System missing (SYSMIS)	.	172	5.4	—
		3174	100.0	100.0

[Q1_16] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Eyesight condition (spectacles)

Question

Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Eyesight condition (spectacles)

Frequencies

label	value	n	%	v. %
No	0	2034	64.1	67.3
Yes	1	988	31.1	32.7
System missing (SYSMIS)	.	152	4.8	—
		3174	100.0	100.0

[Q1_17] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Eye condition

Question

Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Eye condition

Frequencies

label	value	n	%	v. %
No	0	2958	93.2	98.6
Yes	1	42	1.3	1.4
System missing (SYSMIS)	.	174	5.5	—
		3174	100.0	100.0

[Q1_18] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Ear, nose or throat problem

Question

Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Ear, nose or throat problem

Frequencies

label	value	n	%	v. %
No	0	2780	87.6	92.7
Yes	1	219	6.9	7.3
System missing (SYSMIS)	.	175	5.5	—
		3174	100.0	100.0

[Q1_19] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Caries (cavities)

Question

Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Caries (cavities)

Frequencies

label	value	n	%	v. %
No	0	2194	69.1	72.6
Yes	1	829	26.1	27.4
System missing (SYSMIS)	.	151	4.8	—
		3174	100.0	100.0

[Q1_20] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Infected wisdom tooth

Question

Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Infected wisdom tooth

Frequencies

label	value	n	%	v. %
No	0	2797	88.1	93.3
Yes	1	202	6.4	6.7
System missing (SYSMIS)	.	175	5.5	—
		3174	100.0	100.0

[Q1_21] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Migraine

Question

Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Migraine

Frequencies

label	value	n	%	v. %
No	0	2841	89.5	94.6
Yes	1	163	5.1	5.4
System missing (SYSMIS)	.	170	5.4	–
		3174	100.0	100.0

[Q1_22] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Epilepsy, other neurological condition

Question

Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Epilepsy, other neurological condition

Frequencies

label	value	n	%	v. %
No	0	2980	93.9	99.4
Yes	1	18	0.6	0.6
System missing (SYSMIS)	.	176	5.5	–
		3174	100.0	100.0

[Q1_23] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/problem which has given you symptoms or has been treated during the past 12 months: Eating disorder (anorexia, bulimia, overeating)

Question

Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/problem which has given you symptoms or has been treated during the past 12 months: Eating disorder (anorexia, bulimia, overeating)

Frequencies

label	value	n	%	v. %
No	0	2975	93.7	99.1
Yes	1	26	0.8	0.9
System missing (SYSMIS)	.	173	5.5	–
		3174	100.0	100.0

[Q1_24] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/problem which has given you symptoms or has been treated during the past 12 months: Anxiety disorder (panic disorder, social anxiety)

Question

Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/problem which has given you symptoms or has been treated during the past 12 months: Anxiety disorder (panic disorder, social anxiety)

Frequencies

label	value	n	%	v. %
No	0	2923	92.1	97.4
Yes	1	79	2.5	2.6
System missing (SYSMIS)	.	172	5.4	–
		3174	100.0	100.0

[Q1_25] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Depression

Question

Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Depression

Frequencies

label	value	n	%	v. %
No	0	2893	91.1	96.4
Yes	1	108	3.4	3.6
System missing (SYSMIS)	.	173	5.5	–

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2. Variables

(cont. from previous page)

label	value	n	%	v. %
		3174	100.0	100.0

[Q1_26] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Other mental health problem

Question

Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Other mental health problem

Frequencies

label	value	n	%	v. %
No	0	2963	93.4	99.1
Yes	1	26	0.8	0.9
System missing (SYSMIS)	.	185	5.8	—
		3174	100.0	100.0

[Q2] In general, would you say your health is...

Question

In general, would you say your health is...

Frequencies

label	value	n	%	v. %
Good	1	1538	48.5	48.9
Fairly good	2	1158	36.5	36.8
Average	3	381	12.0	12.1
Fairly poor	4	59	1.9	1.9
Poor	5	8	0.3	0.3
System missing (SYSMIS)	.	30	0.9	—
		3174	100.0	100.0

[Q3] Which of the following do you see as the greatest threat to your own health?

Question

Which of the following do you see as the greatest threat to your own health?

Frequencies

label	value	n	%	v. %
Environmental damage	1	104	3.3	3.3
My own unhealthy habits	2	1088	34.3	34.8
Violence or accident	3	437	13.8	14.0
Mental stress	4	762	24.0	24.4
Hereditary factors	5	279	8.8	8.9
Other, please specify	6	99	3.1	3.2
Can't say	7	359	11.3	11.5
System missing (SYSMIS)	.	46	1.4	—
		3174	100.0	100.0

[Q4_1] Are you taking any drugs or medicines prescribed by a doctor: No

Question

Are you taking any drugs or medicines prescribed by a doctor: No

Frequencies

label	value	n	%	v. %
Not mentioned	0	1632	51.4	51.9
Mentioned	1	1510	47.6	48.1
System missing (SYSMIS)	.	32	1.0	—
		3174	100.0	100.0

[Q4_2] Are you taking any drugs or medicines prescribed by a doctor: Regular medication for an illness/condition

Question

Are you taking any drugs or medicines prescribed by a doctor: Regular medication for an illness/condition

Frequencies

2. Variables

label	value	n	%	v. %
Not mentioned	0	2907	91.6	92.5
Mentioned	1	235	7.4	7.5
System missing (SYSMIS)	.	32	1.0	–
		3174	100.0	100.0

[Q4_3] Are you taking any drugs or medicines prescribed by a doctor: Medicine that is taken when necessary

Question

Are you taking any drugs or medicines prescribed by a doctor: Medicine that is taken when necessary

Frequencies

label	value	n	%	v. %
Not mentioned	0	2532	79.8	80.6
Mentioned	1	610	19.2	19.4
System missing (SYSMIS)	.	32	1.0	–
		3174	100.0	100.0

[Q4_4] Are you taking any drugs or medicines prescribed by a doctor: Use creams/lotions/ointments regularly or when necessary

Question

Are you taking any drugs or medicines prescribed by a doctor: Use creams/lotions/ointments regularly or when necessary

Frequencies

label	value	n	%	v. %
Not mentioned	0	2770	87.3	88.2
Mentioned	1	372	11.7	11.8
System missing (SYSMIS)	.	32	1.0	–
		3174	100.0	100.0

[Q4_5] Are you taking any drugs or medicines prescribed by a doctor: Use contraceptive pills

Question

Are you taking any drugs or medicines prescribed by a doctor: Use contraceptive pills

Frequencies

label	value	n	%	v. %
Not mentioned	0	2157	68.0	68.7
Mentioned	1	985	31.0	31.3
System missing (SYSMIS)	.	32	1.0	–
		3174	100.0	100.0

[Q5] Are you taking any medicine not prescribed by a doctor?**Question**

Are you taking any medicine not prescribed by a doctor?

Frequencies

label	value	n	%	v. %
Don't take or take very seldom	0	1626	51.2	51.7
Once or twice a month	1	1244	39.2	39.6
Every week	2	205	6.5	6.5
Daily or almost daily	3	70	2.2	2.2
System missing (SYSMIS)	.	29	0.9	–
		3174	100.0	100.0

[Q6] Are you using any natural remedies (vitamins, minerals, herbal products or other supplements)?**Question**

Are you using any natural remedies (vitamins, minerals, herbal products or other supplements)?

Frequencies

label	value	n	%	v. %
No	0	1298	40.9	41.2
Yes, occasionally	1	1101	34.7	35.0
Yes, regularly or often	2	748	23.6	23.8
System missing (SYSMIS)	.	27	0.9	–
		3174	100.0	100.0

[Q7] Have you used or do you use performance-enhancing substances?**Question**

Have you used or do you use performance-enhancing substances?

Frequencies

label	value	n	%	v. %
No, have never used	0	3025	95.3	96.6
Yes, have used previously	1	63	2.0	2.0
Yes, currently using	2	43	1.4	1.4
System missing (SYSMIS)	.	43	1.4	–
		3174	100.0	100.0

[Q8A] (Men) How tall are you? (cm)**Question**

(Men) How tall are you? (cm)

Descriptive statistics

statistic	value
number of valid cases	1207
minimum	169.00
maximum	191.00
mean	180.29
standard deviation	5.89

[Q8B] (Women) How tall are you? (cm)**Question**

(Women) How tall are you? (cm)

Descriptive statistics

statistic	value
number of valid cases	1936
minimum	154.00

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statistic	value
maximum	181.00
mean	166.59
standard deviation	6.01

[Q9A] (Men) How much do you weigh? (kg)

Question

(Men) How much do you weigh? (kg)

Descriptive statistics

statistic	value
number of valid cases	1205
minimum	59.00
maximum	111.00
mean	76.88
standard deviation	10.62

[Q9B] (Women) How much do you weigh? (kg)

Question

(Women) How much do you weigh? (kg)

Descriptive statistics

statistic	value
number of valid cases	1922
minimum	49.00
maximum	101.00
mean	60.98
standard deviation	9.14

[Q10_1] Changes in weight over the last 12 months: Lost weight (kg)

Question

Changes in weight over the last 12 months: Lost weight (kg)

Descriptive statistics

statistic	value
number of valid cases	473
minimum	1.00
maximum	20.00
mean	4.78
standard deviation	3.03

[Q10_2] Changes in weight over the last 12 months: Weight has remained the same

Question

Changes in weight over the last 12 months: Weight has remained the same

Frequencies

label	value	n	%	v. %
Has remained the same	2	1721	54.2	100.0
System missing (SYSMIS)	.	1453	45.8	–
		3174	100.0	100.0

[Q10_3] Changes in weight over the last 12 months: Gained weight (kg)

Question

Changes in weight over the last 12 months: Gained weight (kg)

Descriptive statistics

statistic	value
number of valid cases	942
minimum	1.00
maximum	20.00
mean	4.07
standard deviation	2.63

[Q11] What do you think of your weight? Do you think you are...

Question

What do you think of your weight? Do you think you are...

Frequencies

label	value	n	%	v. %
Seriously underweight	1	15	0.5	0.5
Somewhat underweight	2	229	7.2	7.3
Just the right weight	3	1888	59.5	60.1
Somewhat overweight	4	926	29.2	29.5
Seriously overweight	5	85	2.7	2.7
System missing (SYSMIS)	.	31	1.0	–
		3174	100.0	100.0

[Q12] Is your relationship to food normal?**Question**

Is your relationship to food normal?

Frequencies

label	value	n	%	v. %
No	0	208	6.6	6.6
Yes	1	2670	84.1	84.9
Can't say	2	267	8.4	8.5
System missing (SYSMIS)	.	29	0.9	–
		3174	100.0	100.0

[Q13] Have you ever lost a lot of weight through dieting?**Question**

Have you ever lost a lot of weight through dieting?

Frequencies

label	value	n	%	v. %
No	0	2429	76.5	77.3
Yes, dieting was planned and controlled	1	559	17.6	17.8
Yes, dieting got out of control	2	155	4.9	4.9
System missing (SYSMIS)	.	31	1.0	–
		3174	100.0	100.0

[Q14_1] Have you experienced any of the following during the past month (30 days): Headache

Question

Have you experienced any of the following during the past month (30 days): Headache

Frequencies

label	value	n	%	v. %
Not at all	0	807	25.4	25.7
Occasionally	1	1882	59.3	60.0
Weekly	2	386	12.2	12.3
Daily or almost daily	3	60	1.9	1.9
System missing (SYSMIS)	.	39	1.2	–
		3174	100.0	100.0

[Q14_2] Have you experienced any the following during the past month (30 days): Dizziness

Question

Have you experienced any the following during the past month (30 days): Dizziness

Frequencies

label	value	n	%	v. %
Not at all	0	2193	69.1	70.5
Occasionally	1	816	25.7	26.2
Weekly	2	74	2.3	2.4
Daily or almost daily	3	27	0.9	0.9
System missing (SYSMIS)	.	64	2.0	–
		3174	100.0	100.0

[Q14_3] Have you experienced any the following during the past month (30 days): Exhaustion, fatigue

Question

Have you experienced any the following during the past month (30 days): Exhaustion, fatigue

Frequencies

label	value	n	%	v. %
Not at all	0	612	19.3	19.5
Occasionally	1	1699	53.5	54.3
Weekly	2	614	19.3	19.6
Daily or almost daily	3	206	6.5	6.6
System missing (SYSMIS)	.	43	1.4	–
		3174	100.0	100.0

[Q14_4] Have you experienced any the following during the past month (30 days): Shoulder or neck pain or discomfort

Question

Have you experienced any the following during the past month (30 days): Shoulder or neck pain or discomfort

Frequencies

label	value	n	%	v. %
Not at all	0	1199	37.8	38.3
Occasionally	1	1155	36.4	36.9
Weekly	2	527	16.6	16.8
Daily or almost daily	3	249	7.8	8.0
System missing (SYSMIS)	.	44	1.4	–
		3174	100.0	100.0

[Q14_5] Have you experienced any of the following during the past month (30 days): Lower back pain or discomfort

Question

Have you experienced any of the following during the past month (30 days): Lower back pain or discomfort

Frequencies

label	value	n	%	v. %
Not at all	0	1943	61.2	62.3
Occasionally	1	860	27.1	27.6
Weekly	2	216	6.8	6.9
Daily or almost daily	3	101	3.2	3.2
System missing (SYSMIS)	.	54	1.7	–

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2. Variables

(cont. from previous page)

label	value	n	%	v. %
		3174	100.0	100.0

[Q14_6] Have you experienced any the following during the past month (30 days): Pain in the limbs or joints

Question

Have you experienced any the following during the past month (30 days): Pain in the limbs or joints

Frequencies

label	value	n	%	v. %
Not at all	0	2218	69.9	71.3
Occasionally	1	687	21.6	22.1
Weekly	2	148	4.7	4.8
Daily or almost daily	3	59	1.9	1.9
System missing (SYSMIS)	.	62	2.0	—
		3174	100.0	100.0

[Q14_7] Have you experienced any of the following during the past month (30 days): Stomach pain, heartburn/acid indigestion

Question

Have you experienced any of the following during the past month (30 days): Stomach pain, heartburn/acid indigestion

Frequencies

label	value	n	%	v. %
Not at all	0	1591	50.1	50.8
Occasionally	1	1191	37.5	38.1
Weekly	2	271	8.5	8.7
Daily or almost daily	3	77	2.4	2.5
System missing (SYSMIS)	.	44	1.4	—
		3174	100.0	100.0

[Q14_8] Have you experienced any of the following during the past month (30 days): Nausea or vomiting

Question

Have you experienced any of the following during the past month (30 days): Nausea or vomiting

Frequencies

label	value	n	%	v. %
Not at all	0	2714	85.5	87.2
Occasionally	1	350	11.0	11.2
Weekly	2	36	1.1	1.2
Daily or almost daily	3	14	0.4	0.4
System missing (SYSMIS)	.	60	1.9	–
		3174	100.0	100.0

[Q14_9] Have you experienced any of the following during the past month (30 days): Flatulence or swelling

Question

Have you experienced any of the following during the past month (30 days): Flatulence or swelling

Frequencies

label	value	n	%	v. %
Not at all	0	1252	39.4	39.9
Occasionally	1	1219	38.4	38.9
Weekly	2	440	13.9	14.0
Daily or almost daily	3	224	7.1	7.1
System missing (SYSMIS)	.	39	1.2	–
		3174	100.0	100.0

[Q14_10] Have you experienced any the following during the past month (30 days): Constipation or diarrhea

Question

Have you experienced any the following during the past month (30 days): Constipation or diarrhea

Frequencies

label	value	n	%	v. %
Not at all	0	2262	71.3	72.5
Occasionally	1	685	21.6	21.9
Weekly	2	136	4.3	4.4
Daily or almost daily	3	39	1.2	1.2
System missing (SYSMIS)	.	52	1.6	–
		3174	100.0	100.0

[Q14_11] Have you experienced any the following during the past month (30 days): Heart palpitations, irregular heartbeat

Question

Have you experienced any the following during the past month (30 days): Heart palpitations, irregular heartbeat

Frequencies

label	value	n	%	v. %
Not at all	0	2597	81.8	83.2
Occasionally	1	442	13.9	14.2
Weekly	2	67	2.1	2.1
Daily or almost daily	3	17	0.5	0.5
System missing (SYSMIS)	.	51	1.6	–
		3174	100.0	100.0

[Q14_12] Have you experienced any of the following during the past month (30 days): Skin problems

Question

Have you experienced any of the following during the past month (30 days): Skin problems

Frequencies

label	value	n	%	v. %
Not at all	0	1868	58.9	59.7
Occasionally	1	771	24.3	24.6
Weekly	2	215	6.8	6.9

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label	value	n	%	v. %
Daily or almost daily	3	274	8.6	8.8
System missing (SYSMIS)	.	46	1.4	–
		3174	100.0	100.0

[Q14_13] Have you experienced any of the following during the past month (30 days): Voice problems

Question

Have you experienced any of the following during the past month (30 days): Voice problems

Frequencies

label	value	n	%	v. %
Not at all	0	2847	89.7	91.3
Occasionally	1	232	7.3	7.4
Weekly	2	23	0.7	0.7
Daily or almost daily	3	16	0.5	0.5
System missing (SYSMIS)	.	56	1.8	–
		3174	100.0	100.0

[Q14_14] Have you experienced any of the following during the past month (30 days): Rhinitis, stuffy/runny nose

Question

Have you experienced any of the following during the past month (30 days): Rhinitis, stuffy/runny nose

Frequencies

label	value	n	%	v. %
Not at all	0	988	31.1	31.5
Occasionally	1	1502	47.3	48.0
Weekly	2	386	12.2	12.3
Daily or almost daily	3	256	8.1	8.2
System missing (SYSMIS)	.	42	1.3	–
		3174	100.0	100.0

[Q14_15] Have you experienced any of the following during the past month (30 days): Throat problems (sore throat, phlegm)

Question

Have you experienced any of the following during the past month (30 days): Throat problems (sore throat, phlegm)

Frequencies

label	value	n	%	v. %
Not at all	0	1860	58.6	59.6
Occasionally	1	1028	32.4	32.9
Weekly	2	151	4.8	4.8
Daily or almost daily	3	82	2.6	2.6
System missing (SYSMIS)	.	53	1.7	–
		3174	100.0	100.0

[Q14_16] Have you experienced any the following during the past month (30 days): Persistent cough or shortness of breath

Question

Have you experienced any the following during the past month (30 days): Persistent cough or shortness of breath

Frequencies

label	value	n	%	v. %
Not at all	0	2778	87.5	89.1
Occasionally	1	243	7.7	7.8
Weekly	2	55	1.7	1.8
Daily or almost daily	3	43	1.4	1.4
System missing (SYSMIS)	.	55	1.7	–
		3174	100.0	100.0

[Q14_17] Have you experienced any the following during the past month (30 days): Bleeding gums or other gum problems

Question

Have you experienced any the following during the past month (30 days): Bleeding gums or other gum problems

Frequencies

label	value	n	%	v. %
Not at all	0	2438	76.8	78.0
Occasionally	1	593	18.7	19.0
Weekly	2	57	1.8	1.8
Daily or almost daily	3	37	1.2	1.2
System missing (SYSMIS)	.	49	1.5	–
		3174	100.0	100.0

[Q14_18] Have you experienced any of the following during the past month (30 days): Dental problems (sensitive teeth, toothache)

Question

Have you experienced any of the following during the past month (30 days): Dental problems (sensitive teeth, toothache)

Frequencies

label	value	n	%	v. %
Not at all	0	2436	76.7	78.0
Occasionally	1	583	18.4	18.7
Weekly	2	71	2.2	2.3
Daily or almost daily	3	33	1.0	1.1
System missing (SYSMIS)	.	51	1.6	–
		3174	100.0	100.0

[Q14_19] Have you experienced any of the following during the past month (30 days): Wisdom tooth problems

Question

Have you experienced any of the following during the past month (30 days): Wisdom tooth problems

Frequencies

label	value	n	%	v. %
Not at all	0	2811	88.6	89.8
Occasionally	1	265	8.3	8.5

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2. Variables

(cont. from previous page)

label	value	n	%	v. %
Weekly	2	37	1.2	1.2
Daily or almost daily	3	16	0.5	0.5
System missing (SYSMIS)	.	45	1.4	–
		3174	100.0	100.0

[Q14_20] Have you experienced any of the following during the past month (30 days): Bite (occlusion) problems

Question

Have you experienced any of the following during the past month (30 days): Bite (occlusion) problems

Frequencies

label	value	n	%	v. %
Not at all	0	2801	88.2	89.7
Occasionally	1	189	6.0	6.1
Weekly	2	60	1.9	1.9
Daily or almost daily	3	72	2.3	2.3
System missing (SYSMIS)	.	52	1.6	–
		3174	100.0	100.0

[Q14_21] Have you experienced any the following during the past month (30 days): Waking up during the night or difficulty in falling asleep

Question

Have you experienced any the following during the past month (30 days): Waking up during the night or difficulty in falling asleep

Frequencies

label	value	n	%	v. %
Not at all	0	1614	50.9	51.6
Occasionally	1	1041	32.8	33.3
Weekly	2	348	11.0	11.1
Daily or almost daily	3	123	3.9	3.9
System missing (SYSMIS)	.	48	1.5	–

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(cont. from previous page)

label	value	n	%	v. %
		3174	100.0	100.0

[Q14_22] Have you experienced any of the following during the past month (30 days): Difficulty concentrating

Question

Have you experienced any of the following during the past month (30 days): Difficulty concentrating

Frequencies

label	value	n	%	v. %
Not at all	0	1590	50.1	50.9
Occasionally	1	1139	35.9	36.5
Weekly	2	284	8.9	9.1
Daily or almost daily	3	111	3.5	3.6
System missing (SYSMIS)	.	50	1.6	–
		3174	100.0	100.0

[Q14_23] Have you experienced any the following during the past month (30 days): Nervous tension/nervousness

Question

Have you experienced any the following during the past month (30 days): Nervous tension/nervousness

Frequencies

label	value	n	%	v. %
Not at all	0	1499	47.2	48.0
Occasionally	1	1221	38.5	39.1
Weekly	2	308	9.7	9.9
Daily or almost daily	3	98	3.1	3.1
System missing (SYSMIS)	.	48	1.5	–
		3174	100.0	100.0

[Q14_24] Have you experienced any the following during the past month (30 days): Depression or feeling low

Question

Have you experienced any the following during the past month (30 days): Depression or feeling low

Frequencies

label	value	n	%	v. %
Not at all	0	1592	50.2	50.9
Occasionally	1	1129	35.6	36.1
Weekly	2	306	9.6	9.8
Daily or almost daily	3	101	3.2	3.2
System missing (SYSMIS)	.	46	1.4	–
		3174	100.0	100.0

[Q14_25] Have you experienced any of the following during the past month (30 days): Anxiety

Question

Have you experienced any of the following during the past month (30 days): Anxiety

Frequencies

label	value	n	%	v. %
Not at all	0	2158	68.0	69.2
Occasionally	1	698	22.0	22.4
Weekly	2	187	5.9	6.0
Daily or almost daily	3	74	2.3	2.4
System missing (SYSMIS)	.	57	1.8	–
		3174	100.0	100.0

[Q14_26] Have you experienced any of the following during the past month (30 days): Something else

Question

Have you experienced any of the following during the past month (30 days): Something else

Frequencies

label	value	n	%	v. %
Not at all	0	2347	73.9	97.5
Occasionally	1	21	0.7	0.9
Weekly	2	19	0.6	0.8
Daily or almost daily	3	20	0.6	0.8
System missing (SYSMIS)	.	767	24.2	—
		3174	100.0	100.0

[Q14_26_1] Something else, please specify (open-ended)

Question

Something else, please specify (open-ended)

[Q15_1_1] Have you experienced any of the following women's health issues during the past 6 months: No

Question

Have you experienced any of the following women's health issues during the past 6 months: No

Frequencies

label	value	n	%	v. %
Not mentioned	0	1132	35.7	58.7
Mentioned	1	795	25.0	41.3
System missing (SYSMIS)	.	1247	39.3	—
		3174	100.0	100.0

[Q15_1_2] Have you experienced any of the following women's health issues during the past 6 months: Menstrual pain requiring medication

Question

Have you experienced any of the following women's health issues during the past 6 months: Menstrual pain requiring medication

Frequencies

label	value	n	%	v. %
Not mentioned	0	1258	39.6	65.3

(continued on next page)

2. Variables

(cont. from previous page)

label	value	n	%	v. %
Mentioned	1	669	21.1	34.7
System missing (SYSMIS)	.	1247	39.3	–
		3174	100.0	100.0

[Q15_1_3] Have you experienced any of the following women's health issues during the past 6 months: Menstruation problems

Question

Have you experienced any of the following women's health issues during the past 6 months: Menstruation problems

Frequencies

label	value	n	%	v. %
Not mentioned	0	1656	52.2	85.9
Mentioned	1	271	8.5	14.1
System missing (SYSMIS)	.	1247	39.3	–
		3174	100.0	100.0

[Q15_1_4] Have you experienced any of the following during the past 6 months: Abnormal vaginal discharge

Question

Have you experienced any of the following during the past 6 months: Abnormal vaginal discharge

Frequencies

label	value	n	%	v. %
Not mentioned	0	1680	52.9	87.2
Mentioned	1	247	7.8	12.8
System missing (SYSMIS)	.	1247	39.3	–
		3174	100.0	100.0

[Q15_1_5] Have you experienced any of the following women's health issues during the past 6 months: Pain during intercourse

Question

*Have you experienced any of the following women's health issues during the past 6 months:
Pain during intercourse*

Frequencies

label	value	n	%	v. %
Not mentioned	0	1699	53.5	88.2
Mentioned	1	228	7.2	11.8
System missing (SYSMIS)	.	1247	39.3	–
		3174	100.0	100.0

[Q15_1_6] Have you experienced any of the following women's health issues during the past 6 months: Other health issue

Question

*Have you experienced any of the following women's health issues during the past 6 months:
Other health issue*

Frequencies

label	value	n	%	v. %
Not mentioned	0	1808	57.0	93.8
Mentioned	1	119	3.7	6.2
System missing (SYSMIS)	.	1247	39.3	–
		3174	100.0	100.0

[Q15_1_61] Other health issue, please specify (open-ended)

Question

Other health issue, please specify (open-ended)

[Q15_2_1] Have you experienced any of the following men's health issues during the past 6 months: No

Question

Have you experienced any of the following men's health issues during the past 6 months: No

2. Variables

Frequencies

label	value	n	%	v. %
Not mentioned	0	137	4.3	11.4
Mentioned	1	1061	33.4	88.6
System missing (SYSMIS)	.	1976	62.3	–
		3174	100.0	100.0

[Q15_2_2] Have you experienced any of the following men's health issues during the past 6 months: Foreskin problems (infection, tightness etc.)

Question

Have you experienced any of the following men's health issues during the past 6 months: Foreskin problems (infection, tightness etc.)

Frequencies

label	value	n	%	v. %
Not mentioned	0	1145	36.1	95.6
Mentioned	1	53	1.7	4.4
System missing (SYSMIS)	.	1976	62.3	–
		3174	100.0	100.0

[Q15_2_3] Have you experienced any of the following men's health issues during the past 6 months: Urethral problems (discharge or irritation)

Question

Have you experienced any of the following men's health issues during the past 6 months: Urethral problems (discharge or irritation)

Frequencies

label	value	n	%	v. %
Not mentioned	0	1173	37.0	97.9
Mentioned	1	25	0.8	2.1
System missing (SYSMIS)	.	1976	62.3	–
		3174	100.0	100.0

[Q15_2_4] Have you experienced any of the following men's health issues during the past 6 months: Erection problems

Question

Have you experienced any of the following men's health issues during the past 6 months: Erection problems

Frequencies

label	value	n	%	v. %
Not mentioned	0	1155	36.4	96.4
Mentioned	1	43	1.4	3.6
System missing (SYSMIS)	.	1976	62.3	–
		3174	100.0	100.0

[Q15_2_5] Have you experienced any of the following men's health issues during the past 6 months: Prostate problems

Question

Have you experienced any of the following men's health issues during the past 6 months: Prostate problems

Frequencies

label	value	n	%	v. %
Not mentioned	0	1187	37.4	99.1
Mentioned	1	11	0.3	0.9
System missing (SYSMIS)	.	1976	62.3	–
		3174	100.0	100.0

[Q15_2_6] Have you experienced any of the following men's health issues during the past 6 months: Other health issue

Question

Have you experienced any of the following men's health issues during the past 6 months: Other health issue

Frequencies

2. Variables

label	value	n	%	v. %
Not mentioned	0	1176	37.1	98.2
Mentioned	1	22	0.7	1.8
System missing (SYSMIS)	.	1976	62.3	–
		3174	100.0	100.0

[Q15_2_61] Other health issue, please specify (open-ended)

Question

Other health issue, please specify (open-ended)

[Q16] Have you recently been able to concentrate on whatever you are doing?

Question

Have you recently been able to concentrate on whatever you are doing?

Frequencies

label	value	n	%	v. %
Better than usual	1	166	5.2	5.3
Same as usual	2	2210	69.6	70.2
Less than usual	3	706	22.2	22.4
Much less than usual	4	64	2.0	2.0
System missing (SYSMIS)	.	28	0.9	–
		3174	100.0	100.0

[Q17] Have you recently lost much sleep over worry?

Question

Have you recently lost much sleep over worry?

Frequencies

label	value	n	%	v. %
Not at all	1	1310	41.3	41.6
No more than usual	2	1305	41.1	41.5
Rather more than usual	3	459	14.5	14.6

(continued on next page)

(cont. from previous page)

label	value	n	%	v. %
Much more than usual	4	74	2.3	2.4
System missing (SYSMIS)	.	26	0.8	–
		3174	100.0	100.0

[Q18] Have you recently felt that you are playing a useful part in things?

Question

Have you recently felt that you are playing a useful part in things?

Frequencies

label	value	n	%	v. %
More so than usual	1	399	12.6	12.7
Same as usual	2	2332	73.5	74.2
Rather less than usual	3	349	11.0	11.1
Much less than usual	4	64	2.0	2.0
System missing (SYSMIS)	.	30	0.9	–
		3174	100.0	100.0

[Q19] Have you recently felt capable of making decisions about things?

Question

Have you recently felt capable of making decisions about things?

Frequencies

label	value	n	%	v. %
Better than usual	1	308	9.7	9.8
Same as usual	2	2460	77.5	78.2
Less than usual	3	340	10.7	10.8
Much less than usual	4	37	1.2	1.2
System missing (SYSMIS)	.	29	0.9	–
		3174	100.0	100.0

[Q20] Have you recently felt constantly under strain?

Question

Have you recently felt constantly under strain?

Frequencies

label	value	n	%	v. %
Not at all	1	700	22.1	22.2
No more than usual	2	1341	42.2	42.6
Rather more than usual	3	934	29.4	29.7
Much more than usual	4	173	5.5	5.5
System missing (SYSMIS)	.	26	0.8	–
		3174	100.0	100.0

[Q21] Have you recently felt you couldn't overcome your difficulties?**Question**

Have you recently felt you couldn't overcome your difficulties?

Frequencies

label	value	n	%	v. %
Not at all	1	1480	46.6	47.0
No more than usual	2	1192	37.6	37.9
Rather more than usual	3	396	12.5	12.6
Much more than usual	4	79	2.5	2.5
System missing (SYSMIS)	.	27	0.9	–
		3174	100.0	100.0

[Q22] Have you recently been able to enjoy your normal day to day activities?**Question**

Have you recently been able to enjoy your normal day to day activities?

Frequencies

label	value	n	%	v. %
More so than usual	1	351	11.1	11.2
Same as usual	2	2246	70.8	71.4
Less so than usual	3	489	15.4	15.5
Much less than usual	4	60	1.9	1.9
System missing (SYSMIS)	.	28	0.9	–
		3174	100.0	100.0

[Q23] Have you recently been able to face up to your problems?**Question**

Have you recently been able to face up to your problems?

Frequencies

label	value	n	%	v. %
Better than usual	1	336	10.6	10.7
Same as usual	2	2486	78.3	79.0
Less than usual	3	289	9.1	9.2
Much less than usual	4	35	1.1	1.1
System missing (SYSMIS)	.	28	0.9	—
		3174	100.0	100.0

[Q24] Have you recently been feeling unhappy and depressed?**Question**

Have you recently been feeling unhappy and depressed?

Frequencies

label	value	n	%	v. %
Not at all	1	971	30.6	30.9
No more than usual	2	1300	41.0	41.3
Rather more than usual	3	743	23.4	23.6
Much more than usual	4	133	4.2	4.2
System missing (SYSMIS)	.	27	0.9	—
		3174	100.0	100.0

[Q25] Have you recently been losing confidence in yourself?**Question**

Have you recently been losing confidence in yourself?

Frequencies

label	value	n	%	v. %
Not at all	1	1580	49.8	50.2

(continued on next page)

2. Variables

(cont. from previous page)

label	value	n	%	v. %
No more than usual	2	1110	35.0	35.3
Rather more than usual	3	389	12.3	12.4
Much more than usual	4	68	2.1	2.2
System missing (SYSMIS)	.	27	0.9	–
		3174	100.0	100.0

[Q26] Have you recently been thinking of yourself as a worthless person?

Question

Have you recently been thinking of yourself as a worthless person?

Frequencies

label	value	n	%	v. %
Not at all	1	1967	62.0	62.5
No more than usual	2	810	25.5	25.7
Rather more than usual	3	300	9.5	9.5
Much more than usual	4	69	2.2	2.2
System missing (SYSMIS)	.	28	0.9	–
		3174	100.0	100.0

[Q27] Have you recently been feeling reasonably happy, all things considered?

Question

Have you recently been feeling reasonably happy, all things considered?

Frequencies

label	value	n	%	v. %
More so than usual	1	721	22.7	22.9
Same as usual	2	1920	60.5	61.0
Less so than usual	3	439	13.8	14.0
Much less than usual	4	66	2.1	2.1
System missing (SYSMIS)	.	28	0.9	–
		3174	100.0	100.0

[Q28_1] How do you see the following in your case at present: Progress with studies

Question

How do you see the following in your case at present: Progress with studies

Frequencies

label	value	n	%	v. %
A real problem which makes my life definitely more difficult	3	316	10.0	10.1
Clearly a problem but not always and/or not a very bad problem	4	705	22.2	22.5
No cause for concern	5	593	18.7	18.9
Have generally a positive feeling about this	6	1074	33.8	34.2
Something that gives me great satisfaction	7	406	12.8	12.9
Can't say	8	46	1.4	1.5
System missing (SYSMIS)	.	34	1.1	–
		3174	100.0	100.0

[Q28_2] How do you see the following in your case at present: Public appearances such as giving presentations

Question

How do you see the following in your case at present: Public appearances such as giving presentations

Frequencies

label	value	n	%	v. %
A real problem which makes my life definitely more difficult	3	123	3.9	3.9
Clearly a problem but not always and/or not a very bad problem	4	554	17.5	17.6
No cause for concern	5	845	26.6	26.9
Have generally a positive feeling about this	6	1128	35.5	35.9
Something that gives me great satisfaction	7	462	14.6	14.7
Can't say	8	30	0.9	1.0
System missing (SYSMIS)	.	32	1.0	–
		3174	100.0	100.0

[Q28_3] How do you see the following in your case at present: Making contact with fellow students and other people in general

Question

How do you see the following in your case at present: Making contact with fellow students and other people in general

Frequencies

label	value	n	%	v. %
A real problem which makes my life definitely more difficult	3	56	1.8	1.8
Clearly a problem but not always and/or not a very bad problem	4	259	8.2	8.2
No cause for concern	5	546	17.2	17.4
Have generally a positive feeling about this	6	1403	44.2	44.6
Something that gives me great satisfaction	7	873	27.5	27.7
Can't say	8	9	0.3	0.3
System missing (SYSMIS)	.	28	0.9	—
		3174	100.0	100.0

[Q28_4] How do you see the following in your case at present: Making contact with the opposite sex

Question

How do you see the following in your case at present: Making contact with the opposite sex

Frequencies

label	value	n	%	v. %
A real problem which makes my life definitely more difficult	3	110	3.5	3.5
Clearly a problem but not always and/or not a very bad problem	4	257	8.1	8.2
No cause for concern	5	614	19.3	19.5
Have generally a positive feeling about this	6	1172	36.9	37.3
Something that gives me great satisfaction	7	963	30.3	30.6
Can't say	8	30	0.9	1.0
System missing (SYSMIS)	.	28	0.9	—
		3174	100.0	100.0

[Q28_5] How do you see the following in your case at present: Your sexuality

Question

How do you see the following in your case at present: Your sexuality

Frequencies

label	value	n	%	v. %
A real problem which makes my life definitely more difficult	3	85	2.7	2.7
Clearly a problem but not always and/or not a very bad problem	4	296	9.3	9.4
No cause for concern	5	740	23.3	23.5
Have generally a positive feeling about this	6	1137	35.8	36.2
Something that gives me great satisfaction	7	846	26.7	26.9
Can't say	8	40	1.3	1.3
System missing (SYSMIS)	.	30	0.9	–
		3174	100.0	100.0

[Q28_6] How do you see the following in your case at present: Relationship with your parents

Question

How do you see the following in your case at present: Relationship with your parents

Frequencies

label	value	n	%	v. %
A real problem which makes my life definitely more difficult	3	52	1.6	1.7
Clearly a problem but not always and/or not a very bad problem	4	185	5.8	5.9
No cause for concern	5	559	17.6	17.8
Have generally a positive feeling about this	6	1323	41.7	42.1
Something that gives me great satisfaction	7	1003	31.6	31.9
Can't say	8	23	0.7	0.7
System missing (SYSMIS)	.	29	0.9	–
		3174	100.0	100.0

[Q28_7] How do you see the following in your case at present: Planning the future

Question

How do you see the following in your case at present: Planning the future

Frequencies

label	value	n	%	v. %
A real problem which makes my life definitely more difficult	3	133	4.2	4.2
Clearly a problem but not always and/or not a very bad problem	4	415	13.1	13.2
No cause for concern	5	490	15.4	15.6
Have generally a positive feeling about this	6	1321	41.6	42.0
Something that gives me great satisfaction	7	728	22.9	23.1
Can't say	8	59	1.9	1.9
System missing (SYSMIS)	.	28	0.9	–
		3174	100.0	100.0

[Q28_8] How do you see the following in your case at present: Own endurance and strengths/abilities

Question

How do you see the following in your case at present: Own endurance and strengths/abilities

Frequencies

label	value	n	%	v. %
A real problem which makes my life definitely more difficult	3	91	2.9	2.9
Clearly a problem but not always and/or not a very bad problem	4	391	12.3	12.4
No cause for concern	5	700	22.1	22.3
Have generally a positive feeling about this	6	1475	46.5	46.9
Something that gives me great satisfaction	7	434	13.7	13.8
Can't say	8	54	1.7	1.7
System missing (SYSMIS)	.	29	0.9	–
		3174	100.0	100.0

[Q28_9] How do you see the following in your case at present: How you feel in general/Your mood in general

Question

How do you see the following in your case at present: How you feel in general/Your mood in general

Frequencies

label	value	n	%	v. %
A real problem which makes my life definitely more difficult	3	98	3.1	3.1
Clearly a problem but not always and/or not a very bad problem	4	474	14.9	15.1
No cause for concern	5	691	21.8	22.0
Have generally a positive feeling about this	6	1471	46.3	46.8
Something that gives me great satisfaction	7	355	11.2	11.3
Can't say	8	54	1.7	1.7
System missing (SYSMIS)	.	31	1.0	–
		3174	100.0	100.0

[Q29] Do you smoke nowadays?

Question

Do you smoke nowadays?

Frequencies

label	value	n	%	v. %
Not at all (go to question 32)	0	2482	78.2	78.8
Yes, less often than once a week	1	266	8.4	8.4
Yes, weekly but not daily	2	160	5.0	5.1
Yes, daily	3	240	7.6	7.6
System missing (SYSMIS)	.	26	0.8	–
		3174	100.0	100.0

[Q30_1] On average, how many cigarettes do you smoke in a day?

Question

On average, how many cigarettes do you smoke in a day?

Descriptive statistics

statistic	value
number of valid cases	530
minimum	0.00
maximum	40.00
mean	5.54
standard deviation	6.01

[Q30_2] On average, how many cigars do you smoke in a day?

Question

On average, how many cigars do you smoke in a day?

Descriptive statistics

statistic	value
number of valid cases	236
minimum	0.00
maximum	10.00
mean	0.13
standard deviation	0.84

[Q30_3] On average, how many pipefuls do you smoke in a day?

Question

On average, how many pipefuls do you smoke in a day?

Descriptive statistics

statistic	value
number of valid cases	234
minimum	0.00
maximum	2.00
mean	0.03
standard deviation	0.21

[Q31] Would you like to quit smoking?

Question

Would you like to quit smoking?

Frequencies

label	value	n	%	v. %
No	0	170	5.4	26.1
Yes	1	265	8.3	40.7
Can't say	2	216	6.8	33.2
System missing (SYSMIS)	.	2523	79.5	–
		3174	100.0	100.0

[Q32] Do you use snus (Swedish snuff)/chewing tobacco?**Question**

Do you use snus (Swedish snuff)/chewing tobacco?

Frequencies

label	value	n	%	v. %
No, don't use at all	0	2864	90.2	96.0
Yes, occasionally	1	92	2.9	3.1
Yes, regularly	2	28	0.9	0.9
System missing (SYSMIS)	.	190	6.0	–
		3174	100.0	100.0

[Q33_1] Have you ever tried or used any drugs, medicine or medicine+alcohol for intoxication purposes: Cannabis (hashish, marijuana)**Question**

Have you ever tried or used any drugs, medicine or medicine+alcohol for intoxication purposes: Cannabis (hashish, marijuana)

Frequencies

label	value	n	%	v. %
No	0	2567	80.9	81.7
Once	1	208	6.6	6.6
2-4 times	2	218	6.9	6.9
More often	3	148	4.7	4.7
System missing (SYSMIS)	.	33	1.0	–
		3174	100.0	100.0

[Q33_2] Have you ever tried or used any drugs, medicine or medicine+alcohol for intoxication purposes: Intravenous drugs

Question

Have you ever tried or used any drugs, medicine or medicine+alcohol for intoxication purposes: Intravenous drugs

Frequencies

label	value	n	%	v. %
No	0	3137	98.8	99.9
Once	1	1	0.0	0.0
2-4 times	2	0	0.0	0.0
More often	3	3	0.1	0.1
System missing (SYSMIS)	.	33	1.0	–
		3174	100.0	100.0

[Q33_3] Have you ever tried or used any drugs, medicine or medicine+alcohol for intoxication purposes: Other drugs

Question

Have you ever tried or used any drugs, medicine or medicine+alcohol for intoxication purposes: Other drugs

Frequencies

label	value	n	%	v. %
No	0	3078	97.0	98.0
Once	1	30	0.9	1.0
2-4 times	2	19	0.6	0.6
More often	3	14	0.4	0.4
System missing (SYSMIS)	.	33	1.0	–
		3174	100.0	100.0

[Q33_4] Have you ever tried or used any drugs, medicine or medicine+alcohol for intoxication purposes: Medicine

Question

Have you ever tried or used any drugs, medicine or medicine+alcohol for intoxication purposes: Medicine

Frequencies

label	value	n	%	v. %
No	0	3103	97.8	98.8
Once	1	15	0.5	0.5
2-4 times	2	12	0.4	0.4
More often	3	11	0.3	0.4
System missing (SYSMIS)	.	33	1.0	–
		3174	100.0	100.0

[Q33_5] Have you ever tried or used any drugs, medicine or medicine+alcohol for intoxication purposes: Medicine and alcohol together**Question**

Have you ever tried or used any drugs, medicine or medicine+alcohol for intoxication purposes: Medicine and alcohol together

Frequencies

label	value	n	%	v. %
No	0	3042	95.8	96.8
Once	1	55	1.7	1.8
2-4 times	2	29	0.9	0.9
More often	3	15	0.5	0.5
System missing (SYSMIS)	.	33	1.0	–
		3174	100.0	100.0

[Q34_1] How many bottles of III beer (beer with 3.7 - 4.7% abv, 33 cl) do you drink on an average week?**Question**

How many bottles of III beer (beer with 3.7 - 4.7% abv, 33 cl) do you drink on an average week?

Descriptive statistics

statistic	value
number of valid cases	3086
minimum	0.00
maximum	70.00

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2. Variables

(cont. from previous page)

statistic	value
mean	2.01
standard deviation	3.82

[Q34_2] How many bottles of IVA beer (beer with 4.8 - 5.2% abv, 33 cl) do you drink on an average week?

Question

How many bottles of IVA beer (beer with 4.8 - 5.2% abv, 33 cl) do you drink on an average week?

Descriptive statistics

statistic	value
number of valid cases	2952
minimum	0.00
maximum	20.00
mean	0.14
standard deviation	0.86

[Q34_3] How many bottles of cider (33 cl) do you drink on an average week?

Question

How many bottles of cider (33 cl) do you drink on an average week?

Descriptive statistics

statistic	value
number of valid cases	3028
minimum	0.00
maximum	15.00
mean	0.93
standard deviation	1.48

[Q34_4] How many bottles of long drink (gin-and-grapefruit beverage, 33 cl) do you drink on an average week?

Question

How many bottles of long drink (gin-and-grapefruit beverage, 33 cl) do you drink on an average week?

Descriptive statistics

statistic	value
number of valid cases	2945
minimum	0.00
maximum	10.00
mean	0.09
standard deviation	0.47

[Q34_5] How many glasses of wine (12 cl) do you drink on an average week?

Question

How many glasses of wine (12 cl) do you drink on an average week?

Descriptive statistics

statistic	value
number of valid cases	3020
minimum	0.00
maximum	20.00
mean	0.95
standard deviation	1.65

[Q34_6] How many glasses of spirits (4 cl) do you drink on an average week?

Question

How many glasses of spirits (4 cl) do you drink on an average week?

Descriptive statistics

2. Variables

statistic	value
number of valid cases	2997
minimum	0.00
maximum	30.00
mean	0.51
standard deviation	1.41

[Q35] Do you feel that the influence of your friends causes you to drink more alcohol than you would in fact like to drink?

Question

Do you feel that the influence of your friends causes you to drink more alcohol than you would in fact like to drink?

Frequencies

label	value	n	%	v. %
No	1	2756	86.8	87.7
Sometimes	2	360	11.3	11.5
Often	3	27	0.9	0.9
System missing (SYSMIS)	.	31	1.0	–
		3174	100.0	100.0

[Q36] If you are at a party/gathering where alcohol is served, is there also a non-alcoholic alternative on offer?

Question

If you are at a party/gathering where alcohol is served, is there also a non-alcoholic alternative on offer?

Frequencies

label	value	n	%	v. %
Almost always	1	1638	51.6	52.3
Occasionally	2	1016	32.0	32.4
Hardly ever	3	477	15.0	15.2
System missing (SYSMIS)	.	43	1.4	–
		3174	100.0	100.0

[Q37] If someone from your own group chooses the non-alcoholic option, will this choice draw the attention of others?

Question

If someone from your own group chooses the non-alcoholic option, will this choice draw the attention of others?

Frequencies

label	value	n	%	v. %
Generally not	1	1924	60.6	61.5
Sometimes	2	943	29.7	30.1
Almost always	3	263	8.3	8.4
System missing (SYSMIS)	.	44	1.4	–
		3174	100.0	100.0

[Q38] How often do you have a drink containing alcohol?

Question

How often do you have a drink containing alcohol?

Frequencies

label	value	n	%	v. %
Never	0	168	5.3	5.3
Monthly or less	1	882	27.8	28.1
2 to 3 times a month	2	1035	32.6	32.9
Once a week	3	637	20.1	20.3
2 to 3 times a week	4	383	12.1	12.2
4 or more times a week	5	39	1.2	1.2
System missing (SYSMIS)	.	30	0.9	–
		3174	100.0	100.0

[Q39] How many drinks containing alcohol do you have on a typical day when you are drinking?

Question

How many drinks containing alcohol do you have on a typical day when you are drinking?

Frequencies

2. Variables

label	value	n	%	v. %
1 or 2 drinks	0	1056	33.3	35.2
3 or 4 drinks	1	870	27.4	29.0
5 or 6 drinks	2	562	17.7	18.7
7 to 9 drinks	3	344	10.8	11.5
10 or more drinks	4	172	5.4	5.7
System missing (SYSMIS)	.	170	5.4	—
		3174	100.0	100.0

[Q40] How often do you have six or more drinks on one occasion?

Question

How often do you have six or more drinks on one occasion?

Frequencies

label	value	n	%	v. %
Never	0	705	22.2	22.7
Less than monthly	1	1263	39.8	40.7
Monthly	2	804	25.3	25.9
Weekly	3	327	10.3	10.5
Almost daily	4	3	0.1	0.1
System missing (SYSMIS)	.	72	2.3	—
		3174	100.0	100.0

[Q41] How often during the last year have you found that you were not able to stop drinking once you had started?

Question

How often during the last year have you found that you were not able to stop drinking once you had started?

Frequencies

label	value	n	%	v. %
I'm always able to stop drinking	0	2645	83.3	86.6
Less than monthly	1	331	10.4	10.8
Monthly	2	63	2.0	2.1
Weekly	3	14	0.4	0.5
Almost daily	4	1	0.0	0.0

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label	value	n	%	v. %
System missing (SYSMIS)	.	120	3.8	–
		3174	100.0	100.0

[Q42] How often during the last year have you failed to do what you had planned to do because of drinking?

Question

How often during the last year have you failed to do what you had planned to do because of drinking?

Frequencies

label	value	n	%	v. %
Drinking never prevents me from carrying out my plans	0	2109	66.4	68.7
Less than monthly	1	823	25.9	26.8
Monthly	2	126	4.0	4.1
Weekly	3	10	0.3	0.3
Almost daily	4	1	0.0	0.0
System missing (SYSMIS)	.	105	3.3	–
		3174	100.0	100.0

[Q43] How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?

Question

How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?

Frequencies

label	value	n	%	v. %
Never	0	2876	90.6	93.1
Less than monthly	1	179	5.6	5.8
Monthly	2	29	0.9	0.9
Weekly	3	4	0.1	0.1
Almost daily	4	0	0.0	0.0

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2. Variables

(cont. from previous page)

label	value	n	%	v. %
System missing (SYSMIS)	.	86	2.7	–
		3174	100.0	100.0

[Q44] How often during the last year have you had a feeling of guilt or remorse after drinking?

Question

How often during the last year have you had a feeling of guilt or remorse after drinking?

Frequencies

label	value	n	%	v. %
Never	0	1642	51.7	53.5
Less than monthly	1	1192	37.6	38.9
Monthly	2	199	6.3	6.5
Weekly	3	33	1.0	1.1
Almost daily	4	2	0.1	0.1
System missing (SYSMIS)	.	106	3.3	–
		3174	100.0	100.0

[Q45] How often during the last year have you been unable to remember what happened the night before because you had been drinking?

Question

How often during the last year have you been unable to remember what happened the night before because you had been drinking?

Frequencies

label	value	n	%	v. %
I always remember what happened	0	2038	64.2	66.6
Less than monthly	1	896	28.2	29.3
Monthly	2	111	3.5	3.6
Weekly	3	15	0.5	0.5
Almost daily	4	0	0.0	0.0
System missing (SYSMIS)	.	114	3.6	–
		3174	100.0	100.0

[Q46] Have you or someone else been injured as a result of your drinking?**Question**

Have you or someone else been injured as a result of your drinking?

Frequencies

label	value	n	%	v. %
No, never	0	2647	83.4	86.2
Yes, but not in the last year	2	299	9.4	9.7
Yes, during the last year	4	125	3.9	4.1
System missing (SYSMIS)	.	103	3.2	—
		3174	100.0	100.0

[Q47] Has a relative or friend or a doctor or another health worker been concerned about your drinking or suggested you cut down?**Question**

Has a relative or friend or a doctor or another health worker been concerned about your drinking or suggested you cut down?

Frequencies

label	value	n	%	v. %
No, never	0	2774	87.4	90.1
Yes, but not in the last year	2	133	4.2	4.3
Yes, during the last year	4	171	5.4	5.6
System missing (SYSMIS)	.	96	3.0	—
		3174	100.0	100.0

[Q48] When buying/acquiring food, do you take health factors into account?**Question**

When buying/acquiring food, do you take health factors into account?

Frequencies

2. Variables

label	value	n	%	v. %
Never or very seldom	0	192	6.0	6.1
Occasionally	1	1216	38.3	38.7
Often	2	1735	54.7	55.2
System missing (SYSMIS)	.	31	1.0	–
		3174	100.0	100.0

[Q49] Where do you generally eat your main meal?

Question

Where do you generally eat your main meal?

Frequencies

label	value	n	%	v. %
In a student or staff restaurant	1	1688	53.2	53.7
In other public restaurant	2	60	1.9	1.9
At my parents' home	3	97	3.1	3.1
In my own home	4	1255	39.5	39.9
Somewhere else	5	42	1.3	1.3
System missing (SYSMIS)	.	32	1.0	–
		3174	100.0	100.0

[Q49_1] Where do you generally eat your main meal? Somewhere else, please specify (open-ended)

Question

Where do you generally eat your main meal? Somewhere else, please specify (open-ended)

[Q50_1] How many cups of coffee (cup = 1,5 dl) do you usually drink per day?

Question

How many cups of coffee (cup = 1,5 dl) do you usually drink per day?

Descriptive statistics

statistic	value
number of valid cases	3116
minimum	0.00
maximum	30.00
mean	1.65
standard deviation	1.96

[Q50_2] How many cups of tea (cup = 1,5 dl) do you usually drink per day?

Question

How many cups of tea (cup = 1,5 dl) do you usually drink per day?

Descriptive statistics

statistic	value
number of valid cases	3026
minimum	0.00
maximum	23.00
mean	0.98
standard deviation	1.42

[Q51] What kind of spread do you generally use on bread?

Question

What kind of spread do you generally use on bread?

Frequencies

label	value	n	%	v. %
None	0	808	25.5	25.8
Light spread with 25- 65% fat	1	1014	31.9	32.4
Spread with 70-80% fat	2	971	30.6	31.0
Butter	3	136	4.3	4.3
Cheese spread	4	205	6.5	6.5
System missing (SYSMIS)	.	40	1.3	—
		3174	100.0	100.0

[Q52] How often do you add salt to your food at the table?

Question

How often do you add salt to your food at the table?

Frequencies

label	value	n	%	v. %
Hardly ever	0	2571	81.0	82.1
Once a week or less often	1	346	10.9	11.1
A few times a week	2	151	4.8	4.8
Practically every day	3	63	2.0	2.0
System missing (SYSMIS)	.	43	1.4	–
		3174	100.0	100.0

[Q53] How many glasses of milk or sour milk (glass = 2 dl) do you drink a day?**Question**

How many glasses of milk or sour milk (glass = 2 dl) do you drink a day?

Descriptive statistics

statistic	value
number of valid cases	3129
minimum	0.00
maximum	21.00
mean	1.90
standard deviation	1.73

[Q54] How many pots (1,5 - 2 dl) of yoghurt or viili (a sour milk product) do you normally eat per week?**Question**

How many pots (1,5 - 2 dl) of yoghurt or viili (a sour milk product) do you normally eat per week?

Descriptive statistics

statistic	value
number of valid cases	3129
minimum	0.00
maximum	87.00
mean	3.91
standard deviation	3.84

[Q55_1] How many slices of bread do you usually eat per day: Dark/brown bread (e.g. rye bread, crisp bread)

Question

How many slices of bread do you usually eat per day: Dark/brown bread (e.g. rye bread, crisp bread)

Descriptive statistics

statistic	value
number of valid cases	3101
minimum	0.00
maximum	45.00
mean	2.67
standard deviation	2.39

[Q55_2] How many slices of bread do you usually eat per day: Mixed grain, yeast, graham, oat bread

Question

How many slices of bread do you usually eat per day: Mixed grain, yeast, graham, oat bread

Descriptive statistics

statistic	value
number of valid cases	3068
minimum	0.00
maximum	40.00
mean	1.85
standard deviation	2.06

[Q55_3] How many slices of bread do you usually eat per day: White bread, baguette

Question

How many slices of bread do you usually eat per day: White bread, baguette

Descriptive statistics

2. Variables

statistic	value
number of valid cases	2915
minimum	0.00
maximum	30.00
mean	0.60
standard deviation	1.37

[Q56_1] How often do you eat: Fruit or berries

Question

How often do you eat: Fruit or berries

Frequencies

label	value	n	%	v. %
2 times a week or less often	0	909	28.6	29.2
3-5 times a week	1	868	27.3	27.8
Approximately once a day	2	876	27.6	28.1
2 times a day	3	376	11.8	12.1
3 times a day or more often	4	89	2.8	2.9
System missing (SYSMIS)	.	56	1.8	—
		3174	100.0	100.0

[Q56_2] How often do you eat: Fresh vegetables

Question

How often do you eat: Fresh vegetables

Frequencies

label	value	n	%	v. %
2 times a week or less often	0	585	18.4	18.8
3-5 times a week	1	854	26.9	27.4
Approximately once a day	2	1231	38.8	39.5
2 times a day	3	370	11.7	11.9
3 times a day or more often	4	77	2.4	2.5
System missing (SYSMIS)	.	57	1.8	—
		3174	100.0	100.0

[Q56_3] How often do you eat: Cooked vegetables**Question***How often do you eat: Cooked vegetables***Frequencies**

label	value	n	%	v. %
2 times a week or less often	0	1237	39.0	39.8
3-5 times a week	1	1049	33.0	33.7
Approximately once a day	2	736	23.2	23.7
2 times a day	3	87	2.7	2.8
3 times a day or more often	4	2	0.1	0.1
System missing (SYSMIS)	.	63	2.0	–
		3174	100.0	100.0

[Q56_4] How often do you eat: Boiled potatoes**Question***How often do you eat: Boiled potatoes***Frequencies**

label	value	n	%	v. %
2 times a week or less often	0	1336	42.1	42.9
3-5 times a week	1	1260	39.7	40.4
Approximately once a day	2	489	15.4	15.7
2 times a day	3	30	0.9	1.0
3 times a day or more often	4	2	0.1	0.1
System missing (SYSMIS)	.	57	1.8	–
		3174	100.0	100.0

[Q56_5] How often do you eat: Rice/pasta**Question***How often do you eat: Rice/pasta***Frequencies**

2. Variables

label	value	n	%	v. %
2 times a week or less often	0	838	26.4	26.9
3-5 times a week	1	1727	54.4	55.4
Approximately once a day	2	516	16.3	16.5
2 times a day	3	36	1.1	1.2
3 times a day or more often	4	2	0.1	0.1
System missing (SYSMIS)	.	55	1.7	–
		3174	100.0	100.0

[Q57_1] How often have you eaten the following during the past week (7 days): Porridge, muesli, cereal

Question

How often have you eaten the following during the past week (7 days): Porridge, muesli, cereal

Frequencies

label	value	n	%	v. %
Not at all	0	991	31.2	31.5
On 1-2 days	1	934	29.4	29.7
On 3-5 days	2	633	19.9	20.1
On 6-7 days	3	585	18.4	18.6
System missing (SYSMIS)	.	31	1.0	–
		3174	100.0	100.0

[Q57_2] How often have you eaten the following during the past week (7 days): Cheese

Question

How often have you eaten the following during the past week (7 days): Cheese

Frequencies

label	value	n	%	v. %
Not at all	0	226	7.1	7.2
On 1-2 days	1	464	14.6	14.8
On 3-5 days	2	744	23.4	23.7
On 6-7 days	3	1711	53.9	54.4
System missing (SYSMIS)	.	29	0.9	–
		3174	100.0	100.0

[Q57_3] How often have you eaten the following during the past week (7 days): French fries/chips

Question

How often have you eaten the following during the past week (7 days): French fries/chips

Frequencies

label	value	n	%	v. %
Not at all	0	1885	59.4	60.0
On 1-2 days	1	1187	37.4	37.8
On 3-5 days	2	63	2.0	2.0
On 6-7 days	3	9	0.3	0.3
System missing (SYSMIS)	.	30	0.9	–
		3174	100.0	100.0

[Q57_4] How often have you eaten the following during the past week (7 days): Potato crisps etc.

Question

How often have you eaten the following during the past week (7 days): Potato crisps etc.

Frequencies

label	value	n	%	v. %
Not at all	0	1897	59.8	60.4
On 1-2 days	1	1199	37.8	38.2
On 3-5 days	2	41	1.3	1.3
On 6-7 days	3	5	0.2	0.2
System missing (SYSMIS)	.	32	1.0	–
		3174	100.0	100.0

[Q57_5] How often have you eaten the following during the past week (7 days): Hamburgers, hot dogs

Question

How often have you eaten the following during the past week (7 days): Hamburgers, hot dogs

Frequencies

2. Variables

label	value	n	%	v. %
Not at all	0	2129	67.1	67.7
On 1-2 days	1	952	30.0	30.3
On 3-5 days	2	58	1.8	1.8
On 6-7 days	3	4	0.1	0.1
System missing (SYSMIS)	.	31	1.0	–
		3174	100.0	100.0

[Q57_6] How often have you eaten the following during the past week (7 days): Sausage

Question

How often have you eaten the following during the past week (7 days): Sausage

Frequencies

label	value	n	%	v. %
Not at all	0	1734	54.6	55.2
On 1-2 days	1	1036	32.6	33.0
On 3-5 days	2	294	9.3	9.4
On 6-7 days	3	78	2.5	2.5
System missing (SYSMIS)	.	32	1.0	–
		3174	100.0	100.0

[Q57_7] How often have you eaten the following during the past week (7 days): Pizza

Question

How often have you eaten the following during the past week (7 days): Pizza

Frequencies

label	value	n	%	v. %
Not at all	0	1583	49.9	50.4
On 1-2 days	1	1452	45.7	46.2
On 3-5 days	2	100	3.2	3.2
On 6-7 days	3	5	0.2	0.2
System missing (SYSMIS)	.	34	1.1	–
		3174	100.0	100.0

[Q57_8] How often have you eaten the following during the past week (7 days): Meat pastries, 'meat pies' (lihapiirakka)

Question

How often have you eaten the following during the past week (7 days): Meat pastries, 'meat pies' (lihapiirakka)

Frequencies

label	value	n	%	v. %
Not at all	0	2593	81.7	82.5
On 1-2 days	1	523	16.5	16.6
On 3-5 days	2	25	0.8	0.8
On 6-7 days	3	1	0.0	0.0
System missing (SYSMIS)	.	32	1.0	–
		3174	100.0	100.0

[Q57_9] How often have you eaten the following during the past week (7 days): Sweet pastries

Question

How often have you eaten the following during the past week (7 days): Sweet pastries

Frequencies

label	value	n	%	v. %
Not at all	0	855	26.9	27.2
On 1-2 days	1	1521	47.9	48.5
On 3-5 days	2	671	21.1	21.4
On 6-7 days	3	92	2.9	2.9
System missing (SYSMIS)	.	35	1.1	–
		3174	100.0	100.0

[Q57_10] How often have you eaten the following during the past week (7 days): Sweets/candy, chocolate

Question

How often have you eaten the following during the past week (7 days): Sweets/candy, chocolate

Frequencies

2. Variables

label	value	n	%	v. %
Not at all	0	413	13.0	13.2
On 1-2 days	1	1492	47.0	47.5
On 3-5 days	2	1011	31.9	32.2
On 6-7 days	3	223	7.0	7.1
System missing (SYSMIS)	.	35	1.1	–
		3174	100.0	100.0

[Q57_11] How often have you eaten the following during the past week (7 days): Ice cream

Question

How often have you eaten the following during the past week (7 days): Ice cream

Frequencies

label	value	n	%	v. %
Not at all	0	1509	47.5	48.1
On 1-2 days	1	1373	43.3	43.7
On 3-5 days	2	236	7.4	7.5
On 6-7 days	3	22	0.7	0.7
System missing (SYSMIS)	.	34	1.1	–
		3174	100.0	100.0

[Q57_12] How often have you drunk the following during the past week (7 days): Soft drinks

Question

How often have you drunk the following during the past week (7 days): Soft drinks

Frequencies

label	value	n	%	v. %
Not at all	0	1189	37.5	37.9
On 1-2 days	1	1286	40.5	41.0
On 3-5 days	2	491	15.5	15.6
On 6-7 days	3	174	5.5	5.5
System missing (SYSMIS)	.	34	1.1	–
		3174	100.0	100.0

[Q58] Do you currently follow a special diet?**Question***Do you currently follow a special diet?***Frequencies**

label	value	n	%	v. %
No	0	2392	75.4	76.3
Yes, please specify	1	742	23.4	23.7
System missing (SYSMIS)	.	40	1.3	–
		3174	100.0	100.0

[Q58_1] What kind of diet do you follow? Lactose-free diet**Question***What kind of diet do you follow? Lactose-free diet***Frequencies**

label	value	n	%	v. %
Not mentioned	0	457	14.4	61.9
Mentioned	1	281	8.9	38.1
System missing (SYSMIS)	.	2436	76.7	–
		3174	100.0	100.0

[Q58_2] What kind of diet do you follow? Gluten-free diet**Question***What kind of diet do you follow? Gluten-free diet***Frequencies**

label	value	n	%	v. %
Not mentioned	0	723	22.8	98.0
Mentioned	1	15	0.5	2.0
System missing (SYSMIS)	.	2436	76.7	–
		3174	100.0	100.0

[Q58_3] What kind of diet do you follow? Weight loss diet**Question***What kind of diet do you follow? Weight loss diet***Frequencies**

label	value	n	%	v. %
Not mentioned	0	647	20.4	87.7
Mentioned	1	91	2.9	12.3
System missing (SYSMIS)	.	2436	76.7	–
		3174	100.0	100.0

[Q58_4] What kind of diet do you follow? Diet for food allergy**Question***What kind of diet do you follow? Diet for food allergy***Frequencies**

label	value	n	%	v. %
Not mentioned	0	667	21.0	90.4
Mentioned	1	71	2.2	9.6
System missing (SYSMIS)	.	2436	76.7	–
		3174	100.0	100.0

[Q58_5] What kind of diet do you follow? Diabetic diet, or a diet for high cholesterol or high blood pressure**Question***What kind of diet do you follow? Diabetic diet, or a diet for high cholesterol or high blood pressure***Frequencies**

label	value	n	%	v. %
Not mentioned	0	715	22.5	96.9
Mentioned	1	23	0.7	3.1

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label	value	n	%	v. %
System missing (SYSMIS)	.	2436	76.7	–
		3174	100.0	100.0

[Q58_6] What kind of diet do you follow? Diet including vegetables, dairy products and eggs, chicken or fish

Question

What kind of diet do you follow? Diet including vegetables, dairy products and eggs, chicken or fish

Frequencies

label	value	n	%	v. %
Not mentioned	0	601	18.9	81.4
Mentioned	1	137	4.3	18.6
System missing (SYSMIS)	.	2436	76.7	–
		3174	100.0	100.0

[Q58_7] What kind of diet do you follow? Lacto vegetarian diet (vegetarian diet+dairy products)

Question

What kind of diet do you follow? Lacto vegetarian diet (vegetarian diet+dairy products)

Frequencies

label	value	n	%	v. %
Not mentioned	0	632	19.9	85.6
Mentioned	1	106	3.3	14.4
System missing (SYSMIS)	.	2436	76.7	–
		3174	100.0	100.0

[Q58_8] What kind of diet do you follow? Vegan diet (no animal products)

Question

What kind of diet do you follow? Vegan diet (no animal products)

2. Variables

Frequencies

label	value	n	%	v. %
Not mentioned	0	725	22.8	98.2
Mentioned	1	13	0.4	1.8
System missing (SYSMIS)	.	2436	76.7	–
		3174	100.0	100.0

[Q58_9] What kind of diet do you follow? Raw food diet

Question

What kind of diet do you follow? Raw food diet

Frequencies

label	value	n	%	v. %
Not mentioned	0	737	23.2	99.9
Mentioned	1	1	0.0	0.1
System missing (SYSMIS)	.	2436	76.7	–
		3174	100.0	100.0

[Q58_10] What kind of diet do you follow? Other diet

Question

What kind of diet do you follow? Other diet

Frequencies

label	value	n	%	v. %
Not mentioned	0	630	19.8	85.4
Mentioned	1	108	3.4	14.6
System missing (SYSMIS)	.	2436	76.7	–
		3174	100.0	100.0

[Q58_1_1] Other diet, please specify (open-ended)

Question

Other diet, please specify (open-ended)

[Q59] How often do you brush your teeth?**Question***How often do you brush your teeth?***Frequencies**

label	value	n	%	v. %
Less often than once a day	0	57	1.8	1.8
Once a day	1	928	29.2	29.5
Several times a day	2	2161	68.1	68.7
System missing (SYSMIS)	.	28	0.9	–
		3174	100.0	100.0

[Q60] Do you use toothpicks or dental floss?**Question***Do you use toothpicks or dental floss?***Frequencies**

label	value	n	%	v. %
Not at all	0	983	31.0	31.2
Yes, occasionally	1	1922	60.6	61.1
Yes, daily	2	241	7.6	7.7
System missing (SYSMIS)	.	28	0.9	–
		3174	100.0	100.0

[Q61] Do you use xylitol-based chewing gum or other xylitol-based products?**Question***Do you use xylitol-based chewing gum or other xylitol-based products?***Frequencies**

label	value	n	%	v. %
No	0	339	10.7	10.8

(continued on next page)

2. Variables

(cont. from previous page)

label	value	n	%	v. %
Yes, occasionally	1	1668	52.6	53.0
Yes, once a day	2	563	17.7	17.9
Yes, at least twice a day	3	576	18.1	18.3
System missing (SYSMIS)	.	28	0.9	–
		3174	100.0	100.0

[Q62] How would you rate your physical fitness?

Question

How would you rate your physical fitness?

Frequencies

label	value	n	%	v. %
Good	1	734	23.1	23.4
Fairly good	2	890	28.0	28.3
Average	3	1090	34.3	34.7
Fairly poor	4	393	12.4	12.5
Poor	5	35	1.1	1.1
System missing (SYSMIS)	.	32	1.0	–
		3174	100.0	100.0

[Q63] In your leisure time, how often do you engage in a physical activity for at least half an hour so that you get at least slightly out of breath and sweaty? (e.g. jogging, cycling, ball games)

Question

In your leisure time, how often do you engage in a physical activity for at least half an hour so that you get at least slightly out of breath and sweaty? (e.g. jogging, cycling, ball games)

Frequencies

label	value	n	%	v. %
Not at all or very seldom	0	264	8.3	8.4
1-3 times a month	1	437	13.8	13.9
Approximately once a week	2	644	20.3	20.5
2-3 times a week	3	1099	34.6	35.0

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(cont. from previous page)

label	value	n	%	v. %
4-6 times a week	4	517	16.3	16.4
Daily	5	183	5.8	5.8
System missing (SYSMIS)	.	30	0.9	–
		3174	100.0	100.0

[Q64] How many minutes a day do you walk or cycle to get from one place to another (to/from university, leisure time facilities, work etc)?

Question

How many minutes a day do you walk or cycle to get from one place to another (to/from university, leisure time facilities, work etc)?

Frequencies

label	value	n	%	v. %
Under 15 minutes a day	0	670	21.1	21.3
15-30 minutes a day	1	1371	43.2	43.6
30-60 minutes a day	2	899	28.3	28.6
Over an hour a day	3	204	6.4	6.5
System missing (SYSMIS)	.	30	0.9	–
		3174	100.0	100.0

[Q65] How often do you take light physical exercise at the minimum of 30 minutes at a time or exercise in connection with other hobbies (e.g. walking in nature, dancing, walking the dog)?

Question

How often do you take light physical exercise at the minimum of 30 minutes at a time or exercise in connection with other hobbies (e.g. walking in nature, dancing, walking the dog)?

Frequencies

label	value	n	%	v. %
At most 3 times a month	0	529	16.7	16.9
1-2 times a week	1	1458	45.9	46.4
3-4 times a week	2	605	19.1	19.3
Daily or almost daily	3	547	17.2	17.4

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2. Variables

(cont. from previous page)

label	value	n	%	v. %
System missing (SYSMIS)	.	35	1.1	–
		3174	100.0	100.0

[Q66] Do you take part in gym/strength training?

Question

Do you take part in gym/strength training?

Frequencies

label	value	n	%	v. %
No	0	2182	68.7	69.6
Yes, 1-2 times a week	1	687	21.6	21.9
Yes, 3-4 times a week	2	238	7.5	7.6
Yes, 5 times a week or more often	3	28	0.9	0.9
System missing (SYSMIS)	.	39	1.2	–
		3174	100.0	100.0

[Q67_1] Who organizes the physical exercise you take part in: I do not exercise

Question

Who organizes the physical exercise you take part in: I do not exercise

Frequencies

label	value	n	%	v. %
Not mentioned	0	2959	93.2	94.2
Mentioned	1	183	5.8	5.8
System missing (SYSMIS)	.	32	1.0	–
		3174	100.0	100.0

[Q67_2] Who organizes the physical exercise you take part in: I do it alone and organize it myself

Question

Who organizes the physical exercise you take part in: I do it alone and organize it myself

Frequencies

label	value	n	%	v. %
Not mentioned	0	1279	40.3	40.7
Mentioned	1	1863	58.7	59.3
System missing (SYSMIS)	.	32	1.0	–
		3174	100.0	100.0

[Q67_3] Who organizes the physical exercise you take part in: I do it with a friend/friends and we organize it ourselves**Question**

Who organizes the physical exercise you take part in: I do it with a friend/friends and we organize it ourselves

Frequencies

label	value	n	%	v. %
Not mentioned	0	1467	46.2	46.7
Mentioned	1	1675	52.8	53.3
System missing (SYSMIS)	.	32	1.0	–
		3174	100.0	100.0

[Q67_4] Who organizes the physical exercise you take part in: University sports services**Question**

Who organizes the physical exercise you take part in: University sports services

Frequencies

label	value	n	%	v. %
Not mentioned	0	2465	77.7	78.5
Mentioned	1	677	21.3	21.5
System missing (SYSMIS)	.	32	1.0	–
		3174	100.0	100.0

[Q67_5] Who organizes the physical exercise you take part in: A student association/club (e.g. student association of a particular faculty/field of study)

Question

Who organizes the physical exercise you take part in: A student association/club (e.g. student association of a particular faculty/field of study)

Frequencies

label	value	n	%	v. %
Not mentioned	0	3006	94.7	95.7
Mentioned	1	136	4.3	4.3
System missing (SYSMIS)	.	32	1.0	–
		3174	100.0	100.0

[Q67_6] Who organises the physical exercise you take part in: A sports club (not connected to the university)

Question

Who organises the physical exercise you take part in: A sports club (not connected to the university)

Frequencies

label	value	n	%	v. %
Not mentioned	0	2679	84.4	85.3
Mentioned	1	463	14.6	14.7
System missing (SYSMIS)	.	32	1.0	–
		3174	100.0	100.0

[Q67_7] Who organizes the physical exercise you take part in: Other voluntary association/club

Question

Who organizes the physical exercise you take part in: Other voluntary association/club

Frequencies

label	value	n	%	v. %
Not mentioned	0	2973	93.7	94.6
Mentioned	1	169	5.3	5.4
System missing (SYSMIS)	.	32	1.0	–
		3174	100.0	100.0

[Q67_8] Who organizes the physical exercise you take part in: Commercial sports facility/service

Question

Who organizes the physical exercise you take part in: Commercial sports facility/service

Frequencies

label	value	n	%	v. %
Not mentioned	0	2596	81.8	82.6
Mentioned	1	546	17.2	17.4
System missing (SYSMIS)	.	32	1.0	–
		3174	100.0	100.0

[Q67_9] Who organizes the physical exercise you take part in: Municipal/local government sports facility/service

Question

Who organizes the physical exercise you take part in: Municipal/local government sports facility/service

Frequencies

label	value	n	%	v. %
Not mentioned	0	2982	94.0	94.9
Mentioned	1	160	5.0	5.1
System missing (SYSMIS)	.	32	1.0	–
		3174	100.0	100.0

[Q68_1] Why do you exercise (choose the two most important reasons): The most important reason

Question

Why do you exercise (choose the two most important reasons): The most important reason

Frequencies

label	value	n	%	v. %
I don't exercise	0	167	5.3	5.3
For my own pleasure	1	1119	35.3	35.8
To look good (appearance)	2	175	5.5	5.6
To keep fit/healthy	3	1373	43.3	43.9
As a remedy for illness/disability	4	24	0.8	0.8
Desire to be alone	5	2	0.1	0.1
To see friends	6	32	1.0	1.0
To get away from everyday worries, for stress-release	7	181	5.7	5.8
Other reason, please specify	8	56	1.8	1.8
System missing (SYSMIS)	.	45	1.4	–
		3174	100.0	100.0

[Q68_2] Why do you exercise (choose the two most important reasons): The second most important reason**Question**

Why do you exercise (choose the two most important reasons): The second most important reason

Frequencies

label	value	n	%	v. %
I don't exercise	0	2	0.1	0.1
For my own pleasure	1	866	27.3	29.5
To look good (appearance)	2	423	13.3	14.4
To keep fit/healthy	3	882	27.8	30.0
As a remedy for illness/disability	4	23	0.7	0.8
Desire to be alone	5	13	0.4	0.4
To see friends	6	157	4.9	5.3
To get away from everyday worries, for stress-release	7	542	17.1	18.4
Other reason, please specify	8	32	1.0	1.1
System missing (SYSMIS)	.	234	7.4	–
		3174	100.0	100.0

[Q69] What kind of sport/exercise do you think best suits you?**Question**

What kind of sport/exercise do you think best suits you?

Frequencies

label	value	n	%	v. %
Outdoor activities/sports	1	1111	35.0	35.4
Gym training, strength training, oriental martial arts	2	346	10.9	11.0
Gymnastics, aerobics, dance	3	579	18.2	18.5
Swimming, water sports	4	174	5.5	5.6
Ball games	5	510	16.1	16.3
Incidental exercise (cleaning, walking or cycling to get somewhere)	6	225	7.1	7.2
Exercise connected to some other hobby	7	130	4.1	4.1
Other exercise, please specify	8	59	1.9	1.9
System missing (SYSMIS)	.	40	1.3	–
		3174	100.0	100.0

[Q69_1] What kind of sport/exercise do you think best suits you? Other, please specify (open-ended)

Question

What kind of sport/exercise do you think best suits you? Other, please specify (open-ended)

[Q70] Do you think you have enough opportunities to take part in the kind of exercise/sport that is suitable for you?

Question

Do you think you have enough opportunities to take part in the kind of exercise/sport that is suitable for you?

Frequencies

label	value	n	%	v. %
No	0	1309	41.2	41.7
Yes	1	1832	57.7	58.3
System missing (SYSMIS)	.	33	1.0	–
		3174	100.0	100.0

[Q70_1] Most important reasons for not having enough opportunities to exercise: Lack of time

Question

Most important reasons for not having enough opportunities to exercise: Lack of time

2. Variables

Frequencies

label	value	n	%	v. %
Not mentioned	0	255	8.0	19.5
Mentioned	1	1053	33.2	80.5
System missing (SYSMIS)	.	1866	58.8	–
		3174	100.0	100.0

[Q70_2] Most important reasons for not having enough opportunities to exercise: Lack of money

Question

Most important reasons for not having enough opportunities to exercise: Lack of money

Frequencies

label	value	n	%	v. %
Not mentioned	0	814	25.6	62.2
Mentioned	1	494	15.6	37.8
System missing (SYSMIS)	.	1866	58.8	–
		3174	100.0	100.0

[Q70_3] Most important reasons for not having enough opportunities to exercise: Lack of sporting facilities

Question

Most important reasons for not having enough opportunities to exercise: Lack of sporting facilities

Frequencies

label	value	n	%	v. %
Not mentioned	0	1246	39.3	95.3
Mentioned	1	62	2.0	4.7
System missing (SYSMIS)	.	1866	58.8	–
		3174	100.0	100.0

[Q70_4] Most important reasons for not having enough opportunities to exercise: Lack of good transport connections to sporting facilities

Question

Most important reasons for not having enough opportunities to exercise: Lack of good transport connections to sporting facilities

Frequencies

label	value	n	%	v. %
Not mentioned	0	1176	37.1	89.9
Mentioned	1	132	4.2	10.1
System missing (SYSMIS)	.	1866	58.8	–
		3174	100.0	100.0

[Q70_5] Most important reasons for not having enough opportunities to exercise: Lack of sport/exercise suitable for me

Question

Most important reasons for not having enough opportunities to exercise: Lack of sport/exercise suitable for me

Frequencies

label	value	n	%	v. %
Not mentioned	0	1179	37.1	90.1
Mentioned	1	129	4.1	9.9
System missing (SYSMIS)	.	1866	58.8	–
		3174	100.0	100.0

[Q70_6] Most important reasons for not having enough opportunities to exercise: Lack of organized sports activities

Question

Most important reasons for not having enough opportunities to exercise: Lack of organized sports activities

Frequencies

2. Variables

label	value	n	%	v. %
Not mentioned	0	1282	40.4	98.0
Mentioned	1	26	0.8	2.0
System missing (SYSMIS)	.	1866	58.8	–
		3174	100.0	100.0

[Q70_7] Most important reasons for not having enough opportunities to exercise: Lack of suitable group

Question

Most important reasons for not having enough opportunities to exercise: Lack of suitable group

Frequencies

label	value	n	%	v. %
Not mentioned	0	1146	36.1	87.6
Mentioned	1	162	5.1	12.4
System missing (SYSMIS)	.	1866	58.8	–
		3174	100.0	100.0

[Q70_8] Most important reasons for not having enough opportunities to exercise: Other reason

Question

Most important reasons for not having enough opportunities to exercise: Other reason

Frequencies

label	value	n	%	v. %
Not mentioned	0	1151	36.3	88.0
Mentioned	1	157	4.9	12.0
System missing (SYSMIS)	.	1866	58.8	–
		3174	100.0	100.0

[Q70_1_1] Other reason, please specify (open-ended)

Question

Other reason, please specify (open-ended)

[Q71] In the last 12 months, have you had an accident requiring treatment from a doctor?

Question

In the last 12 months, have you had an accident requiring treatment from a doctor?

Frequencies

label	value	n	%	v. %
No	0	2747	86.5	87.8
Yes	1	382	12.0	12.2
System missing (SYSMIS)	.	45	1.4	–
		3174	100.0	100.0

[Q71_1] Accident requiring treatment from a doctor: Motor vehicle traffic accident

Question

Accident requiring treatment from a doctor: Motor vehicle traffic accident

Frequencies

label	value	n	%	v. %
Not mentioned	0	369	11.6	97.4
Mentioned	1	10	0.3	2.6
System missing (SYSMIS)	.	2795	88.1	–
		3174	100.0	100.0

[Q71_2] Accident requiring treatment from a doctor: Other traffic accident (pedestrian, cyclist accident)

Question

Accident requiring treatment from a doctor: Other traffic accident (pedestrian, cyclist accident)

Frequencies

label	value	n	%	v. %
Not mentioned	0	332	10.5	87.6

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2. Variables

(cont. from previous page)

label	value	n	%	v. %
Mentioned	1	47	1.5	12.4
System missing (SYSMIS)	.	2795	88.1	–
		3174	100.0	100.0

[Q71_3] Accident requiring treatment from a doctor: Accident at work (not while commuting or travelling for work)

Question

Accident requiring treatment from a doctor: Accident at work (not while commuting or travelling for work)

Frequencies

label	value	n	%	v. %
Not mentioned	0	341	10.7	90.0
Mentioned	1	38	1.2	10.0
System missing (SYSMIS)	.	2795	88.1	–
		3174	100.0	100.0

[Q71_4] Accident requiring treatment from a doctor: Accident related to studies

Question

Accident requiring treatment from a doctor: Accident related to studies

Frequencies

label	value	n	%	v. %
Not mentioned	0	366	11.5	96.6
Mentioned	1	13	0.4	3.4
System missing (SYSMIS)	.	2795	88.1	–
		3174	100.0	100.0

[Q71_4_1] Accident related to studies, please specify (open-ended)

Question

Accident related to studies, please specify (open-ended)

[Q71_5] Accident requiring treatment from a doctor: Accident at home or home premises

Question

Accident requiring treatment from a doctor: Accident at home or home premises

Frequencies

label	value	n	%	v. %
Not mentioned	0	341	10.7	90.0
Mentioned	1	38	1.2	10.0
System missing (SYSMIS)	.	2795	88.1	–
		3174	100.0	100.0

[Q71_6] Accident requiring treatment from a doctor: Sporting accident (leisure-time or competitive sport)

Question

Accident requiring treatment from a doctor: Sporting accident (leisure-time or competitive sport)

Frequencies

label	value	n	%	v. %
Not mentioned	0	207	6.5	54.6
Mentioned	1	172	5.4	45.4
System missing (SYSMIS)	.	2795	88.1	–
		3174	100.0	100.0

[Q71_7] Accident requiring treatment from a doctor: Other leisure-time accident

Question

Accident requiring treatment from a doctor: Other leisure-time accident

Frequencies

2. Variables

label	value	n	%	v. %
Not mentioned	0	310	9.8	81.8
Mentioned	1	69	2.2	18.2
System missing (SYSMIS)	.	2795	88.1	–
		3174	100.0	100.0

[Q71_8] Accident requiring treatment from a doctor: Other accident

Question

Accident requiring treatment from a doctor: Other accident

Frequencies

label	value	n	%	v. %
Not mentioned	0	353	11.1	93.1
Mentioned	1	26	0.8	6.9
System missing (SYSMIS)	.	2795	88.1	–
		3174	100.0	100.0

[Q72] Do you use a seat belt when driving a car or being a passenger?

Question

Do you use a seat belt when driving a car or being a passenger?

Frequencies

label	value	n	%	v. %
Never	0	8	0.3	0.3
Sometimes	1	59	1.9	1.9
Almost always	2	3079	97.0	97.9
System missing (SYSMIS)	.	28	0.9	–
		3174	100.0	100.0

[Q73] Do you use a pedestrian reflector when outside in the dark?

Question

Do you use a pedestrian reflector when outside in the dark?

Frequencies

label	value	n	%	v. %
Never	0	934	29.4	29.7
Sometimes	1	1524	48.0	48.4
Almost always	2	689	21.7	21.9
System missing (SYSMIS)	.	27	0.9	–
		3174	100.0	100.0

[Q74] Do you use a helmet when cycling?

Question

Do you use a helmet when cycling?

Frequencies

label	value	n	%	v. %
Never	0	2182	68.7	69.3
Sometimes	1	450	14.2	14.3
Almost always	2	377	11.9	12.0
Don't ever cycle	3	138	4.3	4.4
System missing (SYSMIS)	.	27	0.9	–
		3174	100.0	100.0

[Q75] Do you use a bicycle to get from one place to another or for physical exercise?

Question

Do you use a bicycle to get from one place to another or for physical exercise?

Frequencies

label	value	n	%	v. %
Hardly ever	0	391	12.3	12.4
Sometimes during the warm season	1	763	24.0	24.2
Mostly during the spring, summer and autumn	2	1192	37.6	37.9
Almost the whole year round	3	801	25.2	25.5
System missing (SYSMIS)	.	27	0.9	–
		3174	100.0	100.0

[Q76] The respondent's marital status**Question***The respondent's marital status***Frequencies**

label	value	n	%	v. %
Single, never married	1	1834	57.8	58.4
Cohabiting	2	901	28.4	28.7
Married	3	392	12.4	12.5
Widowed or separated/divorced	4	14	0.4	0.4
System missing (SYSMIS)	.	33	1.0	—
		3174	100.0	100.0

[Q77] Number of dependent children (categorised)**Question***Number of dependent children (categorised)***Frequencies**

label	value	n	%	v. %
	0	2870	90.4	92.3
	1	160	5.0	5.1
2 or more	2	79	2.5	2.5
System missing (SYSMIS)	.	65	2.0	—
		3174	100.0	100.0

[Q78] How often do you meet with your friend(s) in your spare time?**Question***How often do you meet with your friend(s) in your spare time?***Frequencies**

label	value	n	%	v. %
Practically never	0	35	1.1	1.1

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(cont. from previous page)

label	value	n	%	v. %
Less than once a month	1	101	3.2	3.2
1-3 times a month	2	442	13.9	14.1
Approximately once a week	3	658	20.7	21.0
2-3 times a week	4	989	31.2	31.5
Almost every day	5	910	28.7	29.0
System missing (SYSMIS)	.	39	1.2	–
		3174	100.0	100.0

[Q79] Can you discuss your affairs and problems openly with someone close to you, should you want to?

Question

Can you discuss your affairs and problems openly with someone close to you, should you want to?

Frequencies

label	value	n	%	v. %
Never	0	33	1.0	1.1
Very rarely	1	98	3.1	3.1
Sometimes or about some issues	2	383	12.1	12.2
Often	3	776	24.4	24.7
Always or most of the time	4	1850	58.3	58.9
System missing (SYSMIS)	.	34	1.1	–
		3174	100.0	100.0

[Q80] How often have you participated in the activities of a voluntary organisation/association over the past year?

Question

How often have you participated in the activities of a voluntary organisation/association over the past year?

Frequencies

label	value	n	%	v. %
Not at all or very rarely	0	1031	32.5	33.2

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2. Variables

(cont. from previous page)

label	value	n	%	v. %
A few times a year	1	636	20.0	20.5
1-3 times a month	2	645	20.3	20.7
Once a week or more often	3	797	25.1	25.6
System missing (SYSMIS)	.	65	2.0	–
		3174	100.0	100.0

[Q81] Do you feel lonely?

Question

Do you feel lonely?

Frequencies

label	value	n	%	v. %
No	0	1888	59.5	60.6
Yes, at times	1	992	31.3	31.9
Yes, often	2	121	3.8	3.9
Can't say	3	112	3.5	3.6
System missing (SYSMIS)	.	61	1.9	–
		3174	100.0	100.0

[Q82_1] Number of people the respondent feels closest to; without whom s/he could not imagine being.

Question

Number of people the respondent feels closest to; without whom s/he could not imagine being.

Descriptive statistics

statistic	value
number of valid cases	2994
minimum	0.00
maximum	25.00
mean	4.20
standard deviation	2.48

[Q82_2] Number of people that are very important to the respondent but not as important as the ones mentioned above

Question

Number of people that are very important to the respondent but not as important as the ones mentioned above

Descriptive statistics

statistic	value
number of valid cases	2979
minimum	0.00
maximum	48.00
mean	5.26
standard deviation	3.57

[Q82_3] Number of people the respondent feels are not as close to him/her as the ones mentioned above but who are close enough and with whom s/he has regular contact.

Question

Number of people the respondent feels are not as close to him/her as the ones mentioned above but who are close enough and with whom s/he has regular contact.

Descriptive statistics

statistic	value
number of valid cases	2924
minimum	0.00
maximum	99.00
mean	6.84
standard deviation	6.24

[Q83] Do you feel that your field of study is the right one for you?

Question

Do you feel that your field of study is the right one for you?

Frequencies

2. Variables

label	value	n	%	v. %
No	0	211	6.6	6.7
Yes	1	2246	70.8	71.6
Can't say	2	681	21.5	21.7
System missing (SYSMIS)	.	36	1.1	–
		3174	100.0	100.0

[Q84] How many years do you estimate your studies will still take?

Question

How many years do you estimate your studies will still take?

Descriptive statistics

statistic	value
number of valid cases	3100
minimum	0.00
maximum	25.00
mean	2.55
standard deviation	1.97

[Q85] Do you feel you belong to some group related to your studies?

Question

Do you feel you belong to some group related to your studies?

Frequencies

label	value	n	%	v. %
No	0	1161	36.6	37.1
Yes	1	1515	47.7	48.4
Can't say	2	453	14.3	14.5
System missing (SYSMIS)	.	45	1.4	–
		3174	100.0	100.0

[Q86] Has the advice and counselling you have received for your studies from your institution in the last 12 months been...

Question

Has the advice and counselling you have received for your studies from your institution in the last 12 months been...

Frequencies

label	value	n	%	v. %
Totally insufficient	0	423	13.3	13.6
Somewhat insufficient	1	805	25.4	25.8
Sufficient enough	2	1081	34.1	34.6
Good	3	565	17.8	18.1
Very good	4	123	3.9	3.9
Degree of sufficiency has varied	5	123	3.9	3.9
System missing (SYSMIS)	.	54	1.7	–
		3174	100.0	100.0

[Q87] Do you know whom in your institution you can contact to get advice and counselling for your studies?**Question**

Do you know whom in your institution you can contact to get advice and counselling for your studies?

Frequencies

label	value	n	%	v. %
No	0	162	5.1	5.2
I have a vague idea	1	1203	37.9	38.4
Yes	2	1770	55.8	56.5
System missing (SYSMIS)	.	39	1.2	–
		3174	100.0	100.0

[Q88] From whom have you received advice and counselling for your studies in the last 12 months? (open-ended)**Question**

From whom have you received advice and counselling for your studies in the last 12 months? (open-ended)

[Q89_1] Have you done any paid work in the last 12 months: Full-time work**Question**

Have you done any paid work in the last 12 months: Full-time work

2. Variables

Frequencies

label	value	n	%	v. %
Not at all	0	927	29.2	30.5
0-3 months	1	945	29.8	31.1
3-6 months	2	597	18.8	19.6
Over 6 months	3	571	18.0	18.8
System missing (SYSMIS)	.	134	4.2	—
		3174	100.0	100.0

[Q89_2] Have you done any paid work in the last 12 months: Regular part-time work

Question

Have you done any paid work in the last 12 months: Regular part-time work

Frequencies

label	value	n	%	v. %
Not at all	0	1622	51.1	56.5
0-3 months	1	512	16.1	17.8
3-6 months	2	240	7.6	8.4
6-9 months	3	219	6.9	7.6
Over 9 months	4	279	8.8	9.7
System missing (SYSMIS)	.	302	9.5	—
		3174	100.0	100.0

[Q89_3] Have you done any paid work in the last 12 months: Casual/temporary work

Question

Have you done any paid work in the last 12 months: Casual/temporary work

Frequencies

label	value	n	%	v. %
Not at all	0	1678	52.9	58.5
Now and then	1	1007	31.7	35.1
Frequently	2	184	5.8	6.4
System missing (SYSMIS)	.	305	9.6	—

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label	value	n	%	v. %
		3174	100.0	100.0

[Q90_1] Financial situation in the last 12 months: I had to work to get money for my basic living expenses

Question

Financial situation in the last 12 months: I had to work to get money for my basic living expenses

Frequencies

label	value	n	%	v. %
No	0	1143	36.0	36.9
Yes	1	1804	56.8	58.2
Can't say	2	152	4.8	4.9
System missing (SYSMIS)	.	75	2.4	—
		3174	100.0	100.0

[Q90_2] Financial situation in the last 12 months: I got financial support from my parents or relatives in form of money, goods etc.

Question

Financial situation in the last 12 months: I got financial support from my parents or relatives in form of money, goods etc.

Frequencies

label	value	n	%	v. %
No	0	800	25.2	26.0
Yes	1	2224	70.1	72.4
Can't say	2	49	1.5	1.6
System missing (SYSMIS)	.	101	3.2	—
		3174	100.0	100.0

[Q90_3] Financial situation in the last 12 months: Housing costs were higher than half of my disposable income

Question

Financial situation in the last 12 months: Housing costs were higher than half of my disposable income

Frequencies

label	value	n	%	v. %
No	0	1723	54.3	56.1
Yes	1	1182	37.2	38.5
Can't say	2	165	5.2	5.4
System missing (SYSMIS)	.	104	3.3	—
		3174	100.0	100.0

[Q91] Was your disposable income sufficient for your needs?

Question

Was your disposable income sufficient for your needs?

Frequencies

label	value	n	%	v. %
Very sufficient	1	425	13.4	13.5
Sufficient enough	2	1075	33.9	34.3
Sufficient when I lived frugally	3	1359	42.8	43.3
Money was very tight and my financial circumstances insecure	4	278	8.8	8.9
System missing (SYSMIS)	.	37	1.2	—
		3174	100.0	100.0

[Q92] Are you satisfied with your current housing?

Question

Are you satisfied with your current housing?

Frequencies

label	value	n	%	v. %
Yes	1	2491	78.5	79.3
No	2	649	20.4	20.7
System missing (SYSMIS)	.	34	1.1	—
		3174	100.0	100.0

[Q92_1] Are you satisfied with your current housing? No, please specify (open-ended)

Question

Are you satisfied with your current housing? No, please specify (open-ended)

[Q93_1] How important do you think it is that there is legal regulation concerning: Smoking at workplaces

Question

How important do you think it is that there is legal regulation concerning: Smoking at workplaces

Frequencies

label	value	n	%	v. %
Not at all important	1	85	2.7	2.7
Not very important	2	264	8.3	8.4
Fairly important	3	952	30.0	30.3
Very important	4	1837	57.9	58.5
System missing (SYSMIS)	.	36	1.1	—
		3174	100.0	100.0

[Q93_2] How important do you think it is that there is legal regulation concerning: Smoking in public places

Question

How important do you think it is that there is legal regulation concerning: Smoking in public places

Frequencies

2. Variables

label	value	n	%	v. %
Not at all important	1	71	2.2	2.3
Not very important	2	268	8.4	8.5
Fairly important	3	1065	33.6	33.9
Very important	4	1733	54.6	55.2
System missing (SYSMIS)	.	37	1.2	–
		3174	100.0	100.0

[Q93_3] How important do you think it is that there is legal regulation concerning: Cannabis use

Question

How important do you think it is that there is legal regulation concerning: Cannabis use

Frequencies

label	value	n	%	v. %
Not at all important	1	109	3.4	3.5
Not very important	2	309	9.7	9.9
Fairly important	3	683	21.5	21.8
Very important	4	2036	64.1	64.9
System missing (SYSMIS)	.	37	1.2	–
		3174	100.0	100.0

[Q93_4] How important do you think it is that there is legal regulation concerning: Compulsory treatment of young drug users

Question

How important do you think it is that there is legal regulation concerning: Compulsory treatment of young drug users

Frequencies

label	value	n	%	v. %
Not at all important	1	37	1.2	1.2
Not very important	2	143	4.5	4.6
Fairly important	3	957	30.2	30.6
Very important	4	1989	62.7	63.6
System missing (SYSMIS)	.	48	1.5	–
		3174	100.0	100.0

[Q93_5] How important do you think it is that there is legal regulation concerning: Retail sale of alcohol

Question

How important do you think it is that there is legal regulation concerning: Retail sale of alcohol

Frequencies

label	value	n	%	v. %
Not at all important	1	511	16.1	16.3
Not very important	2	1060	33.4	33.8
Fairly important	3	992	31.3	31.7
Very important	4	570	18.0	18.2
System missing (SYSMIS)	.	41	1.3	—
		3174	100.0	100.0

[Q93_6] How important do you think it is that there is legal regulation concerning: Drinking alcohol in public spaces

Question

How important do you think it is that there is legal regulation concerning: Drinking alcohol in public spaces

Frequencies

label	value	n	%	v. %
Not at all important	1	481	15.2	15.3
Not very important	2	1267	39.9	40.4
Fairly important	3	954	30.1	30.4
Very important	4	434	13.7	13.8
System missing (SYSMIS)	.	38	1.2	—
		3174	100.0	100.0

[Q93_7] How important do you think it is that there is legal regulation concerning: Food additives

Question

How important do you think it is that there is legal regulation concerning: Food additives

Frequencies

2. Variables

label	value	n	%	v. %
Not at all important	1	119	3.7	3.8
Not very important	2	469	14.8	15.0
Fairly important	3	1175	37.0	37.5
Very important	4	1373	43.3	43.8
System missing (SYSMIS)	.	38	1.2	–
		3174	100.0	100.0

[Q94] In the past 12 months, has a health care professional recommended you change your lifestyle habits because of an illness, condition or symptom?

Question

In the past 12 months, has a health care professional recommended you change your lifestyle habits because of an illness, condition or symptom?

Frequencies

label	value	n	%	v. %
No	0	2643	83.3	84.1
Yes	1	412	13.0	13.1
Haven't used health care services in the past 12 months	2	89	2.8	2.8
System missing (SYSMIS)	.	30	0.9	–
		3174	100.0	100.0

[Q95] Has the advice and instructions given by a doctor affected your lifestyle habits?

Question

Has the advice and instructions given by a doctor affected your lifestyle habits?

Frequencies

label	value	n	%	v. %
Not at all	0	312	9.8	10.1
Not very much	1	745	23.5	24.1
A fair amount	2	1234	38.9	39.9
A lot	3	350	11.0	11.3
Can't say	4	454	14.3	14.7

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label	value	n	%	v. %
System missing (SYSMIS)	.	79	2.5	–
		3174	100.0	100.0

[Q96] Have you taken a look around the Finnish Student Health Service (FSHS) web site?

Question

Have you taken a look around the Finnish Student Health Service (FSHS) web site?

Frequencies

label	value	n	%	v. %
No	0	2769	87.2	88.1
Yes	1	375	11.8	11.9
System missing (SYSMIS)	.	30	0.9	–
		3174	100.0	100.0

[Q97_1] From which source have you received important information on health issues in the last 12 months?

Question

From which source have you received important information on health issues in the last 12 months?

Frequencies

label	value	n	%	v. %
Radio, television	1	794	25.0	25.7
Newspapers	2	753	23.7	24.4
Periodicals, magazines, journals	3	796	25.1	25.8
Magazines published by health care organizations, books	4	595	18.7	19.3
Internet	5	148	4.7	4.8
System missing (SYSMIS)	.	88	2.8	–
		3174	100.0	100.0

[Q97_2] From which source have you received important information on health issues in the last 12 months?

Question

From which source have you received important information on health issues in the last 12 months?

Frequencies

label	value	n	%	v. %
Family members, relatives	6	959	30.2	31.2
Friends, work colleagues or fellow students	7	941	29.6	30.6
Doctor, dentist, psychiatrist	8	877	27.6	28.5
Other health care personnel	9	242	7.6	7.9
Other person	10	55	1.7	1.8
System missing (SYSMIS)	.	100	3.2	—
		3174	100.0	100.0

[Q97_3] From which source have you received important information on health issues in the last 12 months?

Question

From which source have you received important information on health issues in the last 12 months?

Descriptive statistics

statistic	value
number of valid cases	2889
minimum	11.00
maximum	15.00
mean	12.44
standard deviation	1.34

[Q97_4] From which source have you received important information on health issues in the last 12 months? Other source, please specify (open-ended)

Question

From which source have you received important information on health issues in the last 12 months? Other source, please specify (open-ended)

[Q98_1_1] Have you used the following services in the last 12 months: Public health nurse in the Finnish Student Health Service (FSHS)

Question

Have you used the following services in the last 12 months: Public health nurse in the Finnish Student Health Service (FSHS)

Frequencies

label	value	n	%	v. %
No	0	1188	37.4	37.9
Yes, once	1	916	28.9	29.2
Yes, 2-5 times	2	904	28.5	28.9
Yes, over 5 times	3	125	3.9	4.0
System missing (SYSMIS)	.	41	1.3	–
		3174	100.0	100.0

[Q98_1_2] Have you used the following services in the last 12 months: Public health nurse in a municipal health centre or maternity clinic

Question

Have you used the following services in the last 12 months: Public health nurse in a municipal health centre or maternity clinic

Frequencies

label	value	n	%	v. %
No	0	2573	81.1	82.6
Yes, once	1	280	8.8	9.0
Yes, 2-5 times	2	171	5.4	5.5
Yes, over 5 times	3	90	2.8	2.9
System missing (SYSMIS)	.	60	1.9	–
		3174	100.0	100.0

[Q98_1_3] Have you used the following services in the last 12 months: Public health nurse in an occupational health care facility

Question

Have you used the following services in the last 12 months: Public health nurse in an occupational health care facility

2. Variables

Frequencies

label	value	n	%	v. %
No	0	2694	84.9	86.5
Yes, once	1	257	8.1	8.3
Yes, 2-5 times	2	144	4.5	4.6
Yes, over 5 times	3	18	0.6	0.6
System missing (SYSMIS)	.	61	1.9	–
		3174	100.0	100.0

[Q98_1_4] Have you used the following services in the last 12 months: Public health nurse working for the army

Question

Have you used the following services in the last 12 months: Public health nurse working for the army

Frequencies

label	value	n	%	v. %
No	0	3002	94.6	96.7
Yes, once	1	30	0.9	1.0
Yes, 2-5 times	2	52	1.6	1.7
Yes, over 5 times	3	22	0.7	0.7
System missing (SYSMIS)	.	68	2.1	–
		3174	100.0	100.0

[Q98_2_1] Have you used the following services in the last 12 months: Physiotherapist in the Finnish Student Health Service (FSHS)

Question

Have you used the following services in the last 12 months: Physiotherapist in the Finnish Student Health Service (FSHS)

Frequencies

label	value	n	%	v. %
No	0	2925	92.2	93.7
Yes, once	1	107	3.4	3.4

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label	value	n	%	v. %
Yes, 2-5 times	2	66	2.1	2.1
Yes, over 5 times	3	25	0.8	0.8
System missing (SYSMIS)	.	51	1.6	–
		3174	100.0	100.0

[Q98_2_2] Have you used the following services in the last 12 months: Physiotherapist in a municipal health centre

Question

Have you used the following services in the last 12 months: Physiotherapist in a municipal health centre

Frequencies

label	value	n	%	v. %
No	0	3065	96.6	98.6
Yes, once	1	16	0.5	0.5
Yes, 2-5 times	2	15	0.5	0.5
Yes, over 5 times	3	13	0.4	0.4
System missing (SYSMIS)	.	65	2.0	–
		3174	100.0	100.0

[Q98_2_3] Have you used the following services in the last 12 months: Physiotherapist in an occupational health care facility

Question

Have you used the following services in the last 12 months: Physiotherapist in an occupational health care facility

Frequencies

label	value	n	%	v. %
No	0	3075	96.9	99.0
Yes, once	1	11	0.3	0.4
Yes, 2-5 times	2	17	0.5	0.5
Yes, over 5 times	3	4	0.1	0.1
System missing (SYSMIS)	.	67	2.1	–

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2. Variables

(cont. from previous page)

label	value	n	%	v. %
		3174	100.0	100.0

[Q98_2_4] Have you used the following services in the last 12 months: Physiotherapist working for the army

Question

Have you used the following services in the last 12 months: Physiotherapist working for the army

Frequencies

label	value	n	%	v. %
No	0	3106	97.9	99.9
Yes, once	1	1	0.0	0.0
Yes, 2-5 times	2	1	0.0	0.0
Yes, over 5 times	3	0	0.0	0.0
System missing (SYSMIS)	.	66	2.1	—
		3174	100.0	100.0

[Q98_2_5] Have you used the following services in the last 12 months: Physiotherapist working in the private sector

Question

Have you used the following services in the last 12 months: Physiotherapist working in the private sector

Frequencies

label	value	n	%	v. %
No	0	2864	90.2	92.0
Yes, once	1	61	1.9	2.0
Yes, 2-5 times	2	101	3.2	3.2
Yes, over 5 times	3	87	2.7	2.8
System missing (SYSMIS)	.	61	1.9	—
		3174	100.0	100.0

[Q98_3_1] Have you used the following services in the last 12 months: General practitioner in the Finnish Student Health Service (FSHS)

Question

Have you used the following services in the last 12 months: General practitioner in the Finnish Student Health Service (FSHS)

Frequencies

label	value	n	%	v. %
No	0	1531	48.2	49.0
Yes, once	1	793	25.0	25.4
Yes, 2-5 times	2	737	23.2	23.6
Yes, over 5 times	3	66	2.1	2.1
System missing (SYSMIS)	.	47	1.5	–
		3174	100.0	100.0

[Q98_3_2] Have you used the following services over the past year: General practitioner in a municipal health centre, emergency health care facility

Question

Have you used the following services over the past year: General practitioner in a municipal health centre, emergency health care facility

Frequencies

label	value	n	%	v. %
No	0	2182	68.7	70.2
Yes, once	1	595	18.7	19.1
Yes, 2-5 times	2	298	9.4	9.6
Yes, over 5 times	3	33	1.0	1.1
System missing (SYSMIS)	.	66	2.1	–
		3174	100.0	100.0

[Q98_3_3] Have you used the following services in the last 12 months: General practitioner in an occupational health care facility

Question

Have you used the following services in the last 12 months: General practitioner in an occupational health care facility

Frequencies

label	value	n	%	v. %
No	0	2808	88.5	90.6
Yes, once	1	178	5.6	5.7
Yes, 2-5 times	2	98	3.1	3.2
Yes, over 5 times	3	14	0.4	0.5
System missing (SYSMIS)	.	76	2.4	–
		3174	100.0	100.0

[Q98_3_4] Have you used the following services in the last 12 months: General practitioner working for the army**Question**

Have you used the following services in the last 12 months: General practitioner working for the army

Frequencies

label	value	n	%	v. %
No	0	2995	94.4	96.9
Yes, once	1	39	1.2	1.3
Yes, 2-5 times	2	41	1.3	1.3
Yes, over 5 times	3	16	0.5	0.5
System missing (SYSMIS)	.	83	2.6	–
		3174	100.0	100.0

[Q98_3_5] Have you used the following services in the last 12 months: General practitioner working in the private sector**Question**

Have you used the following services in the last 12 months: General practitioner working in the private sector

Frequencies

label	value	n	%	v. %
No	0	2852	89.9	92.1
Yes, once	1	149	4.7	4.8

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label	value	n	%	v. %
Yes, 2-5 times	2	87	2.7	2.8
Yes, over 5 times	3	10	0.3	0.3
System missing (SYSMIS)	.	76	2.4	—
		3174	100.0	100.0

[Q98_4_1] Have you used the following services in the last 12 months: Specialist doctor in the Finnish Student Health Service (FSHS)

Question

Have you used the following services in the last 12 months: Specialist doctor in the Finnish Student Health Service (FSHS)

Frequencies

label	value	n	%	v. %
No	0	2212	69.7	70.7
Yes, once	1	565	17.8	18.1
Yes, 2-5 times	2	325	10.2	10.4
Yes, over 5 times	3	27	0.9	0.9
System missing (SYSMIS)	.	45	1.4	—
		3174	100.0	100.0

[Q98_4_2] Have you used the following services in the last 12 months: Specialist doctor in a municipal health centre

Question

Have you used the following services in the last 12 months: Specialist doctor in a municipal health centre

Frequencies

label	value	n	%	v. %
No	0	2969	93.5	95.8
Yes, once	1	85	2.7	2.7
Yes, 2-5 times	2	38	1.2	1.2
Yes, over 5 times	3	7	0.2	0.2
System missing (SYSMIS)	.	75	2.4	—

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2. Variables

(cont. from previous page)

label	value	n	%	v. %
		3174	100.0	100.0

[Q98_4_3] Have you used the following services in the last 12 months: Specialist doctor in a hospital clinic

Question

Have you used the following services in the last 12 months: Specialist doctor in a hospital clinic

Frequencies

label	value	n	%	v. %
No	0	2770	87.3	89.3
Yes, once	1	161	5.1	5.2
Yes, 2-5 times	2	138	4.3	4.5
Yes, over 5 times	3	32	1.0	1.0
System missing (SYSMIS)	.	73	2.3	—
		3174	100.0	100.0

[Q98_4_4] Have you used the following services in the last 12 months: Specialist doctor in an occupational health care facility

Question

Have you used the following services in the last 12 months: Specialist doctor in an occupational health care facility

Frequencies

label	value	n	%	v. %
No	0	3043	95.9	98.2
Yes, once	1	37	1.2	1.2
Yes, 2-5 times	2	16	0.5	0.5
Yes, over 5 times	3	3	0.1	0.1
System missing (SYSMIS)	.	75	2.4	—
		3174	100.0	100.0

[Q98_4_5] Have you used the following services in the last 12 months: Specialist doctor working for the army

Question

Have you used the following services in the last 12 months: Specialist doctor working for the army

Frequencies

label	value	n	%	v. %
No	0	3072	96.8	99.2
Yes, once	1	16	0.5	0.5
Yes, 2-5 times	2	10	0.3	0.3
Yes, over 5 times	3	0	0.0	0.0
System missing (SYSMIS)	.	76	2.4	–
		3174	100.0	100.0

[Q98_4_6] Have you used the following services in the last 12 months: Specialist doctor working in the private sector

Question

Have you used the following services in the last 12 months: Specialist doctor working in the private sector

Frequencies

label	value	n	%	v. %
No	0	2646	83.4	85.2
Yes, once	1	277	8.7	8.9
Yes, 2-5 times	2	154	4.9	5.0
Yes, over 5 times	3	28	0.9	0.9
System missing (SYSMIS)	.	69	2.2	–
		3174	100.0	100.0

[Q98_5_1] Have you used the following services in the last 12 months: Dental nurse in the Finnish Student Health Service (FSHS)

Question

Have you used the following services in the last 12 months: Dental nurse in the Finnish Student Health Service (FSHS)

2. Variables

Frequencies

label	value	n	%	v. %
No	0	2129	67.1	68.1
Yes, once	1	705	22.2	22.6
Yes, 2-5 times	2	273	8.6	8.7
Yes, over 5 times	3	19	0.6	0.6
System missing (SYSMIS)	.	48	1.5	–
		3174	100.0	100.0

[Q98_5_2] Have you used the following services in the last 12 months: Dental nurse in a municipal health centre

Question

Have you used the following services in the last 12 months: Dental nurse in a municipal health centre

Frequencies

label	value	n	%	v. %
No	0	2967	93.5	95.7
Yes, once	1	103	3.2	3.3
Yes, 2-5 times	2	29	0.9	0.9
Yes, over 5 times	3	1	0.0	0.0
System missing (SYSMIS)	.	74	2.3	–
		3174	100.0	100.0

[Q98_5_3] Have you used the following services in the last 12 months: Dental nurse working for the army or some other service provider

Question

Have you used the following services in the last 12 months: Dental nurse working for the army or some other service provider

Frequencies

label	value	n	%	v. %
No	0	3011	94.9	97.2
Yes, once	1	66	2.1	2.1

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label	value	n	%	v. %
Yes, 2-5 times	2	19	0.6	0.6
Yes, over 5 times	3	3	0.1	0.1
System missing (SYSMIS)	.	75	2.4	–
		3174	100.0	100.0

[Q98_6_1] Have you used the following services in the last 12 months: Dentist in the Finnish Student Health Service (FSHS)

Question

Have you used the following services in the last 12 months: Dentist in the Finnish Student Health Service (FSHS)

Frequencies

label	value	n	%	v. %
No	0	1610	50.7	51.4
Yes, once	1	799	25.2	25.5
Yes, 2-5 times	2	621	19.6	19.8
Yes, over 5 times	3	100	3.2	3.2
System missing (SYSMIS)	.	44	1.4	–
		3174	100.0	100.0

[Q98_6_2] Have you used the following services in the last 12 months: Dentist in a municipal health centre

Question

Have you used the following services in the last 12 months: Dentist in a municipal health centre

Frequencies

label	value	n	%	v. %
No	0	2872	90.5	92.6
Yes, once	1	163	5.1	5.3
Yes, 2-5 times	2	54	1.7	1.7
Yes, over 5 times	3	12	0.4	0.4
System missing (SYSMIS)	.	73	2.3	–
		3174	100.0	100.0

[Q98_6_3] Have you used the following services in the last 12 months: Dentist working for the army

Question

Have you used the following services in the last 12 months: Dentist working for the army

Frequencies

label	value	n	%	v. %
No	0	3032	95.5	97.7
Yes, once	1	53	1.7	1.7
Yes, 2-5 times	2	17	0.5	0.5
Yes, over 5 times	3	1	0.0	0.0
System missing (SYSMIS)	.	71	2.2	–
		3174	100.0	100.0

[Q98_6_4] Have you used the following services in the last 12 months: Dentist working in the private sector

Question

Have you used the following services in the last 12 months: Dentist working in the private sector

Frequencies

label	value	n	%	v. %
No	0	2936	92.5	94.6
Yes, once	1	88	2.8	2.8
Yes, 2-5 times	2	68	2.1	2.2
Yes, over 5 times	3	11	0.3	0.4
System missing (SYSMIS)	.	71	2.2	–
		3174	100.0	100.0

[Q98_7_1] Have you used the following services in the last 12 months: Psychologist in the Finnish Student Health Service (FSHS)

Question

Have you used the following services in the last 12 months: Psychologist in the Finnish Student Health Service (FSHS)

Frequencies

label	value	n	%	v. %
No	0	3002	94.6	95.9
Yes, once	1	34	1.1	1.1
Yes, 2-5 times	2	58	1.8	1.9
Yes, over 5 times	3	35	1.1	1.1
System missing (SYSMIS)	.	45	1.4	–
		3174	100.0	100.0

[Q98_7_2] Have you used the following services in the last 12 months: Psychologist in municipal mental health services

Question

Have you used the following services in the last 12 months: Psychologist in municipal mental health services

Frequencies

label	value	n	%	v. %
No	0	3080	97.0	98.9
Yes, once	1	15	0.5	0.5
Yes, 2-5 times	2	11	0.3	0.4
Yes, over 5 times	3	9	0.3	0.3
System missing (SYSMIS)	.	59	1.9	–
		3174	100.0	100.0

[Q98_7_3] Have you used the following services in the last 12 months: Psychologist working for the army

Question

Have you used the following services in the last 12 months: Psychologist working for the army

Frequencies

label	value	n	%	v. %
No	0	3112	98.0	99.9
Yes, once	1	2	0.1	0.1
Yes, 2-5 times	2	0	0.0	0.0
Yes, over 5 times	3	0	0.0	0.0
System missing (SYSMIS)	.	60	1.9	–
		3174	100.0	100.0

[Q98_7_4] Have you used the following services in the last 12 months: Psychologist working in the private sector

Question

Have you used the following services in the last 12 months: Psychologist working in the private sector

Frequencies

label	value	n	%	v. %
No	0	3072	96.8	98.6
Yes, once	1	9	0.3	0.3
Yes, 2-5 times	2	6	0.2	0.2
Yes, over 5 times	3	30	0.9	1.0
System missing (SYSMIS)	.	57	1.8	–
		3174	100.0	100.0

[Q98_8_1] Have you used the following services in the last 12 months: Psychiatrist in the Finnish Student Health Service (FSHS)

Question

Have you used the following services in the last 12 months: Psychiatrist in the Finnish Student Health Service (FSHS)

Frequencies

label	value	n	%	v. %
No	0	3072	96.8	98.1
Yes, once	1	20	0.6	0.6
Yes, 2-5 times	2	24	0.8	0.8
Yes, over 5 times	3	14	0.4	0.4
System missing (SYSMIS)	.	44	1.4	–
		3174	100.0	100.0

[Q98_8_2] Have you used the following services in the last 12 months: Psychiatrist in municipal mental health services

Question

Have you used the following services in the last 12 months: Psychiatrist in municipal mental health services

Frequencies

label	value	n	%	v. %
No	0	3097	97.6	99.4
Yes, once	1	5	0.2	0.2
Yes, 2-5 times	2	6	0.2	0.2
Yes, over 5 times	3	8	0.3	0.3
System missing (SYSMIS)	.	58	1.8	–
		3174	100.0	100.0

[Q98_8_3] Have you used the following services in the last 12 months: Psychiatrist working for the army**Question**

Have you used the following services in the last 12 months: Psychiatrist working for the army

Frequencies

label	value	n	%	v. %
No	0	3112	98.0	99.9
Yes, once	1	3	0.1	0.1
Yes, 2-5 times	2	0	0.0	0.0
Yes, over 5 times	3	0	0.0	0.0
System missing (SYSMIS)	.	59	1.9	–
		3174	100.0	100.0

[Q98_8_4] Have you used the following services in the last 12 months: Psychiatrist working in the private sector**Question**

Have you used the following services in the last 12 months: Psychiatrist working in the private sector

Frequencies

label	value	n	%	v. %
No	0	3084	97.2	99.0
Yes, once	1	10	0.3	0.3
Yes, 2-5 times	2	10	0.3	0.3

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2. Variables

(cont. from previous page)

label	value	n	%	v. %
Yes, over 5 times	3	12	0.4	0.4
System missing (SYSMIS)	.	58	1.8	–
		3174	100.0	100.0

[Q99_1] Reason for using other service provider than the Finnish Student Health Service: I did not have the right to use the FSHS services for the whole 12-month period

Question

Reason for using other service provider than the Finnish Student Health Service: I did not have the right to use the FSHS services for the whole 12-month period

Frequencies

label	value	n	%	v. %
Not mentioned	0	1710	53.9	80.2
Mentioned	1	421	13.3	19.8
System missing (SYSMIS)	.	1043	32.9	–
		3174	100.0	100.0

[Q99_2] Reason for using other service provider than Finnish Student Health Service: I have been working / in military service / pregnant

Question

Reason for using other service provider than Finnish Student Health Service: I have been working / in military service / pregnant

Frequencies

label	value	n	%	v. %
Not mentioned	0	1562	49.2	73.3
Mentioned	1	569	17.9	26.7
System missing (SYSMIS)	.	1043	32.9	–
		3174	100.0	100.0

[Q99_3] Reason for using other service provider than the Finnish Student Health Service: I was referred somewhere else

Question

Reason for using other service provider than the Finnish Student Health Service: I was referred somewhere else

Frequencies

label	value	n	%	v. %
Not mentioned	0	1815	57.2	85.2
Mentioned	1	316	10.0	14.8
System missing (SYSMIS)	.	1043	32.9	–
		3174	100.0	100.0

[Q99_4] Reason for using other service provider than the Finnish Student Health Service: I continue using the service provider that has treated me before

Question

Reason for using other service provider than the Finnish Student Health Service: I continue using the service provider that has treated me before

Frequencies

label	value	n	%	v. %
Not mentioned	0	1800	56.7	84.5
Mentioned	1	331	10.4	15.5
System missing (SYSMIS)	.	1043	32.9	–
		3174	100.0	100.0

[Q99_5] Reason for using other service provider than the Finnish Student Health Service: I needed help in a place where there were no FSHS services

Question

Reason for using other service provider than the Finnish Student Health Service: I needed help in a place where there were no FSHS services

Frequencies

2. Variables

label	value	n	%	v. %
Not mentioned	0	1731	54.5	81.2
Mentioned	1	400	12.6	18.8
System missing (SYSMIS)	.	1043	32.9	–
		3174	100.0	100.0

[Q99_6] Reason for using other service provider than the Finnish Student Health Service: I needed emergency care outside normal office hours

Question

Reason for using other service provider than the Finnish Student Health Service: I needed emergency care outside normal office hours

Frequencies

label	value	n	%	v. %
Not mentioned	0	1703	53.7	79.9
Mentioned	1	428	13.5	20.1
System missing (SYSMIS)	.	1043	32.9	–
		3174	100.0	100.0

[Q99_7] Reason for using other service provider than the Finnish Student Health Service: Student health care does not provide the service I want or I can no longer get it

Question

Reason for using other service provider than the Finnish Student Health Service: Student health care does not provide the service I want or I can no longer get it

Frequencies

label	value	n	%	v. %
Not mentioned	0	1916	60.4	89.9
Mentioned	1	215	6.8	10.1
System missing (SYSMIS)	.	1043	32.9	–
		3174	100.0	100.0

[Q99_8] Reason for using other service provider than the Finnish Student Health Service: I could not get an appointment quickly enough at the FSHS

Question

Reason for using other service provider than the Finnish Student Health Service: I could not get an appointment quickly enough at the FSHS

Frequencies

label	value	n	%	v. %
Not mentioned	0	1808	57.0	84.8
Mentioned	1	323	10.2	15.2
System missing (SYSMIS)	.	1043	32.9	–
		3174	100.0	100.0

[Q99_9] Reason for using other service provider than the Finnish Student Health Service: I have not been satisfied with the FSHS services

Question

Reason for using other service provider than the Finnish Student Health Service: I have not been satisfied with the FSHS services

Frequencies

label	value	n	%	v. %
Not mentioned	0	2019	63.6	94.7
Mentioned	1	112	3.5	5.3
System missing (SYSMIS)	.	1043	32.9	–
		3174	100.0	100.0

[Q99_10] Reason for using other service provider than the Finnish Student Health Service: Other reason

Question

Reason for using other service provider than the Finnish Student Health Service: Other reason

Frequencies

2. Variables

label	value	n	%	v. %
Not mentioned	0	1970	62.1	92.4
Mentioned	1	161	5.1	7.6
System missing (SYSMIS)	.	1043	32.9	–
		3174	100.0	100.0

[Q99_10_1] Other reason, please specify (open-ended)

Question

Other reason, please specify (open-ended)

[Q100_1] When you last used the FSHS services what was your experience like? I got clarification on the issues that had worried me

Question

When you last used the FSHS services what was your experience like? I got clarification on the issues that had worried me

Frequencies

label	value	n	%	v. %
Strongly agree	1	1398	44.0	47.4
Agree to some extent	2	1178	37.1	39.9
Disagree a bit	3	300	9.5	10.2
Strongly disagree	4	75	2.4	2.5
System missing (SYSMIS)	.	223	7.0	–
		3174	100.0	100.0

[Q100_2] When you last used the FSHS services what was your experience like? I was listened to and felt understood

Question

When you last used the FSHS services what was your experience like? I was listened to and felt understood

Frequencies

label	value	n	%	v. %
Strongly agree	1	1512	47.6	51.3
Agree to some extent	2	1103	34.8	37.4
Disagree a bit	3	260	8.2	8.8
Strongly disagree	4	74	2.3	2.5
System missing (SYSMIS)	.	225	7.1	—
		3174	100.0	100.0

[Q100_3] When you last used the FSHS services what was your experience like? The staff were interested me in as a person, as well

Question

When you last used the FSHS services what was your experience like? The staff were interested me in as a person, as well

Frequencies

label	value	n	%	v. %
Strongly agree	1	919	29.0	31.2
Agree to some extent	2	1306	41.1	44.4
Disagree a bit	3	552	17.4	18.8
Strongly disagree	4	165	5.2	5.6
System missing (SYSMIS)	.	232	7.3	—
		3174	100.0	100.0

[Q100_4] When you last used the FSHS services what was your experience like? The staff spent enough time in talking with me

Question

When you last used the FSHS services what was your experience like? The staff spent enough time in talking with me

Frequencies

label	value	n	%	v. %
Strongly agree	1	1211	38.2	41.0
Agree to some extent	2	1145	36.1	38.8
Disagree a bit	3	483	15.2	16.4
Strongly disagree	4	114	3.6	3.9
System missing (SYSMIS)	.	221	7.0	—

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2. Variables

(cont. from previous page)

label	value	n	%	v. %
		3174	100.0	100.0

[Q100_5] When you last used the FSHS services what was your experience like? The staff were friendly

Question

When you last used the FSHS services what was your experience like? The staff were friendly

Frequencies

label	value	n	%	v. %
Strongly agree	1	1718	54.1	58.2
Agree to some extent	2	1014	31.9	34.3
Disagree a bit	3	175	5.5	5.9
Strongly disagree	4	45	1.4	1.5
System missing (SYSMIS)	.	222	7.0	—
		3174	100.0	100.0

[Q101_1] The planning of treatment and advice received when you last used the FSHS services: I was given enough information about my condition/health problem

Question

The planning of treatment and advice received when you last used the FSHS services: I was given enough information about my condition/health problem

Frequencies

label	value	n	%	v. %
Strongly agree	1	1232	38.8	43.0
Agree to some extent	2	1174	37.0	41.0
Disagree a bit	3	369	11.6	12.9
Strongly disagree	4	87	2.7	3.0
System missing (SYSMIS)	.	312	9.8	—
		3174	100.0	100.0

[Q101_2] The planning of treatment and advice received when you last used the FSHS services: I was given enough information about treatment alternatives

Question

The planning of treatment and advice received when you last used the FSHS services: I was given enough information about treatment alternatives

Frequencies

label	value	n	%	v. %
Strongly agree	1	1089	34.3	38.1
Agree to some extent	2	1153	36.3	40.3
Disagree a bit	3	500	15.8	17.5
Strongly disagree	4	119	3.7	4.2
System missing (SYSMIS)	.	313	9.9	–
		3174	100.0	100.0

[Q101_3] The planning of treatment and advice received when you last used the FSHS services: I was involved and my opinions were taken into account in the planning of my treatment

Question

The planning of treatment and advice received when you last used the FSHS services: I was involved and my opinions were taken into account in the planning of my treatment

Frequencies

label	value	n	%	v. %
Strongly agree	1	1171	36.9	41.3
Agree to some extent	2	1186	37.4	41.8
Disagree a bit	3	375	11.8	13.2
Strongly disagree	4	105	3.3	3.7
System missing (SYSMIS)	.	337	10.6	–
		3174	100.0	100.0

[Q101_4] The planning of treatment and advice received when you last used the FSHS services: I was given sufficient advice on self-care at home

Question

The planning of treatment and advice received when you last used the FSHS services: I was given sufficient advice on self-care at home

Frequencies

label	value	n	%	v. %
Strongly agree	1	1342	42.3	47.2
Agree to some extent	2	1112	35.0	39.1
Disagree a bit	3	310	9.8	10.9
Strongly disagree	4	81	2.6	2.8
System missing (SYSMIS)	.	329	10.4	–
		3174	100.0	100.0

[Q101_5] The planning of treatment and advice received when you last used the FSHS services: I was given clear instructions on how to proceed with my condition/health problem

Question

The planning of treatment and advice received when you last used the FSHS services: I was given clear instructions on how to proceed with my condition/health problem

Frequencies

label	value	n	%	v. %
Strongly agree	1	1377	43.4	48.0
Agree to some extent	2	1034	32.6	36.1
Disagree a bit	3	352	11.1	12.3
Strongly disagree	4	103	3.2	3.6
System missing (SYSMIS)	.	308	9.7	–
		3174	100.0	100.0

[Q102] Did you participate/are you planning to participate in the dental and general health examination provided by the FSHS for first-year students?

Question

Did you participate/are you planning to participate in the dental and general health examination provided by the FSHS for first-year students?

Frequencies

label	value	n	%	v. %
No, neither the dental or general health examination	0	359	11.3	11.5
Yes, both the dental and general health examination	1	2188	68.9	70.4
Yes, only the general health examination	2	245	7.7	7.9
Yes, only the dental health examination	3	191	6.0	6.1
Not sure yet/Can't remember whether I participated	4	127	4.0	4.1
System missing (SYSMIS)	.	64	2.0	—
		3174	100.0	100.0

[Q103] If you did not participate/are not planning to participate in the dental and general health examination, why not?

Question

If you did not participate/are not planning to participate in the dental and general health examination, why not?

Frequencies

label	value	n	%	v. %
I have recently had another health check-up	1	111	3.5	19.1
I haven't had any health issues	2	185	5.8	31.8
I think health check-ups are unnecessary	3	5	0.2	0.9
I'm aware of my health problems anyway	4	39	1.2	6.7
I don't want other people interfering	5	13	0.4	2.2
Other reason, please specify	6	229	7.2	39.3
System missing (SYSMIS)	.	2592	81.7	—
		3174	100.0	100.0

[Q103_1] If you did not participate/are not planning to participate in the dental and general health examination, why not? Other reason, please specify (open-ended)

Question

If you did not participate/are not planning to participate in the dental and general health examination, why not? Other reason, please specify (open-ended)

[Q104_1] Would you like to get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Allergies and skin issues

Question

Would you like to get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Allergies and skin issues

Frequencies

label	value	n	%	v. %
No	0	2132	67.2	69.6
Can't say	1	354	11.2	11.5
Yes	2	579	18.2	18.9
System missing (SYSMIS)	.	109	3.4	–
		3174	100.0	100.0

[Q104_1_1] Allergies and skin issues, what kind of help? (open-ended)

Question

Allergies and skin issues, what kind of help? (open-ended)

[Q104_2] Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Quitting smoking

Question

Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Quitting smoking

Frequencies

label	value	n	%	v. %
No	0	2793	88.0	90.5
Can't say	1	186	5.9	6.0
Yes	2	108	3.4	3.5
System missing (SYSMIS)	.	87	2.7	–
		3174	100.0	100.0

[Q104_2_1] Quitting smoking, what kind of help? (open-ended)

Question

Quitting smoking, what kind of help? (open-ended)

[Q104_3] Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Controlling alcohol consumption

Question

Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Controlling alcohol consumption

Frequencies

label	value	n	%	v. %
No	0	2833	89.3	91.8
Can't say	1	177	5.6	5.7
Yes	2	75	2.4	2.4
System missing (SYSMIS)	.	89	2.8	–
		3174	100.0	100.0

[Q104_3_1] Controlling alcohol consumption, what kind of help? (open-ended)

Question

Controlling alcohol consumption, what kind of help? (open-ended)

[Q104_4] Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Weight control

Question

Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Weight control

Frequencies

label	value	n	%	v. %
No	0	2360	74.4	76.4
Can't say	1	296	9.3	9.6
Yes	2	433	13.6	14.0
System missing (SYSMIS)	.	85	2.7	—
		3174	100.0	100.0

[Q104_4_1] Weight control, what kind of help? (open-ended)

Question

Weight control, what kind of help? (open-ended)

[Q104_5] Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Eating-related problem

Question

Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Eating-related problem

Frequencies

label	value	n	%	v. %
No	0	2708	85.3	87.8
Can't say	1	188	5.9	6.1
Yes	2	189	6.0	6.1
System missing (SYSMIS)	.	89	2.8	—
		3174	100.0	100.0

[Q104_5_1] Eating-related problem, what kind of help? (open-ended)**Question**

Eating-related problem, what kind of help? (open-ended)

[Q104_6] Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Nutritional issues**Question**

Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Nutritional issues

Frequencies

label	value	n	%	v. %
No	0	2029	63.9	65.6
Can't say	1	347	10.9	11.2
Yes	2	717	22.6	23.2
System missing (SYSMIS)	.	81	2.6	–
		3174	100.0	100.0

[Q104_6_1] Nutritional issues, what kind of help? (open-ended)**Question**

Nutritional issues, what kind of help? (open-ended)

[Q104_7] Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Physical exercise issues**Question**

Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Physical exercise issues

Frequencies

2. Variables

label	value	n	%	v. %
No	0	2189	69.0	71.0
Can't say	1	354	11.2	11.5
Yes	2	542	17.1	17.6
System missing (SYSMIS)	.	89	2.8	–
		3174	100.0	100.0

[Q104_7_1] Physical exercise issues, what kind of help? (open-ended)

Question

Physical exercise issues, what kind of help? (open-ended)

[Q104_8] Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Ergonomics

Question

Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Ergonomics

Frequencies

label	value	n	%	v. %
No	0	2024	63.8	65.6
Can't say	1	362	11.4	11.7
Yes	2	700	22.1	22.7
System missing (SYSMIS)	.	88	2.8	–
		3174	100.0	100.0

[Q104_8_1] Ergonomics, what kind of help? (open-ended)

Question

Ergonomics, what kind of help? (open-ended)

[Q104_9] Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Problems caused by anxiety/nervousness

Question

Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Problems caused by anxiety/nervousness

Frequencies

label	value	n	%	v. %
No	0	2219	69.9	72.0
Can't say	1	380	12.0	12.3
Yes	2	484	15.2	15.7
System missing (SYSMIS)	.	91	2.9	—
		3174	100.0	100.0

[Q104_9_1] Problems caused by anxiety/nervousness, what kind of help? (open-ended)**Question**

Problems caused by anxiety/nervousness, what kind of help? (open-ended)

[Q104_10] Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Social relationships or self-esteem**Question**

Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Social relationships or self-esteem

Frequencies

label	value	n	%	v. %
No	0	2208	69.6	71.5
Can't say	1	377	11.9	12.2
Yes	2	502	15.8	16.3
System missing (SYSMIS)	.	87	2.7	—
		3174	100.0	100.0

[Q104_101] Social relationships or self-esteem, what kind of help? (open-ended)**Question**

Social relationships or self-esteem, what kind of help? (open-ended)

[Q104_11] Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Stress control

Question

Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Stress control

Frequencies

label	value	n	%	v. %
No	0	1869	58.9	60.4
Can't say	1	392	12.4	12.7
Yes	2	832	26.2	26.9
System missing (SYSMIS)	.	81	2.6	—
		3174	100.0	100.0

[Q104_111] Stress control, what kind of help? (open-ended)

Question

Stress control, what kind of help? (open-ended)

[Q104_12] Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Other problems

Question

Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Other problems

Frequencies

label	value	n	%	v. %
No	0	2476	78.0	82.5
Can't say	1	423	13.3	14.1
Yes	2	103	3.2	3.4
System missing (SYSMIS)	.	172	5.4	—
		3174	100.0	100.0

[Q104_121] Other problems, what kind of help? (open-ended)**Question***Other problems, what kind of help? (open-ended)***[BV2] The respondent's year of birth (categorised)****Question***The respondent's year of birth (categorised)***Frequencies**

label	value	n	%	v. %
1969 or earlier	1	247	7.8	7.8
1970 - 1972	2	401	12.6	12.6
1973 - 1975	3	893	28.1	28.1
1976 - 1978	4	1141	35.9	35.9
1979 or later	5	492	15.5	15.5
		3174	100.0	100.0

[BV3] The year the respondent started his/her studies (categorised)**Question***The year the respondent started his/her studies (categorised)***Frequencies**

label	value	n	%	v. %
1991 or earlier	1	264	8.3	8.4
1992 - 1993	2	330	10.4	10.5
1994 - 1995	3	576	18.1	18.3
1996 - 1997	4	901	28.4	28.6
1998 or later	5	1083	34.1	34.3
System missing (SYSMIS)	.	20	0.6	—
		3174	100.0	100.0

[BV4] The respondent's gender**Question***The respondent's gender*

2. Variables

Frequencies

label	value	n	%	v. %
Male	1	1224	38.6	38.6
Female	2	1950	61.4	61.4
		3174	100.0	100.0

[BV5] Location of the respondent's educational institution

Question

Location of the respondent's educational institution

Frequencies

label	value	n	%	v. %
Capital (Helsinki) area	1	911	28.7	28.7
Large town (over 70,000 inhabitants)	2	1720	54.2	54.2
Small town	3	543	17.1	17.1
		3174	100.0	100.0

[BV6] The respondent's field of study

Question

The respondent's field of study

Frequencies

label	value	n	%	v. %
Economics	1	189	6.0	6.0
Technology	2	533	16.8	16.8
Fine arts	3	75	2.4	2.4
Humanities, education, theology	4	932	29.4	29.4
Social sciences, law	5	496	15.6	15.6
Mathematics, natural sciences, medicine	6	946	29.8	29.8
System missing (SYSMIS)	.	3	0.1	—
		3174	100.0	100.0

Chapter 3

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Appendix A

Questionnaire in Finnish

KYSELYLOMAKE

Tämä kyselylomake on osa Yhteiskuntatieteelliseen tietoaarkistoon arkistoitua tutkimusaineistoa

FSD2051 Korkeakouluopiskelijoiden terveystutkimus 2000

Kyselylomaketta hyödyntävien tulee viitata siihen asianmukaisesti lähdeviitteellä.

Lisätiedot: <http://www.fsd.uta.fi/>

QUESTIONNAIRE

This questionnaire is part of the following dataset, archived at the Finnish Social Science Data Archive:

FSD2051 University Student Health Survey 2000

If this questionnaire is used or referred to in any publication, the source must be acknowledged by means of an appropriate bibliographic citation.

More information: <http://www.fsd.uta.fi/>



YLIOPPILAIKEN TERVEYDENHOITOSÄÄTIÖ
STUDENTERNAS HÄLSOVÄRDSTIFTELSE

OPIKSELIJATERVEYSTUTKIMUS

Hyvä opiskelija

Ylioppilaiden terveydenhoitosäätiö (YTHS) vastaa korkeakouluopiskelijoiden terveydenhuollosta Suomessa. Voidakseen kehittää terveydenhoitopalvelujaan YTHS tarvitsee ajankohtaista tietoa terveyden kannalta tärkeistä asioista.

Kyselylomakkeessa on perinteisiä terveyden ja terveystyttymisen kysymyksiä, mutta siinä kartoitetaan myös muita elämän alueita, jotka kokemuksemme mukaan liittyvät läheisesti opiskelijan terveyteen ja jaksamiseen.

Kyseessä oleva tutkimus on valtakunnallinen käsittäen kaikki korkeakoulupaikkakunnat Suomessa. Kaikki antamasi tiedot ovat luottamuksellisia ja tulevat vain tutkijoiden käyttöön. Tutkimustulokset käsitellään tilastollisina kokonaisuuksina; yksittäistä vastaajaa ei niistä voi tunnistaa.

Tutkimuksen onnistumisen kannalta on ensiarvoisen tärkeää, että osallistut kyselyyn. Näe siis pieni vaiva ja vastaa! Lomake palautetaan Ylioppilaiden terveydenhoitosäätiölle oheisessa kirjekuoreessa, vastaanottaja maksaa postimaksun.

Tutkimusta koskeviin tiedusteluihin vastaa lääket. tri Kristina Kunttu, puh. (02) 2747 200, sähköp. kristina.kunttu@yths.fi.

Yhteistyöstä kiittäen



Ylioppilaiden terveydenhoitosäätiö

Vastaajakilpailu:

Kyselyyn vastanneiden kesken arvotaan 60 kappaletta Finnkinon 5 elokuvan sarjalippua. Jos haluat osallistua arvontaan, täytä oheinen lipuke ja laita se vastauslomakkeen mukana palautuskuoreen.

Arvonta suoritetaan 31.3.2000. Arvontaan osallistuvat kaikki täytettyjen lomakkeiden myötä siihen mennessä palautetut lipukkeet.

Palkinnot toimitetaan suoraan voittajille.

Vastausohjeet:

Ympyröi Sinun vastaustasi parhaiten kuvaavan vaihtoehdon numero tai kirjoita kysytty tieto sitä varten varattuun tilaan.

Ympyröi kunkin vaihtoehdon kohdalla vain yksi numero, ellei toisin ole mainittu.

Vastauksiin toivotaan tietoa siitä, miten yleensä toimit, ellei kysymyksessä toisin ole mainittu.

Lue ennen vastaamistasi koko kysymys.

TERVEYDENTILA

1. Onko lääkäri, hammaslääkäri tai psykologi todennut Sinulla jonkin pysyvän, pitkäkestoisen tai usein toistuvan sairauden, vian tai vamman, joka on oireillut tai vaatinut hoitoa viimeksi kuluneen vuoden (12 kk) aikana?

(Vastaa kaikkiin kohtiin.)

	ei	kyllä
1. Diabetes	0	1
2. Kilpirauhassairaus	0	1
3. Verenpainetauti, kohonnut verenpaine	0	1
4. Sydämen rytmihäiriö tai muu sydänsairaus	0	1
5. Nivelreuma, selkärankareuma	0	1
6. Muu tuki- ja liikuntaelinten sairaus	0	1
7. Astma tai muu keuhkosairaus	0	1
8. Allerginen nuha tai silmätulehdus	0	1
9. Atooppinen ihottuma	0	1
10. Muu ihosairaus, hankala akne	0	1
11. Laktoosi-intoleranssi	0	1
12. Muu mahan tai suoliston sairaus	0	1
13. Toistuva virtsatietulehdus, munuaissairaus	0	1
14. Miesten sukuelinten sairaus	0	1
15. Gynekologinen sairaus	0	1
16. Näkövika (silmälasit)	0	1
17. Silmänsairaus	0	1
18. Korva-, nenä-, kurkkusairaus	0	1
19. Hammaskaries (reikä hampaassa)	0	1
20. Tulehtunut viisaudenhammas	0	1
21. Migreeni	0	1
22. Epilepsia, muu neurologinen sairaus	0	1
23. Syömishäiriö (anorexia, bulimia, ahmiminen)	0	1
24. Ahdistuneisuushäiriö (paniikkihäiriö, sosiaalisten tilanteiden pelko tms.)	0	1
25. Masennus (depressio)	0	1
26. Muu mielenterveyden häiriö	0	1
27. Muu, mikä?	0	1

2. Millainen on terveydentilasi omasta mielestäsi?

- 1 hyvä
- 2 melko hyvä
- 3 keskitasoinen
- 4 melko huono
- 5 huono

3. Minkä seuraavista koet suurimmaksi uhaksi omalle terveydellesi?

- 1 ympäristötuhot
- 2 omassa käyttäytymisessä mahdollisesti olevat epäterveelliset tavat
- 3 väkivalta tai onnettomuus
- 4 henkinen stressi
- 5 perinnölliset tekijät
- 6 muu, mikä? _____
- 7 en osaa sanoa

4. Käytätkö nykyisin lääkärin määräämiä lääkkeitä?

(Tarvittaessa voit ympyröidä useitakin kohtia.)

- 0 en käytä mitään
- 1 säännöllinen lääkitys sairauteen
- 2 käytän tarvittaessa otettavaa lääkettä
- 3 käytän voiteita säännöllisesti tai tarvittaessa
- 4 käytän ehkäisytabletteja

5. Käytätkö nykyisin ilman reseptiä saatavia lääkkeitä?

- 0 en käytä tai käytän hyvin harvoin
- 1 kerran tai pari kuukaudessa
- 2 viikoittain
- 3 päivittäin tai lähes päivittäin

6. Käytätkö nykyisin rohdosvalmisteita (vitamiineja, kivennäisaineita tai muita lääkkeenomaisia tuotteita) tai ns. luontaistuotteita?

- 0 en käytä
- 1 käytän satunnaisesti
- 2 käytän säännöllisesti tai usein

7. Oletko käyttänyt tai käytätkö nykyisin urheilusuorituksia, liikuntaa tai voimaa parantavia aineita?

- 0 en ole käyttänyt koskaan
- 1 olen käyttänyt aikaisemmin
- 2 käytän nykyisin

8. Pituutesi |__|__|__| cm

9. Painosi |__|__|__| kg

10. Onko painosi muuttunut viimeisen vuoden (12 kk) aikana?

Painoni on

- 1 vähentynyt |__|__| kg
- 2 pysynyt ennallaan
- 3 lisääntynyt |__|__| kg

11. Mitä mieltä olet painostasi? Oletko mielestäsi

- 1 paljon alipainoinen
- 2 jonkin verran alipainoinen
- 3 sopivan painoinen
- 4 jonkin verran ylipainoinen
- 5 paljon ylipainoinen

12. Onko suhtautumisesi ruokaan normaali?

- 0 ei
- 1 kyllä
- 2 en osaa sanoa

13. Oletko jossakin elämäsi vaiheessa laihduttanut voimakkaasti?

- 0 en
- 1 kyllä, laihduttaminen oli suunniteltu ja hallittu toimenpide
- 2 kyllä, laihduttaminen muuttui hallitsemattomaksi

14. Onko Sinulla esiintynyt seuraavia oireita viimeisen kuukauden (30 pv) aikana?
(Vastaa kaikkiin kohtiin.)

	ei lainkaan	satunnaisesti	viikoittain	päivittäin tai lähes päivittäin
1. päänsärkyä	0	1	2	3
2. huimausta	0	1	2	3
3. väsymystä tai voimattomuutta	0	1	2	3
4. yläselän tai niskan vaivoja	0	1	2	3
5. alaselän vaivoja	0	1	2	3
6. raajojen tai nivelten kiputiloja	0	1	2	3
7. vatsakipuja, närästystä	0	1	2	3
8. pahoinvointia tai oksennuksia	0	1	2	3
9. ilmavaivoja tai turvotusta	0	1	2	3
10. ummetusta tai ripulia	0	1	2	3
11. sydämen tykytystä, epäsäännöllisiä lyöntejä	0	1	2	3
12. iho-ongelmia	0	1	2	3
13. ääniongelmia	0	1	2	3
14. nuhaa tai tukkoisuutta	0	1	2	3
15. kurkkuvaivoja (kipua, limaa)	0	1	2	3
16. pitkittynyttä yskää tai hengenahdistusta	0	1	2	3
17. ienverenvuotoa tai ienvaivoja	0	1	2	3
18. hammasvaivoja (viiltoa, särkyä)	0	1	2	3
19. vaivaa viisaudenhampaista	0	1	2	3
20. purentavaivoja	0	1	2	3
21. nukahtamisvaikeuksia tai heräilyä yöllä	0	1	2	3
22. keskittymisvaikeuksia	0	1	2	3
23. jännittyneisyyttä tai hermostuneisuutta	0	1	2	3
24. masentuneisuutta tai alakuloisuutta	0	1	2	3
25. ahdistuneisuutta	0	1	2	3
26. muuta, mitä?	0	1	2	3

15. Onko Sinulla esiintynyt viimeisen puolen vuoden (6 kk) aikana?
(Tarvittaessa voit ympyröidä useitakin kohtia.)

Naisten vaivoja?

- 0 ei
 1 kuukautiskipuja, joihin tarvitsen lääkkeitä
 2 kuukautisvuotohäiriöitä
 3 normaalista poikkeavaa valkovuotoa
 4 yhdyntäkipuja
 5 muuta, mitä? _____

Miesten vaivoja?

- 0 ei
 1 esinahan ongelmia (tulehdusta, ahautta tms.)
 2 vuotoa tai kirvelyä virtsaputkessa
 3 erektiohäiriöitä, potenssi-ongelmia
 4 eturauhasen (prostatan) vaivoja
 5 muuta, mitä? _____

16. Oletko viime aikoina pystynyt keskittymään tehtäviisi?

- 1 paremmin kuin tavallisesti
- 2 yhtä hyvin kuin tavallisesti
- 3 huonommin kuin tavallisesti
- 4 paljon huonommin kuin tavallisesti

17. Oletko viime aikoina valvonut paljon huolien takia?

- 1 en ollenkaan
- 2 en enempää kuin tavallisesti
- 3 jonkin verran enemmän kuin tavallisesti
- 4 paljon enemmän kuin tavallisesti

18. Onko Sinusta viime aikoina tuntunut siltä, että Sinusta on hyötyä asioiden hoidossa?

- 1 enemmän kuin tavallisesti
- 2 yhtä paljon kuin tavallisesti
- 3 jonkin verran vähemmän kuin tavallisesti
- 4 paljon vähemmän kuin tavallisesti

19. Oletko viime aikoina tuntenut pystyväsi tekemään päätöksiä?

- 1 paremmin kuin tavallisesti
- 2 yhtä hyvin kuin tavallisesti
- 3 huonommin kuin tavallisesti
- 4 paljon huonommin kuin tavallisesti

20. Oletko viime aikoina tuntenut olevasi jatkuvasti ylirasittunut?

- 1 en ollenkaan
- 2 en enempää kuin tavallisesti
- 3 jonkin verran enemmän kuin tavallisesti
- 4 paljon enemmän kuin tavallisesti

21. Onko Sinusta viime aikoina tuntunut ettet voisi selviytyä vaikeuksistasi?

- 1 ei ollenkaan
- 2 ei enempää kuin tavallisesti
- 3 jonkin verran enemmän kuin tavallisesti
- 4 paljon enemmän kuin tavallisesti

22. Oletko viime aikoina kyennyt nauttimaan tavallisista päivittäisistä toimitasi?

- 1 enemmän kuin tavallisesti
- 2 yhtä paljon kuin tavallisesti
- 3 vähemmän kuin tavallisesti
- 4 paljon vähemmän kuin tavallisesti

23. Oletko viime aikoina kyennyt kohtaamaan vaikeuksia?

- 1 paremmin kuin tavallisesti
- 2 yhtä hyvin kuin tavallisesti
- 3 huonommin kuin tavallisesti
- 4 paljon huonommin kuin tavallisesti

24. Oletko viime aikoina tuntenut itsesi onnettomaksi ja masentuneeksi?

- 1 en ollenkaan
- 2 en enempää kuin tavallisesti
- 3 jonkin verran enemmän kuin tavallisesti
- 4 paljon enemmän kuin tavallisesti

25. Oletko viime aikoina menettänyt itseluottamustasi?

- 1 en ollenkaan
- 2 en enempää kuin tavallisesti
- 3 jonkin verran enemmän kuin tavallisesti
- 4 paljon enemmän kuin tavallisesti

26. Oletko viime aikoina tuntenut itsesi arvottomaksi?

- 1 en ollenkaan
- 2 en enempää kuin tavallisesti
- 3 jonkin verran enemmän kuin tavallisesti
- 4 paljon enemmän kuin tavallisesti

27. Oletko viime aikoina tuntenut itsesi kaiken kaikkiaan kohtalaisen onnelliseksi?

- 1 enemmän kuin tavallisesti
- 2 yhtä paljon kuin tavallisesti
- 3 vähemmän kuin tavallisesti
- 4 paljon vähemmän kuin tavallisesti

28. Minkälaisiksi omalla kohdallasi arvioit seuraavat asiat tällä hetkellä?

otteen saaminen opiskelusta	- 2	- 1	0	+ 1	+ 2	?
esiintyminen, kuten esitelmän pito	- 2	- 1	0	+ 1	+ 2	?
kontaktin luominen opiskelutovereihin ja yleensä ihmisiin	- 2	- 1	0	+ 1	+ 2	?
kontakti vastakkaiseen sukupuoleen	- 2	- 1	0	+ 1	+ 2	?
seksuaalisuuteni	- 2	- 1	0	+ 1	+ 2	?
suhde vanhempiini	- 2	- 1	0	+ 1	+ 2	?
tulevaisuuden suunnitteleminen	- 2	- 1	0	+ 1	+ 2	?
omat voimat ja kyvyt	- 2	- 1	0	+ 1	+ 2	?
mielialani yleensä	- 2	- 1	0	+ 1	+ 2	?

Vastausvaihtoehdot:

- 2	- 1	0	+ 1	+ 2	?
asia on minulle TODELLA ONGELMA, joka ratkaisevasti vaikeuttaa elä- mäni nykyään	asia on minulle SELVÄSTI ONGELMA, mutta ei vaivaa aina ja/tai ei kovin voimak- kaasti	ei ole ollut aihetta kiinnittää erityistä huomiota	olen yleensä KOKENUT MYÖNTEISENÄ	merkitsee minulle todella TYYYDYTYSTÄ ANTAVAA ASIAA	vaikea sanoa

TERVEYSKÄYTTÄYTYMINEN

Tupakka ja nuuska

29. Tupakoitko nykyisin?

- 0 en lainkaan (siirry kysymykseen 32)
- 1 kyllä, harvemmin kuin kerran viikos-
sa
- 2 kyllä, viikoittain, mutta en päivittäin
- 3 kyllä, päivittäin

31. Haluaisitko lopettaa tupakoinnin?

- 0 en
- 1 kyllä
- 2 en osaa sanoa

30. Kuinka paljon poltat keskimäärin päivässä?

- ___|___| savuketta
- ___|___| sikaria
- ___|___| piipullista

32. Käytätkö nuuskaa ("biittiä", mäl- liä, purutupakkaa)?

- 0 en käytä lainkaan
- 1 käytän satunnaisesti
- 2 käytän säännöllisesti

Huumeet

33. Oletko kokeillut tai käyttänyt jotakin huumetta, lääkkeitä tai lääkkeitä+alkoholia yhdessä humaltuaksesi?

(Vastaa kaikkiin kohtiin)

	ei	kerran	2 - 4 kertaa	useammin
kannabista (hasista, marihuanaa)	0	1	2	3
suonensisäisiä huumeita	0	1	2	3
muita huumeita, mitä? _____	0	1	2	3
lääkkeitä humaltuaksesi	0	1	2	3
lääkkeitä ja alkoholia yhdessä humaltuaksesi	0	1	2	3

Alkoholi

Yksi alkoholiannos =

pullo (=33 cl), keskiolut, siideri, long drink
lasillinen (=12 cl), mieto viini
lasillinen (=8 cl), väkevä viini
lasillinen (=4 cl), väkevä alkoholi

34. Montako lasillista tai pullollista juot seuraavia alkoholijuomia keskimäärin viikon aikana?

(Ellet juo yhtään, merkitse 0.)

Vastaa joka kohtaan.)

III olutta |_|_|_| pullollista
IV A-olutta |_|_|_| pullollista
siideriä |_|_|_| pullollista
long drink -juomia |_|_|_| pullollista
viiniä |_|_|_| lasillista
väkevää alkoholia |_|_|_| lasillista

35. Tuntuuko Sinusta siltä, että joudut tovereidesi vaikutuksesta käyttämään enemmän alkoholia kuin oikeastaan itse haluaisit?

- 1 ei
- 2 silloin tällöin
- 3 usein

36. Jos olet juhlissa tai illanvietoissa, joissa tarjoillaan alkoholia, onko myös alkoholiton vaihtoehto tarjolla?

- 1 yleensä aina
- 2 silloin tällöin
- 3 ei juuri koskaan

37. Jos joku seurueestasi valitsee alkoholittoman vaihtoehdon, herättääkö tämä huomiota muissa?

- 1 ei yleensä
- 2 silloin tällöin
- 3 lähes aina

38. Kuinka usein käytät alkoholia?

- 0 en koskaan
- 1 kuukausittain tai harvemmin
- 2a 2 - 3 kertaa kuukaudessa
- 2b kerran viikossa
- 3 2 - 3 kertaa viikossa
- 4 neljä kertaa viikossa tai useammin

39. Kun käytät alkoholia, montako annosta tavallisimmin otat päivässä?

- 0 1-2 annosta
- 1 3-4 annosta
- 2 5-6 annosta
- 3 7-9 annosta
- 4 10 annosta tai enemmän

40. Kuinka usein juot kerrallaan vähintään kuusi annosta?

- 0 en koskaan
- 1 harvemmin kuin kuukausittain
- 2 kuukausittain
- 3 viikoittain
- 4 lähes päivittäin

41. Kuinka usein viimeisen vuoden aikana et ole aloitettuasi pystynyt lopettamaan juomistasi?

- 0 pystyn aina lopettamaan
- 1 harvemmin kuin kuukausittain
- 2 kuukausittain
- 3 viikoittain
- 4 lähes päivittäin

42. Kuinka usein viimeisen vuoden aikana et juomisesi takia ole pystynyt tekemään, mitä olet aikonut?

- 0 juominen ei koskaan estä suunnitelmiani
- 1 harvemmin kuin kuukausittain
- 2 kuukausittain
- 3 viikoittain
- 4 lähes päivittäin

43. Kuinka usein viimeisen vuoden aikana olet tarvinnut krapularyypyjä?

- 0 en koskaan
- 1 harvemmin kuin kuukausittain
- 2 kuukausittain
- 3 viikoittain
- 4 lähes päivittäin

44. Kuinka usein viimeisen vuoden aikana olet tuntenut syyllisyyttä tai katumusta juomisen jälkeen?

- 0 en koskaan
- 1 harvemmin kuin kuukausittain
- 2 kuukausittain
- 3 viikoittain
- 4 lähes päivittäin

45. Kuinka usein viimeisen vuoden aikana et juomisesi takia ole muistanut edellisen illan tapahtumia?

- 0 muistan aina, mitä tapahtui
- 1 harvemmin kuin kuukausittain
- 2 kuukausittain
- 3 viikoittain
- 4 lähes päivittäin

46. Oletko juomisellasi aiheuttanut tapaturmia itsellesi tai seuralaisellesi?

- 0 en
- 2 kyllä, mutten vuoden sisällä
- 4 kyllä, vuoden sisällä

47. Onko sukulainen, ystävä, lääkäri tai joku muu henkilö ollut huolissaan juomisestasi tai ehdottanut, että vähentäisit tai lopettaisit juomisesi?

- 0 ei
- 2 kyllä, muttei vuoden sisällä
- 4 kyllä, vuoden sisällä

Ravinto

48. Ajatteletko ruokaa hankkiessasi sen terveellisyyttä?

- 0 en koskaan tai hyvin harvoin
- 1 silloin tällöin
- 2 usein

49. Missä useimmiten syöt pääateriasi?

- 1 opiskelija- tai työpaikkaruokalassa
- 2 muussa yleisessä ruokapaikassa (pizzeria, ravintola tms.)
- 3 vanhempien luona
- 4 omalla asunnollani
- 5 muualla, missä _____

50. Kuinka monta kupillista (kupillinen = 1,5 dl) juot kahvia tai teetä tavallisesti päivässä?

(Merkitse 0, jos et juo lainkaan. Vastaa molempiin kohtiin.)

kahvia |_|_|_| kupillista

teetä |_|_|_| kupillista

51. Mitä rasvaa käytät enimmäkseen leivällä?

- 0 en mitään
- 1 kevytlevitettä, jossa on 25-65% rasvaa (esim. Kevyempi Flora, Kevyt linja, Kevyt ja Maukas)
- 2 levitettä, jossa on 70-80 % rasvaa (esim. Flora, Becel, Keiju)
- 3 voita
- 4 sulatejuustoja

52. Kuinka usein lisäät ruokaasi suolaa pöydässä?

- 0 en juuri koskaan
- 1 kerran viikossa tai harvemmin
- 2 muutaman kerran viikossa
- 3 jokseenkin joka päivä

53. Kuinka monta lasillista maitoa tai piimää (1 lasillinen=2dl) käytät tavallisesti päivässä? Ota huomioon myös murojen, myslin, puuron tai kaakon kanssa käyttämäsi maito. (Merkitse 0, jos et käytä lainkaan.)

|_|_|_| lasillista

54. Kuinka monta purkillista jogurttia tai viiliä (1,5 tai 2 dl) syöt tavallisesti viikossa?

(Merkitse 0, jos et syö viikoittain.)

|_|_|_| purkillista

55. Montako leipäviipaletta syöt tavallisesti päivittäin?

(Merkitse 0, jos et syö lainkaan. Vastaa kaikkiin kohtiin)

tummaa leipää (ruis-, näkkileipä ym.)

|_|_|_| viipaletta

seka-, hiiva-, graham- tai kauraleipää

|_|_|_| viipaletta

ranskanleipää, patonkia

|_|_|_| viipaletta

56. Miten usein yleensä syöt seuraavia? (Vastaa jokaiseen kohtaan.)

	2 kertaa viikossa tai harvemmin	3-5 kertaa viikossa	noin kerran päivässä	2 kertaa päivässä	3 kertaa päivässä tai useammin
hedelmiä tai marjoja	0	1	2	3	4
tuoreita kasviksia	0	1	2	3	4
kypsennettyjä kasviksia	0	1	2	3	4
keitettyjä perunoita	0	1	2	3	4
riisiä / pastaa	0	1	2	3	4

57. Kuinka usein olet syönyt seuraavia viimeksi kuluneen viikon (7 pv) aikana?
(Vastaa jokaiseen kohtaan.)

	en kertaakaan	1-2 päivänä	3-5 päivänä	6-7 päivänä
puuroa, myslä, muroja	0	1	2	3
juustoa	0	1	2	3
ranskanperunoita	0	1	2	3
perunalastuja tms.	0	1	2	3
hampurilaisia, hot dogeja	0	1	2	3
makkaraa	0	1	2	3
pizzaa	0	1	2	3
lihapiirakoita, -pasteijoita	0	1	2	3
makeita leivonnaisia	0	1	2	3
makeisia, suklaata	0	1	2	3
jäätelöä	0	1	2	3
virvoitusjuomia	0	1	2	3

58. Noudatko paraikaa jotain erityisruokavaliota?

- 0 en
 1 kyllä, mitä? (Tarvittaessa voit ympyröidä useitakin vaihtoehtoja.)
 1 laktoositon ruokavalio
 2 keliakiaruokavalio
 3 laihduttajan ruokavalio
 4 erityisruokavalio ruoka-aineyliherkkyyden vuoksi
 5 ruokavalio diabeteksen, korkean kolesterolin tai kohonneen verenpaineen vuoksi
 6 ruokavalio, joka sisältää kasviksia, maitotuotteita sekä munaa, kanaa tai kalaa
 7 laktovegetaarinen ruokavalio (kasvisruokavalio + maitotuotteita)
 8 vegaaniruokavalio (vain kasvikunnan tuotteita)
 9 elävä ravinto
 10 muu, mikä _____

Hampaiden hoito

59. Miten usein harjaat hampaasi?

- 0 harvemmin kuin kerran päivässä
 1 kerran päivässä
 2 useammin kuin kerran päivässä

60. Käytätkö hammastikkuja tai hammaslankaa?

- 0 en ollenkaan
 1 silloin tällöin
 2 päivittäin

61. Käytätkö ksylitolipurukumia tai muita ksylitolilla makeutettuja tuotteita?

- 0 en käytä
 1 käytän silloin tällöin
 2 käytän kerran päivässä
 3 käytän vähintään kaksi kertaa päivässä

Liikunta

62. Minkälainen on mielestäsi fyysinen kuntosi?

- 1 hyvä
- 2 melko hyvä
- 3 keskitasoa
- 4 melko huono
- 5 huono

63. Kuinka usein harrastat vapaa-ajan kuntoliikuntaa vähintään ½ tuntia kerrallaan niin, että ainakin lievästi hengästyit ja hikoilet (esim. lenkkeilyä, pyöräilyä, hiihtoa, voimistelua, uintia pallopelejä)?

- 0 en lainkaan tai hyvin harvoin
- 1 1 - 3 kertaa kuukaudessa
- 2 noin kerran viikossa
- 3 2 - 3 kertaa viikossa
- 4 4 - 6 kertaa viikossa
- 5 päivittäin

64. Kuinka monta minuuttia kävelet tai pyöräilet päivittäin hyötyliikuntana (edestakaiset matkat oppilaitokseen, harrastuksiin, töihin ym.)?

- 0 alle 15 minuuttia päivässä
- 1 15-30 minuuttia päivässä
- 2 30-60 minuuttia päivässä
- 3 yli tunnin päivässä

65. Kuinka usein harrastat kevyttä liikuntaa vähintään ½ tuntia kerrallaan tai liikut muun harrastuksen yhteydessä (esim. kävely, luonnossa kulkeminen, tanssiminen, koiran ulkoiluttaminen, puutarhanhoito, kotityöt) ?

- 0 enintään 3 kertaa kuukaudessa
- 1 1-2 kertaa viikossa
- 2 3-4 kertaa viikossa
- 3 päivittäin tai lähes päivittäin

66. Harrastatko kuntosaliharjoittelua tai voimailulajeja?

- 0 en
- 1 harrastan 1-2 kertaa viikossa
- 2 harrastan 3-4 kertaa viikossa
- 3 harrastan 5 kertaa viikossa tai enemmän

67. Kenen järjestämään liikuntatoimintaan osallistut?

(Tarvittaessa voit ympyröidä useitakin vaihtoehtoja.)

- 0 en harrasta liikuntaa
- 1 omatoimisesti yksin
- 2 omatoimisesti ystävän kanssa tai kaveriporukassa
- 3 yliopistoliikunta
- 4 ainejärjestön tms. liikuntatoiminta
- 5 urheiluseura (muu kuin yliopiston)
- 6 muu järjestö
- 7 kaupalliset liikuntapalvelut
- 8 kunnalliset liikuntapalvelut

68. Mitkä ovat liikunnan harrastamisesi syyt?

(Numeroi 2 tärkeintä syytä siten, että 1 on tärkein ja 2 on seuraavaksi tärkein)

- 0 en harrasta liikuntaa
- 1 ____ oma ilo, mielenvirkistys
- 2 ____ ”jotta näyttäisi hyvältä”
- 3 ____ kunnon tai terveyden ylläpito tai lisääminen
- 4 ____ sairauden tai vamman hoito
- 5 ____ halu olla yksin
- 6 ____ kavereiden tapaaminen
- 7 ____ arjesta irtautuminen, paineiden purkaminen
- 8 ____ muu syy, mikä?

69. Minkä liikuntamuodon seuraavista katsot parhaiten sopivan Sinulle?

- 1 ulkoilu, ulkoliikunta
- 2 kuntosaliharjoittelu, voimailu, itämaiset taistelulajit
- 3 voimistelu, aerobic, tanssi
- 4 uinti, vesiliikunta
- 5 palloilulajit
- 6 hyötyliikunta (esim. asiointimatkat, siivous, porraskävely)
- 7 muun harrastuksen tuoma liikunta (esim. puutarhanhoito, koiran ulkoiluttaminen, sienestys)
- 8 muu liikunta, mikä? _____

70. Onko Sinulla mielestäsi riittävästi mahdollisuuksia sopivan liikunnan harrastamiseen?

- 1 kyllä
 - 0 ei, miksei?
- Ympyröi seuraavista kaksi tärkeintä syytä:
- 1 ajan puute
 - 2 rahan puute
 - 3 liikuntatilojen puute
 - 4 huonot liikenneyhteydet liikunta- paikoille
 - 5 sopivan liikuntamuodon puute
 - 6 liikunnan ohjauksen puute
 - 7 sopivan ryhmän puute
 - 8 muu syy, mikä? _____

Tapaturmat ja liikenneturvallisuus

71. Onko Sinulle viimeisen vuoden aikana sattunut jokin tapaturma, johon olet tarvinnut lääkärin hoitoa?

- 0 ei
 - 1 kyllä, mikä? (Tarvittaessa voit ympyröidä useitakin kohtia.)
- 1 liikennetapaturma moottori- ajoneuvolla
 - 2 muu liikennetapaturma (jalankulku-, polkupyörä-)
 - 3 työtapaturma (ei työmatka- tapaturmia)
 - 4 opiskelun piirissä sattunut tapaturma, minkälainen
-
- 5 kotitapaturma (kotona tai pihapiirissä)
 - 6 urheilutapaturma (kunto- tai kilpaurheilussa)
 - 7 muu vapaa-ajan tapaturma
 - 8 muu tapaturma

72. Käytätkö turvavyötä ajaessasi tai matkustaessasi autossa?

- 0 en koskaan
- 1 joskus
- 2 yleensä aina

73. Käytätkö heijastinta liikkeessasi pimeän aikana ulkona?

- 0 en koskaan
- 1 joskus
- 2 yleensä aina

74. Käytätkö kypärää pyöräillessäsi?

- 0 en koskaan
- 1 joskus
- 2 yleensä aina
- 3 en pyöräile koskaan

75. Käytätkö polkupyörää kulku- tai harrastusvälineenä?

- 0 en juuri koskaan
- 1 silloin tällöin lämpimänä aikana
- 2 useimmiten kevät-, kesä- ja syyskauteina
- 3 lähes ympäri vuoden

IHMISSUHTEET

76. Siviilisäätö

- 1 naimaton
- 2 avoliitossa
- 3 naimisissa
- 4 eronnut tai leski

77. Huollettavien lasten lukumäärä?

(Merkitse 0, jos ei yhtään)

___ lasta

78. Kuinka usein olet yhdessä ystäväsi tai ystäväsi kanssa vapaa-aikasi?

- 0 en oikeastaan koskaan
- 1 harvemmin kuin kerran kuukaudessa
- 2 1-3 kertaa kuukaudessa
- 3 noin kerran viikossa
- 4 2-3 kertaa viikossa
- 5 lähes joka päivä

79. Voitko halutessasi keskustella jonkun läheisesi kanssa avoimesti asioistasi ja ongelmistasi?

- 0 en koskaan
- 1 hyvin harvoin
- 2 joskus tai joistakin asioista
- 3 usein
- 4 aina tai useimmiten

80. Miten usein olet viimeisen vuoden (12 kk) aikana osallistunut jonkin yhdistyksen tai seuran toimintaan (esim. liikuntaseura, soittokunta, tieteellinen tai uskonnollinen yhdistys, ainejärjestön tai yo-kunnan toiminta, partio tms. toiminta)?

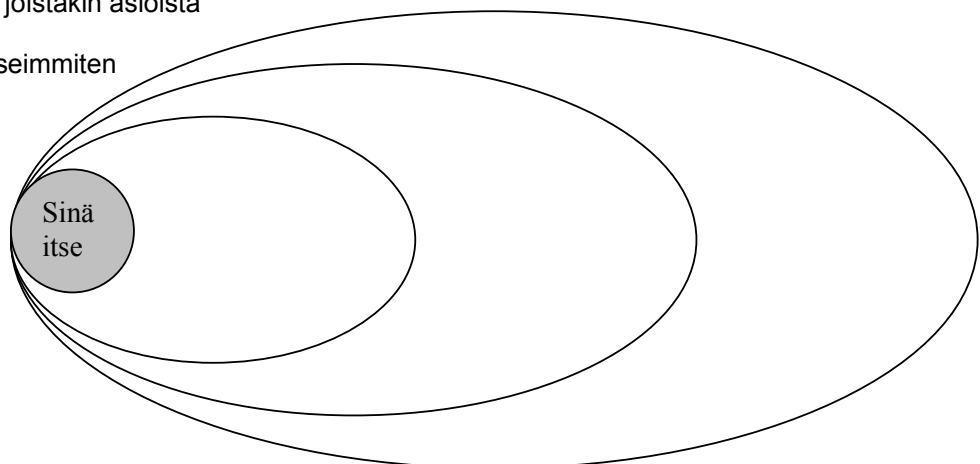
- 0 hyvin harvoin tai en lainkaan
- 1 muutaman kerran vuodessa
- 2 1 – 3 kertaa kuukaudessa
- 3 kerran viikossa tai useammin

81. Koetko olevasi yksinäinen?

- 0 en
- 1 kyllä, ajoittain
- 2 kyllä, usein
- 3 en osaa sanoa

82. Ihmisen lähipiirillä on merkitystä hänen terveydelleen ja sille, kuinka hän selviää stressitilanteista. Lähipiiriin voi kuulua vain muutama ihminen tai hyvinkin monta.

Seuraavalla kuviolla kartoitetaan Sinun lähipiiriäsi.



Vastausohjeet:

Kirjoita sisimpään soikioon Sinulle kaikkein läheisimpien ihmisten nimikirjaimet; niiden joita ilman on vaikea kuvitella tulevansa toimeen.

Kirjoita keskimmäiseen soikioon niiden nimikirjaimet, jotka ovat Sinulle hyvin tärkeitä, mutta eivät yhtä läheisiä kuin edellä mainitut.

Kirjoita uloimpaan soikioon niiden nimikirjaimet, jotka eivät ole yhtä läheisiä kuin edelliset, mutta jotka kuuluvat lähipiiriisi ja joiden kanssa olet säännöllisesti tekemisissä.

OPISKELU, TALOUDELLINEN TILANNE JA ASUMINEN

83. Koetko olevasi oikealla opiskelualalla?

- 0 en
- 1 kyllä
- 2 en osaa sanoa

84. Montako vuotta arvioit opintojesi vielä kestävän?

____|____| vuotta

85. Koetko kuuluvasi johonkin opiskeluun liittyvään ryhmään

- 0 en
- 1 kyllä
- 2 en osaa sanoa

86. Onko oppilaitoksesi taholta opintoihisi saamasi ohjaus ja neuvonta viimeksi kuluneen vuoden (12 kk) aikana ollut ?

- 0 täysin riittämätöntä
- 1 jonkin verran vajavaista
- 2 kohtuullista
- 3 hyvää
- 4 erittäin hyvää
- 5 vaihtelevaa

87. Tiedätkö, kenen puheille oppilaitoksessasi voit mennä tarvitessasi opintoihisi liittyviä neuvoja?

- 0 en
- 1 epämääräisesti
- 2 kyllä

88. Keneltä olet viimeksi kuluneen vuoden (12 kk) aikana saanut opintoihisi liittyvää tukea (apua opintojen suunnitteluun, neuvoja ainevalinnoissa, töiden ohjausta yms.) ?
Mainitse 2 tärkeintä henkilöä.

89. Ansiotyössä käynti viimeksi kuluneen vuoden (12 kk) aikana

kokopäivätyö

- 0 ei lainkaan
- 1 0-3 kk
- 2 3-6 kk
- 3 yli 6 kk

osapäivä- tai osa-aikatyö

- 0 ei lainkaan
- 1 0-3 kk
- 2 3-6 kk
- 3 6-9 kk
- 4 yli 9 kk

”keikkatyö”

- 0 ei lainkaan
- 1 satunnaisesti
- 2 usein

90. Arvioi taloudellista tilannettasi viimeisen vuoden (12 kk) aikana

	ei	kyllä	en osaa sanoa
minun oli käytävä töissä toimeentuloni takaamiseksi	0	1	2
sain vanhemmiltani tai sukulaisiltani taloudellista tukea rahana, tavarana tms.	0	1	2
asumismenoni veivät yli puolet käytössäni olleista varoista	0	1	2

91. Miten käytettävissäsi olevat rahat riittivät?

- 1 erittäin hyvin
- 2 tulin hyvin toimeen
- 3 tulin toimeen, kun elin säästäväisesti
- 4 toimeentuloni oli erittäin niukka ja epävarma

92. Oletko tyytyväinen nykyiseen asuntoosi?

- 1 kyllä
- 2 en, koska

TERVEYSASENTEET JA TERVEYSTIEDON LÄHTEET

93. Miten tärkeänä pidät, että lainsäädännöllä säädellään seuraavia asioita?

	ei lainkaan tärkeänä	vain vähän tärkeänä	melko tärkeänä	erittäin tärkeänä
tupakointia työpaikoilla	1	2	3	4
tupakointia julkisissa tiloissa	1	2	3	4
kannabiksen käyttöä	1	2	3	4
huumeongelmaisen nuoren pakkohoitoa	1	2	3	4
alkoholin myyntiä vähittäiskaupoissa	1	2	3	4
alkoholin nauttimista julkisilla paikoilla	1	2	3	4
ravinnon lisäaineita	1	2	3	4

94. Onko joku terveydenhuoltohenkilöistä viimeksi kuluneen vuoden (12 kk) aikana suositellut Sinua muuttamaan elintapojasi sairautesi, ongelmiasi tai oireesi vuoksi?

- 0 ei
- 1 kyllä
- 2 en ole käyttänyt terveydenhuollon palveluja tänä aikana

95. Onko lääkärin antamilla ohjeilla vaikutusta elintapoihisi?

- 0 ei ollenkaan
- 1 ei kovinkaan paljon
- 2 melko paljon
- 3 hyvin paljon
- 4 en osaa sanoa

96. Oletko tutustunut YTHS:n www-sivuihin internetissä?

- 0 en
- 1 kyllä

97. Mistä olet saanut mielestäsi tärkeimpiä terveyteen liittyviä tietoja viimeksi kuluneen vuoden aikana?

Valitse kustakin laatikosta mielestäsi tärkein tietolähde.

- 1. televisio, radio
- 2. sanomalehdet
- 3. aikakauslehdet
- 4. kirjat, terveydenhuollon erikoislehdet
- 5. internet

- 6. perheenjäsenet, sukulaiset
- 7. ystävät, työ- tai opiskelutoverit
- 8. lääkäri, hammaslääkäri, psykiatri
- 9. muu terveydenhoitohenkilöstö
- 10. muu henkilö

- 11. koulu tai opiskelu
- 12. armeija
- 13. potilasohjelehtiset
- 14. julisteet, ilmoitustaulut, näyttelyt
- 15. kurssit, messut tms. tapahtumat

16. muu, mahdollinen tietolähde, mikä?

TERVEYSPALVELUT

98. Oletko käyttänyt seuraavia palveluja viimeksi kuluneen vuoden (12 kk) aikana?

(Vastaa kaikkiin kohtiin.)

	en	kerran	2– 5 kertaa	yli 5 kertaa
TERVEYDENHOITAJA				
Ylioppilaiden terveydenhoitosäätiö	0	1	2	3
terveyskeskus, äitiysneuvola	0	1	2	3
työterveyshuolto	0	1	2	3
armeija	0	1	2	3
FYSIOTERAPEUTTI				
Ylioppilaiden terveydenhoitosäätiö	0	1	2	3
terveyskeskus	0	1	2	3
työterveyshuolto	0	1	2	3
armeija	0	1	2	3
yksityissektori	0	1	2	3
YLEISLÄÄKÄRI				
Ylioppilaiden terveydenhoitosäätiö	0	1	2	3
terveyskeskus, ensiapupoliklinikka	0	1	2	3
työterveyshuolto	0	1	2	3
armeija	0	1	2	3
yksityissektori	0	1	2	3
ERIKOISLÄÄKÄRI				
Ylioppilaiden terveydenhoitosäätiö	0	1	2	3
terveyskeskus	0	1	2	3
sairaalan poliklinikka	0	1	2	3
työterveyshuolto	0	1	2	3
armeija	0	1	2	3
yksityissektori	0	1	2	3
HAMMASHOITAJA				
Ylioppilaiden terveydenhoitosäätiö	0	1	2	3
terveyskeskus	0	1	2	3
armeija tai muu	0	1	2	3
HAMMASLÄÄKÄRI				
Ylioppilaiden terveydenhoitosäätiö	0	1	2	3
terveyskeskus	0	1	2	3
armeija	0	1	2	3
yksityissektori	0	1	2	3
PSYKOLOGI				
Ylioppilaiden terveydenhoitosäätiö	0	1	2	3
mielenterveystoimisto	0	1	2	3
armeija	0	1	2	3
yksityissektori	0	1	2	3
PSYKIATRI				
Ylioppilaiden terveydenhoitosäätiö	0	1	2	3
mielenterveystoimisto	0	1	2	3
armeija	0	1	2	3
yksityissektori	0	1	2	3

99. Jos olet käyttänyt muita kuin YTHS:n palveluja, syy siihen:
(Tarvittaessa voit ympyröidä useitakin kohtia.)

- 1 en ole kuulunut koko vuotta YTHS:n piiriin
- 2 olen ollut töissä / armeijassa / raskaana
- 3 olen saanut läheteen muualle
- 4 minulla on entuudestaan hoitosuhde muualla
- 5 olen tarvinnut apua paikkakunnalla, jossa ei ole YTHS:n palveluja
- 6 olen tarvinnut apua päivystysaikaan
- 7 YTHS ei tarjoa tarvitsemaani palvelua
- 8 en ole päässyt tarpeeksi nopeasti YTHS:ään hoitoon
- 9 en ole ollut tyytyväinen YTHS:n palveluihin
- 10 muu syy, mikä? _____

100. Kun viimeksi käytit YTHS:n palveluja, millaiseksi koit saamasi palvelun?

	täysin samaa mieltä	jokseenkin samaa mieltä	hiukan eri mieltä	täysin eri mieltä
sain selvyuden minua huolestuttaneisiin asioihin	1	2	3	4
minua kuultiin ja tunsin tulevani ymmärretyksi	1	2	3	4
henkilökunta oli kiinnostunut minusta myös ihmisenä	1	2	3	4
henkilökunta käytti riittävästi aikaa keskusteluun kanssani	1	2	3	4
henkilökunta oli ystävällistä	1	2	3	4

101. Kun viimeksi käytit YTHS:n palveluja, miten hoidon suunnittelu ja opastus toteutui?

	täysin samaa mieltä	jokseenkin samaa mieltä	hiukan eri mieltä	täysin eri mieltä
sain riittävästi tietoa sairaudestani	1	2	3	4
sain riittävästi tietoa hoitovaihtoehdoista	1	2	3	4
mielipiteeni otettiin huomioon hoidon suunnittelussa	1	2	3	4
sain riittävästi neuvoja kotihoitoon	1	2	3	4
sain selkeät ohjeet jatkotoimenpiteistä	1	2	3	4

102. Oletko osallistunut / aiotko osallistua YTHS:n ensimmäisen vuoden opiskelijoille suuntaamaan terveystarkastukseen tai hammastarkastukseen?

- 0 en kumpaankaan
- 1 kyllä molempiin
- 2 kyllä vain terveystarkastukseen
- 3 kyllä vain hammastarkastukseen
- 4 en tiedä vielä osallistunko/ en muista osallistuinko

103. Ellet osallistunut / aio osallistua terveystarkastukseen, syy siihen?

- 1 olen hiljattain ollut terveystarkastuksessa
- 2 ei ole ongelmia
- 3 terveystarkastukset ovat mielestäni turhia
- 4 tiedän muutenkin ongelmani
- 5 en halua muiden puuttuvan asioihini
- 6 muu syy, mikä _____

104. Haluaisitko terveydenhuoltopalvelujen apua, esim. yksilöllistä neuvontaa, ryhmäkokoontumisia, kursseja, luentoja tms. seuraavissa asioissa (Vastaa kaikkiin kohtiin.)

	en	en osaa sanoa	kyllä	minkälaista ?
allergia-asioissa, ihon hoidossa	0	1	2	
tupakoinnin lopettamisessa	0	1	2	
alkoholinkäytön hallinnassa	0	1	2	
painonhallinnassa	0	1	2	
syömisongelmassa	0	1	2	
ravitsemusasioissa	0	1	2	
liikuntaan liittyvissä asioissa	0	1	2	
ergonomia-asioissa	0	1	2	
jännittämisiongelmissa	0	1	2	
ihmissuhde- tai itsetuntoasioissa	0	1	2	
stressinhallinnassa	0	1	2	
muissa ongelmassa	0	1	2	

Terveisiä, toiveita, kommentteja ym. YTHS:lle:

KIITÄMME KYSELYYN VASTAAMISESTA!

Osoitetiedot: YTHS:n opiskelijarekisteri, Töölönkatu 37 A, 00260 Helsinki

Appendix B

Questionnaire in Swedish

KYSELYLOMAKE

Tämä kyselylomake on osa Yhteiskuntatieteelliseen tietoaarkistoon arkistoitua tutkimusaineistoa

FSD2051 Korkeakouluopiskelijoiden terveystutkimus 2000

Kyselylomaketta hyödyntävien tulee viitata siihen asianmukaisesti lähdeviitteellä.

Lisätiedot: <http://www.fsd.uta.fi/>

QUESTIONNAIRE

This questionnaire is part of the following dataset, archived at the Finnish Social Science Data Archive:

FSD2051 University Student Health Survey 2000

If this questionnaire is used or referred to in any publication, the source must be acknowledged by means of an appropriate bibliographic citation.

More information: <http://www.fsd.uta.fi/>

UNDERSÖKNING AV STUDENTERNAS HÄLSA

Bästa studerande

Studenternas hälsovårdsstiftelse (SHVS) ansvarar för högskolestuderandenas hälso- och sjukvård i Finland. För att kunna utveckla sina hälsovårdstjänster behöver SHVS aktuell information om faktorer som är viktiga för hälsan.

I enkäten ingår vid sidan av traditionella frågor om hälsa och hälsobeteende även frågor som kartlägger andra sådana områden i livet som vi av erfarenhet vet att är av betydelse då det gäller studenternas hälsa och förmåga att orka studera.

Undersökningen är riksomfattande och inbegriper samtliga högskoleorter i Finland. Alla uppgifter som du lämnar behandlas konfidentiellt och kommer endast att utnyttjas av forskare. Forskningsresultaten behandlas som statistiska helheter; enskilda personer kan inte identifieras.

För att undersökningen skall lyckas är det av största vikt att också du deltar. Vänligen gör dig litet besvär och svara! Sänd in blanketten till Studenternas hälsovårdsstiftelse i det bifogade kuvertet. Mottagaren betalar portot.

Frågor som gäller undersökningen besvaras av med. dr. Kristina Kunttu, tfn (02) 2747 200, e-post kristina.kunttu@yths.fi.

Med tack för visat samarbete

Studenternas hälsovårdsstiftelse

Utlottning bland dem som svarat:

Bland dem som svarar på enkäten lottar vi ut 60 seriebiljetter för 5 filmer på Finnkino. Om du vill delta i utlottningen skall du fylla den bifogade kupongen och sända in den tillsammans med svarsblanketten.

Lottdragningen sker 31.3.2000. I utlottningen deltar alla kuponger som före nämnda datum har sänts in tillsammans med de ifyllda blanketterna.

Priserna tillsänds vinnarna direkt.

Anvisningar:

Ringa in siffran på det alternativ som bäst motsvarar ditt svar eller skriv svaret i det utrymme som reserverats.

Ringa in endast en siffra, om det inte sägs något annat.

Om inget annat sägs, vill vi veta hur du agerar i allmänhet.

Läs hela frågan innan du besvarar den.

HÄLSOTILLSTÄND

1. Har någon läkare, tandläkare eller psykolog ställt dig en diagnos på någon kronisk, långvarig eller ofta återkommande sjukdom, defekt eller kroppsskada som har gett symptom och krävt vård under det senaste året (12 mån.)?
(Besvara alla punkter.)

	ja	nej
1. Diabetes	0	1
2. Sköldkörtelsjukdom	0	1
3. Blodtryckssjukdom, förhöjt blodtryck	0	1
4. Rytmrubbningar (arytmi) eller annan hjärtsjukdom	0	1
5. Ledgångsreumatism, spondylos	0	1
6. Annan sjukdom i rörelseapparaten	0	1
7. Astma eller annan lungsjukdom	0	1
8. Allergisk snuva eller ögoninflammation	0	1
9. Atopiskt eksem	0	1
10. Annan hudsjukdom, besvärlig akne	0	1
11. Laktosintolerans	0	1
12. Annan mag- eller tarmsjukdom	0	1
13. Återkommande urinvägsinfektion, njursjukdom	0	1
14. Sjukdom i de manliga könsorganen	0	1
15. Gynekologisk sjukdom	0	1
16. Synfel (glasögon)	0	1
17. Ögonsjukdom	0	1
18. Öron-, näs- eller halssjukdom	0	1
19. Karies (hål i tänderna)	0	1
20. Inflammerad visdomstand	0	1
21. Migrän	0	1
22. Epilepsi, annan neurologisk sjukdom	0	1
23. Ätstörningar (anorexi, bulimi, hetsätning)	0	1
24. Ängestneuros (panikstörningar, rädsla för sociala situationer osv.)	0	1
25. Depression	0	1
26. Annan psykisk störning	0	1
27. Annat, vad?	0	1

2. Hurdant anser du ditt hälsotillstånd vara?

- 1 gott
- 2 rätt bra
- 3 medelmåttigt
- 4 rätt svagt
- 5 svagt

3. Vilket av följande alternativ upplever du som det största hotet mot din hälsa?

- 1 miljöförstörelsen
- 2 eventuellt ohälsosamma levnadsvanor
- 3 våld eller olycksfall
- 4 psykisk stress
- 5 ärftliga faktorer
- 6 annat, vad? _____
- 7 vet inte

4. Använder du läkarordinerade läkemedel?

(Vid behov kan du ringa in flera punkter.)

- 0 nej, inga alls
- 1 ja, regelbunden medicinering för sjukdom
- 2 ja, läkemedel efter behov
- 3 ja, hudkrämer regelbundet eller efter behov
- 4 ja, p-piller

5. Använder du receptfria läkemedel?

- 0 inte alls eller mycket sällan
- 1 en eller ett par gånger per månad
- 2 varje vecka
- 3 dagligen eller nästan dagligen

6. Använder du naturmediciner (vitaminer, mineralämnen eller andra naturmedel) eller s.k. hälsokostprodukter?

- 0 nej
- 1 ibland
- 2 regelbundet eller ofta

7. Har du använt eller använder du preparat som förbättrar idrotts-, motions- eller styrkeprestationer?

- 0 aldrig
- 1 jag har tidigare använt
- 2 jag använder för tillfället

8. Längd |__|__|__| cm

9. Vikt |__|__|__| kg

10. Har din vikt förändrats under det senaste året (12 mån.)?

- 1 Vikten har minskat |__|__| kg
- 2 Vikten är oförändrad
- 3 Vikten har ökat |__|__| kg

11. Vad anser du om din vikt? Ange vilket alternativ som beskriver din vikt bäst.

- 1 mycket undervikt
- 2 i viss mån undervikt
- 3 lämplig vikt
- 4 i viss mån övervikt
- 5 mycket övervikt

12. Förhåller du dig normalt till mat?

- 0 nej
- 1 ja
- 2 vet inte

13. Har du någon gång bantat kraftigt?

- 0 nej
- 1 ja, bantningen var planerad och kontrollerad
- 2 ja, men jag förlorade kontrollen över bantningen

14. Har du haft följande symptom under den senaste månaden (30 dagar)?
(Besvara alla punkter.)

	inte alls	ibland	varje vecka	dagligen eller nästan dagligen
1. huvudvärk	0	1	2	3
2. yrsel	0	1	2	3
3. trötthet eller kraftlöshet	0	1	2	3
4. besvär i övre ryggen eller nacken	0	1	2	3
5. besvär i undre ryggen	0	1	2	3
6. smärta i armar, ben eller leder	0	1	2	3
7. magont, halsbränna	0	1	2	3
8. illamående eller uppkastningar	0	1	2	3
9. gasbesvär eller uppsvälldhet	0	1	2	3
10. förstoppning eller diarré	0	1	2	3
11. hjärtklappning, arytm	0	1	2	3
12. hudproblem	0	1	2	3
13. röstproblem	0	1	2	3
14. snuva eller tilltäpplighet	0	1	2	3
15. halsbesvär (ont, slem)	0	1	2	3
16. långvarig hosta eller andnöd	0	1	2	3
17. blödande tandkött eller tandköttproblem	0	1	2	3
18. tandproblem (ilning, värk)	0	1	2	3
19. besvär av visdomständerna	0	1	2	3
20. bettbesvär	0	1	2	3
21. insomningssvårigheter eller uppvakning på natten	0	1	2	3
22. koncentrationssvårigheter	0	1	2	3
23. spändhet eller nervositet	0	1	2	3
24. depression eller nedstämdhet	0	1	2	3
25. ångest	0	1	2	3
26. annat, vad?	0	1	2	3

15. Har du under det senaste halvåret (6 mån.) haft följande besvär:
(Vid behov kan du ringa in flera punkter.)

Gynekologiska besvär?

- 0 nej
- 1 menstruationssmärtor som kräver mediciner
- 2 menstruationsrubbingar
- 3 onormal vitflytning
- 4 samlagssmärtor
- 5 annat, vad? _____

Andrologiska besvär, dvs. sådana som uppträder hos män?

- 0 nej
- 1 problem med förhuden (infektioner, trånghet osv.)
- 2 flytningar från eller sveda i urinröret
- 3 erektionsstörningar, potensproblem
- 4 prostatabesvär
- 5 annat, vad? _____

16. Hur har du under den senaste tiden kunnat koncentrera dig på dina uppgifter?

- 1 bättre än vanligt
- 2 lika bra som vanligt
- 3 sämre än vanligt
- 4 mycket sämre än vanligt

17. Har du under den senaste tiden vakat mycket på grund av bekymmer?

- 1 inte alls
- 2 inte mer än vanligt
- 3 något mer än vanligt
- 4 mycket mer än vanligt

18. Har du under den senaste tiden tyckt att du i olika sammanhang har varit till ?

- 1 större nytta än vanligt
- 2 samma nytta som vanligt
- 3 mindre nytta än vanligt
- 4 mycket mindre nytta än vanligt

19. Har du under den senaste tiden tyckt att din förmåga att fatta beslut varit ?

- 1 bättre än vanligt
- 2 lika god som vanligt
- 3 sämre än vanligt
- 4 mycket sämre än vanligt

20. Har du under den senaste tiden tyckt att du ständigt är överansträngd?

- 1 inte alls
- 2 lite mer än vanligt
- 3 något mer än vanligt
- 4 mycket mer än vanligt

21. Har du under den senaste tiden haft en känsla av att du inte klarar av dina svårigheter?

- 1 inte alls
- 2 lite mer än vanligt
- 3 något mer än vanligt
- 4 mycket mer än vanligt

22. Har du under den senaste tiden kunnat njuta av dina vanliga dagliga förhållanden?

- 1 mer än vanligt
- 2 lika mycket som vanligt
- 3 mindre än vanligt
- 4 mycket mindre än vanligt

23. Har du under den senaste tiden kunnat möta dina svårigheter ?

- 1 bättre än vanligt
- 2 lika bra som vanligt
- 3 sämre än vanligt
- 4 mycket sämre än vanligt

24. Har du känt dig olycklig och nedstämd under den senaste tiden?

- 1 inte alls
- 2 inte mer än vanligt
- 3 något mer än vanligt
- 4 mycket mer än vanligt

25. Har du under den senaste tiden förlorat ditt självförtroende?

- 1 inte alls
- 2 inte mer än vanligt
- 3 något mer än vanligt
- 4 mycket mer än vanligt

26. Har du under den senaste tiden känt dig värdelös som mänska?

- 1 inte alls
- 2 inte mer än vanligt
- 3 något mer än vanligt
- 4 mycket mer än vanligt

27. Har du under den senaste tiden på det hela taget känt dig rätt lycklig?

- 1 mer än vanligt
- 2 lika som vanligt
- 3 mindre än vanligt
- 4 mycket mindre än vanligt

28. Hur bedömer du nedan nämnda faktorer för tillfället?

att få grepp om studierna	- 2	- 1	0	+ 1	+ 2	?
att uppträda, t.ex. hålla föredrag	- 2	- 1	0	+ 1	+ 2	?
att skapa kontakt med studiekompisar och människor i allmänhet	- 2	- 1	0	+ 1	+ 2	?
att få kontakt med det motsatta könet	- 2	- 1	0	+ 1	+ 2	?
min sexualitet	- 2	- 1	0	+ 1	+ 2	?
mitt förhållande till föräldrarna	- 2	- 1	0	+ 1	+ 2	?
planeringen av framtiden	- 2	- 1	0	+ 1	+ 2	?
mina egen styrka och förmåga	- 2	- 1	0	+ 1	+ 2	?
min sinnesstämning i allmänhet	- 2	- 1	0	+ 1	+ 2	?

Svarsalternativ:

- 2	- 1	0	+ 1	+ 2	?
ETT VERKLIGT PROBLEM, som på ett avgörande sätt försvårar mitt liv just nu	ETT TYDLIGT PROBLEM, som dock inte besvärar mig ständigt och/eller särskilt kraftigt	jag har inte haft orsak att fästa särskild uppmärksamhet vid frågan	vanligen POSITIVA UPPLEVELSER	något som verkligen ger mig TILLFREDSSTÄLLELSE	svårt att säga

HÄLSOBETEENDE

Tobak och snus

29. Röker du för tillfället?

- 0 inte alls (forts. till fråga 32)
- 1 ja, mindre än en gång per vecka
- 2 ja, varje vecka, men inte varje dag
- 3 ja, varje dag

31. Skulle du vilja sluta röka?

- 0 nej
- 1 ja
- 2 vet inte

30. Hur mycket röker du i medeltal per dag?

- cigaretter
- cigarrer
- pipor

32. Använder du snus (portionssnus, lössnus eller tuggtobak)?

- 0 inte alls
- 1 ibland
- 2 regelbundet

Droger

33. Har du provat eller använt narkotika, läkemedel eller läkemedel + alkohol för att bli berusad?

(Svara på alla punkter.)

	nej	en gång	2 - 4 gånger	oftare
cannabis (hasis eller marijuana)	0	1	2	3
intravenös narkotika	0	1	2	3
annan narkotika, vad? _____	0	1	2	3
läkemedel i berusningssyfte	0	1	2	3
läkemedel och alkohol tillsammans i berusningssyfte	0	1	2	3

Alkohol

En portion alkohol =

en flaska (33 cl) mellanöl, cider, long drink
ett glas (12 cl) vin
ett glas (8 cl) starkvin
ett glas (4 cl) starksprit

34. Hur många glas eller flaskor alkohol dricker du i medeltal per vecka?

(Skriv 0 för de alkoholdrycker som du inte alls dricker.

Besvara varje punkt.)

mellanöl |_|_|_| flaskor

A-öl |_|_|_| flaskor

cider |_|_|_| flaskor

long drink |_|_|_| flaskor

vin |_|_|_| glas

starksprit |_|_|_| glas

35. Upplever du det som om du på grund av dina kompisars inflytande måste dricka mera alkohol än du egentligen skulle vilja?

- 1 nej
- 2 ibland
- 3 ofta

36. Om du deltar i fester eller träffar där det bjuds på alkohol serveras då även alkoholfria alternativ?

- 1 nästan alltid
- 2 ibland
- 3 knappast någonsin

37. Om någon i ditt sällskap väljer ett alkoholfritt alternativ, väcker detta andras uppmärksamhet?

- 1 vanligen inte
- 2 ibland
- 3 nästan alltid

38. Hur ofta dricker du alkohol?

- 0 aldrig
- 1 en gång i månaden eller mera sällan
- 2a 2 - 3 gånger i månaden
- 2b en gång i veckan
- 3 2 - 3 gånger i veckan
- 4 fyra gånger eller mera i veckan

39. Hur många portioner dricker du vanligen de dagar du dricker?

- 0 1 - 2 portioner
- 1 3 - 4 portioner
- 2 5 - 6 portioner
- 3 7 - 9 portioner
- 4 10 portioner eller mera

40. Hur ofta dricker du 6 portioner eller mera per gång?

- 0 aldrig
- 1 mindre än en gång per månad
- 2 en gång i månaden
- 3 en gång i veckan
- 4 nästan dagligen

41. Hur ofta under det senaste året har det hänt att du inte kunnat sluta dricka när du en gång börjat?

- 0 inte en enda
- 1 mindre än en gång per månad
- 2 en gång i månaden
- 3 en gång i veckan
- 4 nästan dagligen

42. Hur ofta under det senaste året har du på grund av ditt drickande inte klarat av att göra det som du planerat?

- 0 inte en enda
- 1 mindre än en gång i månaden
- 2 en gång i månaden
- 3 en gång i veckan
- 4 nästan dagligen

43. Hur ofta har du under det senaste året varit i behov av en återställare?

- 0 aldrig
- 1 mindre än en gång i månaden
- 2 en gång i månaden
- 3 en gång i veckan
- 4 nästan dagligen

44. Hur ofta har du under det senaste året känt skuld eller ånger efter att ha druckit?

- 0 aldrig
- 1 mindre än en gång i månaden
- 2 en gång i månaden
- 3 en gång i veckan
- 4 nästan dagligen

45. Hur ofta under det senaste året har det hänt att du på grund av ditt drickande inte kan minnas vad som hänt föregående kväll?

- 0 aldrig
- 1 mindre än en gång i månaden
- 2 en gång i månaden
- 3 en gång i veckan
- 4 nästan dagligen

46. Har du någonsin på grund av ditt drickande orsakat olycksfall som drabbat dig själv eller ditt sällskap?

- 0 nej
- 2 ja, men inte under det senaste året
- 4 ja, under det senaste året

47. Har någon släkting, vän, läkare eller annan person varit bekymrad över ditt alkoholbruk och föreslagit att du borde minska på eller sluta drickandet?

- 0 nej
- 2 ja, men inte under det senaste året
- 4 ja, under det senaste året

Föda

48. Tänker du på hur hälsosam maten är då du skaffar den?

- 0 aldrig eller mycket sällan
- 1 ibland
- 2 ofta

49. Var äter du oftast ditt huvudmål?

- 1 student- eller personalmatsal
- 2 på annan allmän matservering (pizzeria, restaurang osv.)
- 3 hos mina föräldrar
- 4 hemma i min bostad
- 5 annanstans, var? _____

50. Hur många koppar (en kopp=1,5 dl) kaffe eller te dricker du vanligen per dag?

(Skriv 0, om du inte alls dricker kaffe eller te. Besvara vardera punkten.)

kaffe |__|__| koppar

te |__|__| koppar

51. Hurdant matfett breder du oftast på brödet?

- 0 inget alls
- 1 lättmargarin med 25 – 65 % fett (t.ex. Kevyempi Flora, Kevyt linja, Kevyt ja Maukas)
- 2 bordsmargarin med 70 - 80 % fett (t.ex. Flora, Becel, Keiju)
- 3 smör
- 4 smältost

52. Hur ofta tillsätter du salt i färdig mat?

- 0 nästan aldrig
- 1 en gång i veckan eller mera sällan
- 2 någon gång i veckan
- 3 nästan varje dag

53. Hur många glas mjölk eller surmjölk (1 glas = 2 dl) dricker du vanligen per dag?

Räkna också med den mjölk som du använder tillsammans med flingor, mysli, gröt och i kakao.
(Skriv 0, om du inte alls använder mjölk eller surmjölk.)

|__|__| glas

54. Hur många burkar yoghurt eller fil (1,5 eller 2 dl) äter du vanligen per vecka?

(Skriv 0, om du inte äter dessa produkter varje vecka.)

|__|__| burkar

55. Hur många skivor bröd äter du vanligen per dag?

(Skriv 0, om du inte äter bröd alls. Besvara alla punkter.)

mörkt bröd (råg-, knäckebröd osv.)

|__|__| skivor

bland-, jäst-, graham- eller havrebröd

|__|__| skivor

franskbröd, batong

|__|__| skivor

56. Hur ofta äter du vanligen följande? (Besvara varje punkt.)

	2 gånger i veckan eller mera sällan	3-5 gånger i veckan	ca en gång per dag	2 gånger per dag	3 gånger per dag eller oftare
frukt eller bär	0	1	2	3	4
färska grönsaker	0	1	2	3	4
tillredda grönsaker	0	1	2	3	4
kokad potatis	0	1	2	3	4
ris / pasta	0	1	2	3	4

57. Hur ofta har du ätit följande under den senaste veckan (7 dagar)?
(Besvara alla punkter.)

	Inte alls	1 - 2 dagar	3 – 5 dagar	6 - 7 dagar
gröt, mysl, flingor	0	1	2	3
ost	0	1	2	3
pommes frites	0	1	2	3
chips osv.	0	1	2	3
hamburgare, hot dogs	0	1	2	3
korv	0	1	2	3
pizza	0	1	2	3
köttpiroger, -pastejer	0	1	2	3
söta bakverk	0	1	2	3
sötsaker, choklad	0	1	2	3
glass	0	1	2	3
läskedrycker	0	1	2	3

58. Följer du för tillfället någon specialdiet?

- 0 nej
- 1 ja, hurdan? (Vid behov kan du ringa in flera alternativ.)
 - 1 laktosfri diet
 - 2 glutenfri diet för celiakipatienter
 - 3 diet för bantare
 - 4 specialdiet på grund av födoämnesallergi
 - 5 diet för diabetiker eller kolesterolsänkande eller blodtryckssänkande diet
 - 6 diet med grönsaker, mjölkprodukter samt ägg, höns eller fisk
 - 7 laktovegetarisk diet (vegetarisk diet + mjölkprodukter)
 - 8 diet för veganer (endast vegetariska produkter)
 - 9 levande föda
 - 10 annan, hurdan? _____

Tandvård

59. Hur ofta borstar du tänderna?

- 0 mindre än en gång per dag
- 1 en gång per dag
- 2 oftare än en gång per dag

60. Använder du tandpetare eller tandtråd?

- 0 inte alls
- 1 ibland
- 2 varje dag

61. Använder du xylitoluggummi eller andra produkter som sötats med xylitol?

- 0 nej
- 1 ibland
- 2 en gång per dag
- 3 minst två gånger per dag

Kondition

62. Hur anser du din fysiska kondition vara?

- 1 god
- 2 rätt bra
- 3 medelmåttig
- 4 rätt dålig
- 5 dålig

63. Hur ofta fritidsmotionerar du minst ½ timme i gången så att du blir åtminstone lindrigt andfådd eller svettig (t.ex. jogging, cykelåkning, skidåkning, gymnastik, simning, bollspel)?

- 0 inte alls eller mycket sällan
- 1 1 - 3 gånger i månaden
- 2 ca en gång i veckan
- 3 2 - 3 gånger i veckan
- 4 4 - 6 gånger i veckan
- 5 dagligen

64. Hur många minuter nyttig motion idkar du i form av promenader eller cykelåkning per dag (färderna till läroinrättningen, till hobbyer, arbete osv.)?

- 0 mindre än 15 minuter per dag
- 1 15 - 30 minuter per dag
- 2 30 - 60 minuter per dag
- 3 över en timme per dag

65. Hur ofta idkar du lätt motion minst ½ timme i gången eller rör dig i anslutning till någon annan hobby (t.ex. promenader, vandring i naturen, dans, hundpromenader, trädgårdsskötsel, hemsysslor) ?

- 0 högst 3 gånger i månaden
- 1 1 - 2 gånger per vecka
- 2 3 - 4 gånger per vecka
- 3 dagligen eller nästan dagligen

66. Idkar du kraftsporter?

- 0 nej
- 1 ja, 1 - 2 gånger i veckan
- 2 ja, 3 - 4 gånger i veckan
- 3 ja, 5 gånger eller mera i veckan

67. Vem arrangerar den motionsverksamhet som du deltar i?

(Vid behov kan du ringa in flera alternativ.)

- 0 jag motionerar inte alls
- 1 jag motionerar på egen hand
- 2 jag motionerar tillsammans med en vän eller i kompisars sällskap
- 3 universitetet
- 4 ämnesförening osv.
- 5 idrottsförening (andra än universitetets)
- 6 annan organisation
- 7 privata motionsinrättningar
- 8 kommunala motionsinrättningar

68. Varför motionerar du?

(Ange de två viktigaste orsakerna så att siffran 1 anger den viktigaste och siffran 2 den näst viktigaste orsaken)

- 0 jag motionerar inte alls
- 1 ____ för eget nöje, omväxling och stimulans
- 2 ____ "för att se bra ut"
- 3 ____ för att upprätthålla eller förbättra konditionen eller hälsan
- 4 ____ för vård av sjukdom eller kroppsskada
- 5 ____ för att få vara ensam
- 6 ____ för att träffa vänner
- 7 ____ för att ta avstånd från vardagen, få utlopp för stress
- 8 ____ annan orsak, vilken?

69. Vilken av följande motionsformer passar dig bäst?

- 1 frisksport, motion utomhus
- 2 träning på gym, styrketräning, orientaliska kampgrenar
- 3 gymnastik, aerobic, dans
- 4 simning, vattenmotion
- 5 bollgrenar
- 6 nyttomotion (t.ex. färder under vilka du uträttar ärenden, städning, gående i trappor)
- 7 motion som följer av annan hobby (t.ex. trädgårdsskötsel, hundpromenader, svampplockning)
- 8 annan motion, vilken? _____

70. Tycker du att du har tillräcklig med möjligheter att idka lämplig motion?

- 1 ja
0 nej, varför inte?
Ringa in de två viktigaste orsakerna:

- 1 tidsbrist
- 2 penningbrist
- 3 brist på motionslokaler
- 4 dåliga trafikförbindelser till motionsinrättningarna
- 5 avsaknad av lämplig motionsform
- 6 avsaknad av handledning
- 7 avsaknad av lämplig grupp
- 8 annan orsak, vilken? _____

Olycksfall och trafiksäkerhet

71. Har du under det senaste året råkat ut för olycksfall som krävt läkarvård?

- 0 nej
1 ja, hurdant? (Vid behov kan du ringa in flera punkter.)
- 1 trafikolycka med motorfordon
 - 2 annan trafikolycka (som fotgängare, cyklist)
 - 3 olycksfall i arbetet (inte olycksfall på vägen till arbetet)
 - 4 olycksfall inom ramen för studier, hurdant
-
- 5 olycksfall i hemmet (hemma eller på gården)
 - 6 idrottsolycksfall (vid motions- eller tävlingsidrott)
 - 7 annat fritidsolycksfall
 - 8 annat olycksfall

72. Använder du bilbälte då du kör eller är passagerare i en bil?

- 0 aldrig
1 ibland
2 vanligen alltid

73. Använder du reflex då du rör dig utomhus efter mörkrets inbrott?

- 0 aldrig
1 ibland
2 vanligen alltid

74. Använder du hjälm då du cyklar?

- 0 aldrig
1 ibland
2 vanligen alltid
3 jag cyklar aldrig

75. Använder du cykel som fortskaffningsmedel eller motionsredskap?

- 0 nästan aldrig
1 ibland under den varma tiden
2 vanligen under vår, sommar och höst
3 nästan året runt

MÄNNISKORELATIONER

76. Civilstånd

- 1 ogift
- 2 sambo
- 3 gift
- 4 skild eller änka/änkling

77. Hur många barn försörjer du?

(Skriv 0, om du inte försörjer något barn)

____ barn

78. Hur ofta är du tillsammans med din vän eller dina vänner på din fritid?

- 0 egentligen aldrig
- 1 mera sällan en gång per månad
- 2 1 - 3 gånger i månaden
- 3 ca en gång i veckan
- 4 2 - 3 gånger i veckan
- 5 nästan varje dag

79. Kan du - om du så vill - med någon närstående öppet diskutera dina angelägenheter och problem?

- 0 aldrig
- 1 mycket sällan
- 2 ibland eller vissa saker
- 3 ofta
- 4 alltid eller för det mesta

80. Hur ofta har du under det senaste året (12 mån.) deltagit i verksamhet som ordnats av någon förening eller något sällskap (t.ex. idrottsförening, musikkår, vetenskaplig eller religiös förening, ämnesförening eller studentkår, scouterna osv.)?

- 0 mycket sällan eller inte alls
- 1 några gånger per år
- 2 1 - 3 gånger i månaden
- 3 en gång i veckan eller oftare

81. Känner du dig ensam?

- 0 nej
- 1 ja, ibland
- 2 ja, ofta
- 3 vet inte

82. En människas närmaste krets inverkar på hur hon mår och klarar av stressituationer. Den närmaste kretsen kan omfatta ett fåtal eller ett stort antal personer.

Med följande schema vill vi kartlägga din närmaste krets.

Svarsanvisningar:

Skriv i den innersta ovalen initialerna på de personer som står dig allra närmast, dvs. de personer som du svårligen skulle klara dig utan.

Skriv i den mittersta ovalen initialerna på de personer som är mycket viktiga för dig, men inte lika närstående som ovan nämnda.

Skriv i den yttersta ovalen initialerna på de personer som inte är lika närstående som ovan nämnda, men som hör till din närmaste krets och som du har regelbunden kontakt med.

STUDIER, EKONOMI OCH BOENDE

83. Tycker du att du studerar inom rätt område?

- 0 nej
- 1 ja
- 2 vet inte

84. Hur många år tror du att du kommer att studera ännu?

____|____| år

85. Upplever du dig höra till någon grupp som ansluter sig till studierna?

- 0 nej
- 1 ja
- 2 vet inte

86. Hur skulle du beskriva den handledning och rådgivning du fått från läroinrättningens sida under det senaste året (12 mån.)?

- 0 alldeles otillräcklig
- 1 något bristfällig
- 2 måttlig
- 3 bra
- 4 utmärkt
- 5 varierande

87. Vet du vem på läroinrättningen du kan vända dig till om du behöver råd angående studierna?

- 0 nej
- 1 vagt
- 2 ja

88. Vem har under det senaste året (12 mån.) gett dig stöd angående dina studier (hjälp med planeringen av studierna, råd i ämnesval, handledning i uppgifterna osv.)?
Näm de 2 viktigaste personerna.

89. Förvärvsarbete under det senaste året (12 mån.):

Heldagsarbete

- 0 Inte alls
- 1 0 - 3 mån.
- 2 3 - 6 mån.
- 3 över 6 mån.

Halvdags- eller deltidsarbete

- 0 Inte alls
- 1 0 - 3 mån.
- 2 3 - 6 mån.
- 3 6 - 9 mån.
- 4 över 9 mån.

Ströjobb

- 0 inte alls
- 1 ibland
- 2 ofta

90. Bedöm din ekonomi under det senaste året (12 mån.)

	nej	ja	vet inte
jag var tvungen att arbeta för att trygga min utkomst	0	1	2
jag fick ekonomiskt stöd av mina föräldrar eller släktingar i form av pengar, varor osv.	0	1	2
boendeutgifterna tog över hälften av mina disponibla medel	0	1	2

91. I vilken mån räckte dina pengar till?

- 1 utmärkt
- 2 bra
- 3 jag klarade mig eftersom jag levde sparsamt.
- 4 min utkomst var mycket knapp och osäker.

92. Är du nöjd med din nuvarande bostad?

- 1 ja
- 2 nej, därför att _____

HÄLSOATTITYDER OCH HÄLSOKUNSKAPSKÄLLOR

93. Hur viktigt tycker du det är att man genom lagstiftning reglerar följande?

	inte alls viktigt	rätt oviktigt	rätt viktigt	mycket viktigt
rökning på arbetsplatserna	1	2	3	4
rökning i offentliga utrymmen	1	2	3	4
användning av cannabis	1	2	3	4
tvångsvård av unga med narkotikaproblem	1	2	3	4
alkoholförsäljning i deltaljhandeln	1	2	3	4
förtäring av alkohol på offentliga platser	1	2	3	4
tillsatsämnen i födan	1	2	3	4

94. Har någon inom vårdpersonalen under det senaste året (12 mån.) rekommenderat att du skall ändra din livsstil på grund av sjukdom, problem eller symptom?

- 0 nej
- 1 ja
- 2 jag har inte anlitat någon hälsovårdsservice under det senaste året.

95. Hur inverkar läkarordinationer på din livsstil?

- 0 inte alls
- 1 knappast alls
- 2 rätt mycket
- 3 mycket
- 4 vet inte

96. Har du tittat på SHVS:s webbsidor?

- 0 nej
- 1 ja

97. Var har du fått den viktigaste hälso-relaterade informationen under det senaste året?

Ringa in den viktigaste källan i varje låda.

- 1. TV, radio
- 2. tidningar
- 3. tidskrifter
- 4. böcker, specialtidningar inom hälso- och sjukvård
- 5. internet

- 6. familjemedlemmar, släktingar
- 7. vänner, arbets- eller studiekamrater
- 8. läkare, tandläkare, psykiater
- 9. annan vårdpersonal
- 10. annan person

- 11. skola eller studier
- 12. militären
- 13. skriftliga patientanvisningar
- 14. affischer, anslagstavlor, utställningar
- 15. kurser, mässor o.dyl. evenemang

16. annan eventuell informationskälla, vilken?

HÄLSOSERVICE

98. Har du under det senaste året (12 mån.) anlitat följande service?

(Besvara alla punkter.)

	nej	en gång	2 - 5 gånger	över 5 gånger
HÄLSOVÅRDARE				
Studenternas hälsovårdsstiftelse	0	1	2	3
hälsocentral, moderskapsrådgivning	0	1	2	3
företagshälsovård	0	1	2	3
militären	0	1	2	3
FYSIOTERAPEUT				
Studenternas hälsovårdsstiftelse	0	1	2	3
hälsocentral	0	1	2	3
företagshälsovård	0	1	2	3
militären	0	1	2	3
den privata sektorn	0	1	2	3
ALLMÄNPRAKTISERANDE LÄKARE				
Studenternas hälsovårdsstiftelse	0	1	2	3
hälsocentral, akutmottagning på sjukhus	0	1	2	3
företagshälsovård	0	1	2	3
militären	0	1	2	3
den privata sektorn	0	1	2	3
SPECIALISTLÄKARE				
Studenternas hälsovårdsstiftelse	0	1	2	3
hälsocentral	0	1	2	3
poliklinik på sjukhus	0	1	2	3
företagshälsovård	0	1	2	3
militären	0	1	2	3
den privata sektorn	0	1	2	3
TANDVÅRDARE				
Studenternas hälsovårdsstiftelse	0	1	2	3
hälsocentral	0	1	2	3
militären eller annan inrättning	0	1	2	3
TANDLÄKARE				
Studenternas hälsovårdsstiftelse	0	1	2	3
hälsocentral	0	1	2	3
militären	0	1	2	3
den privata sektorn	0	1	2	3
PSYKOLOG				
Studenternas hälsovårdsstiftelse	0	1	2	3
mentalvårdsbyrå	0	1	2	3
militären	0	1	2	3
den privata sektorn	0	1	2	3
PSYKIATER				
Studenternas hälsovårdsstiftelse	0	1	2	3
mentalvårdsbyrå	0	1	2	3
militären	0	1	2	3
den privata sektorn	0	1	2	3

99. Om du har utnyttjat andra än SHVS:s tjänster, varför?

(Vid behov kan du ringa in flera punkter.)

- 1 jag har inte omfattats av SHVS hela året.
- 2 jag har arbetat/ varit i militären/ varit gravid.
- 3 jag har fått remiss annanstans.
- 4 jag har vårdförhållande annanstans sedan tidigare.
- 5 jag har behövt hjälp på en ort där SHVS:s tjänster inte finns att tillgå.
- 6 jag har behövt hjälp under jourtid.
- 7 SHVS erbjuder inte den service som jag har behövt.
- 8 jag har inte fått vård på SHVS tillräckligt snabbt.
- 9 jag har inte varit nöjd med SHVS:s tjänster.
- 10 annan orsak, vilken? _____

100. Hur upplevde du vården då du senast anlidade SHVS:s tjänster?

	helt av samma åsikt	nästan av samma åsikt	av litet annan åsikt	helt av annan åsikt
jag fick klarhet i de frågor som bekymrade mig.	1	2	3	4
man lyssnade på mig och jag tyckte man förstod mig.	1	2	3	4
personalen visade intresse för mig även som människa.	1	2	3	4
personalen gav sig tillräckligt med tid att diskutera med mig.	1	2	3	4
personalen var vänlig.	1	2	3	4

101. Hur fungerade planeringen av vården och vårdinstruktionen då du senast anlidade SHVS?

	helt av samma åsikt	nästan av sam- ma åsikt	av litet annan åsikt	helt av annan åsikt
jag fick tillräckligt med information om min sjukdom.	1	2	3	4
jag fick tillräckligt med information om behandlingsalternativen.	1	2	3	4
mina åsikter beaktades i planeringen av vården.	1	2	3	4
jag fick tillräckligt med råd för hemvård.	1	2	3	4
jag fick tydliga instruktioner för fortsatta åtgärder.	1	2	3	4

102. Har du deltagit eller tänker du delta i SHVS:s hälso- eller tandkontroll för första årets studerande?

- 0 nej, inte i någondera
- 1 ja, i vardera
- 2 ja, men enbart i hälsokontrollen
- 3 ja, men enbart i tandkontrollen
- 4 jag vet inte ännu./Jag kommer inte ihåg om jag har deltagit.

103. Om du inte deltog eller tänker delta i hälsokontrollen, varför?

- 1 jag har nyss deltagit i en hälsokontroll.
- 2 jag har inga problem.
- 3 jag tycker att hälsokontroller är onödiga.
- 4 jag känner till mina problem ändå.
- 5 jag vill inte att någon blandar sig i mina angelägenheter.
- 6 annan orsak, vilken? _____

104. Skulle du önska hälsovårdsservicens hjälp i form av t.ex. individuell rådgivning, gruppsammankomster, kurser, föreläsningar o.dyl. i följande frågor:
(Besvara alla punkter.)

	nej	vet inte	ja	hurdan hjälp?
allergifrågor, hudvård	0	1	2	
att sluta röka	0	1	2	
kontroll av alkoholkonsumtionen	0	1	2	
viktkontroll	0	1	2	
ätstörningar	0	1	2	
näringsfrågor	0	1	2	
motionsfrågor	0	1	2	
frågor som gäller ergonomi	0	1	2	
spänningsproblem	0	1	2	
frågor som gäller människorelationer eller självkänsla	0	1	2	
stresskontroll	0	1	2	
andra problem	0	1	2	

Hälsningar, önskemål, kommentarer osv. till SHVS:

VI TACKAR FÖR ATT DU SVARADE PÅ ENKÄTEN!

Adresskälla: SHVS:s register över studerande, Tölögatan 37 A, 00260 Helsingfors