

FSD2098

**Turku Polytechnic Student Health Survey
2000**

Codebook



FINNISH SOCIAL SCIENCE DATA ARCHIVE

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To the reader

This codebook is part of the data FSD2098 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:

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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: Turku Polytechnic Student Health Survey 2000

Titles and data version in Finnish: Turun AMK-opiskelijoiden terveystutkimus 2000

This codebook has been generated from the version 2.0 (10.7.2018) of the data.

1.2 Subject description

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))

Date of deposit

16.6.2005

Keywords

accidents; alcohol use; dental health; diet and exercise; 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

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 polytechnic 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, and strengths and skills.

Health behaviour was examined with questions pertaining to smoking, drug and alcohol use, nutrition and exercise. Relating 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 Disorder Test). Nutritional 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 and 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 their feelings of loneliness and level of social interaction. With regard to studies, the respondents 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 towards 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 a 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 the respondents evaluated the quality of service and care they had received. Need for help from health services in certain issues (e.g. stress management, self-esteem and nutrition) was charted. Background variables included the respondent's gender, marital status, number of children, year of birth, year of beginning studies, 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, Turku

Analysis or observation unit type: Individual

Universe: Students of Turku Polytechnic in January 2000

Collection date: February 2000 – June 2000

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

Data producer(s): Finnish Student Health Service (FSHS); 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: Cross-section

Response rate: 61.6%

Number of variables and cases: The data contain 337 variables and 613 cases.

Sampling procedure: Non-probability: Purposive

Turku Polytechnic selected from its student register 250 basic degree students in each administrative unit. Respondents were chosen starting from those who had studied the longest. That is why the sample concentrated on third and fourth year students. Sample size was 999 students, out of which 406 were men and 593 women.

Follow-up mailings were sent three times. A total of 615 questionnaires were returned, two of

them had to be rejected.

Data sources: Background variables were obtained from the student register of Turku Polytechnic.

1.4 Use of data

Data appraisal

For confidentiality reasons, following anonymisation measures were carried out during archiving: year when started studies (bv2) and year of birth (bv4) were categorised. The largest values in the "number of children" variable (q77) were categorised into a single category (two and over). 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 responses were removed from the data. Identifiers were removed from the remaining open-ended responses; 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/FSD2098?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 (D) available only by permission from the data depositor/creator.

Chapter 2

Variables

[FSD_NO] FSD study number

Question

FSD study number

Descriptive statistics

statistic	value
number of valid cases	613
minimum	2098.00
maximum	2098.00
mean	2098.00
standard deviation	0.00

[FSD_VR] FSD edition number

Question

FSD edition number

Descriptive statistics

statistic	value
number of valid cases	613
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	613
minimum	1.00
maximum	613.00
mean	307.00
standard deviation	177.10

[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	582	94.9	99.5
Yes	1	3	0.5	0.5
System missing (SYSMIS)	.	28	4.6	–
		613	100.0	100.0

[Q1_2] Have you 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 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	573	93.5	97.8
Yes	1	13	2.1	2.2
System missing (SYSMIS)	.	27	4.4	–
		613	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	573	93.5	97.9
Yes	1	12	2.0	2.1
System missing (SYSMIS)	.	28	4.6	–
		613	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	580	94.6	99.1
Yes	1	5	0.8	0.9

(continued on next page)

2. Variables

(cont. from previous page)

label	value	n	%	v. %
System missing (SYSMIS)	.	28	4.6	–
		613	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	583	95.1	99.7
Yes	1	2	0.3	0.3
System missing (SYSMIS)	.	28	4.6	–
		613	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	548	89.4	93.7
Yes	1	37	6.0	6.3
System missing (SYSMIS)	.	28	4.6	–

(continued on next page)

(cont. from previous page)

label	value	n	%	v. %
		613	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 pulmonary 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 pulmonary disease

Frequencies

label	value	n	%	v. %
No	0	559	91.2	95.4
Yes	1	27	4.4	4.6
System missing (SYSMIS)	.	27	4.4	—
		613	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	464	75.7	79.3
Yes	1	121	19.7	20.7
System missing (SYSMIS)	.	28	4.6	—

(continued on next page)

2. Variables

(cont. from previous page)

label	value	n	%	v. %
		613	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	538	87.8	92.0
Yes	1	47	7.7	8.0
System missing (SYSMIS)	.	28	4.6	–
		613	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 condition, 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 condition, severe acne

Frequencies

label	value	n	%	v. %
No	0	558	91.0	95.5
Yes	1	26	4.2	4.5
System missing (SYSMIS)	.	29	4.7	–
		613	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	530	86.5	90.4
Yes	1	56	9.1	9.6
System missing (SYSMIS)	.	27	4.4	–
		613	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	564	92.0	96.2
Yes	1	22	3.6	3.8
System missing (SYSMIS)	.	27	4.4	–
		613	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	562	91.7	96.1
Yes	1	23	3.8	3.9
System missing (SYSMIS)	.	28	4.6	–
		613	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	581	94.8	99.5
Yes	1	3	0.5	0.5
System missing (SYSMIS)	.	29	4.7	–
		613	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	550	89.7	94.0
Yes	1	35	5.7	6.0
System missing (SYSMIS)	.	28	4.6	–
		613	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	403	65.7	68.8
Yes	1	183	29.9	31.2
System missing (SYSMIS)	.	27	4.4	–
		613	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	575	93.8	98.1
Yes	1	11	1.8	1.9
System missing (SYSMIS)	.	27	4.4	–
		613	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	539	87.9	92.1
Yes	1	46	7.5	7.9
System missing (SYSMIS)	.	28	4.6	–
		613	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	432	70.5	73.8
Yes	1	153	25.0	26.2
System missing (SYSMIS)	.	28	4.6	–
		613	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	544	88.7	93.2
Yes	1	40	6.5	6.8
System missing (SYSMIS)	.	29	4.7	–
		613	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	546	89.1	93.5
Yes	1	38	6.2	6.5
System missing (SYSMIS)	.	29	4.7	–
		613	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	580	94.6	99.1
Yes	1	5	0.8	0.9
System missing (SYSMIS)	.	28	4.6	–
		613	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	579	94.5	99.0
Yes	1	6	1.0	1.0
System missing (SYSMIS)	.	28	4.6	–
		613	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	567	92.5	96.9
Yes	1	18	2.9	3.1
System missing (SYSMIS)	.	28	4.6	–
		613	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	550	89.7	94.2
Yes	1	34	5.5	5.8
System missing (SYSMIS)	.	29	4.7	–

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2. Variables

(cont. from previous page)

label	value	n	%	v. %
		613	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	583	95.1	99.7
Yes	1	2	0.3	0.3
System missing (SYSMIS)	.	28	4.6	–
		613	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	305	49.8	50.4
Fairly good	2	210	34.3	34.7
Average	3	74	12.1	12.2
Fairly poor	4	15	2.4	2.5
Poor	5	1	0.2	0.2
System missing (SYSMIS)	.	8	1.3	–
		613	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	35	5.7	5.8
My own unhealthy habits	2	212	34.6	35.3
Violence or accident	3	81	13.2	13.5
Mental stress	4	154	25.1	25.6
Hereditary factors	5	43	7.0	7.2
Other, please specify	6	20	3.3	3.3
Can't say	7	56	9.1	9.3
System missing (SYSMIS)	.	12	2.0	—
		613	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	345	56.3	57.4
Mentioned	1	256	41.8	42.6
System missing (SYSMIS)	.	12	2.0	—
		613	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	539	87.9	89.7
Mentioned	1	62	10.1	10.3
System missing (SYSMIS)	.	12	2.0	–
		613	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	481	78.5	80.0
Mentioned	1	120	19.6	20.0
System missing (SYSMIS)	.	12	2.0	–
		613	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	538	87.8	89.5
Mentioned	1	63	10.3	10.5
System missing (SYSMIS)	.	12	2.0	–
		613	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	377	61.5	62.7
Mentioned	1	224	36.5	37.3
System missing (SYSMIS)	.	12	2.0	–
		613	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	324	52.9	53.7
Once or twice a month	1	217	35.4	36.0
Every week	2	47	7.7	7.8
Daily or almost daily	3	15	2.4	2.5
System missing (SYSMIS)	.	10	1.6	–
		613	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	214	34.9	35.4
Yes, occasionally	1	239	39.0	39.5
Yes, regularly or often	2	152	24.8	25.1
System missing (SYSMIS)	.	8	1.3	–
		613	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	573	93.5	95.5
Yes, have used previously	1	17	2.8	2.8
Yes, currently using	2	10	1.6	1.7
System missing (SYSMIS)	.	13	2.1	–
		613	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	208
minimum	169.00
maximum	191.00
mean	180.04
standard deviation	6.15

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

statistic	value
number of valid cases	397
minimum	154.00

(continued on next page)

(cont. from previous page)

statistic	value
maximum	181.00
mean	166.91
standard deviation	5.99

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

Question

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

Descriptive statistics

statistic	value
number of valid cases	207
minimum	59.00
maximum	111.00
mean	76.90
standard deviation	11.51

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

Question

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

Descriptive statistics

statistic	value
number of valid cases	395
minimum	49.00
maximum	101.00
mean	62.83
standard deviation	10.17

[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	83
minimum	1.00
maximum	17.00
mean	5.30
standard deviation	3.31

[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	330	53.8	100.0
System missing (SYSMIS)	.	283	46.2	–
		613	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	191
minimum	1.00
maximum	20.00
mean	4.72
standard deviation	3.04

[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	1	0.2	0.2
Somewhat underweight	2	36	5.9	6.0
Just the right weight	3	348	56.8	57.5
Somewhat overweight	4	194	31.6	32.1
Seriously underweight	5	26	4.2	4.3
System missing (SYSMIS)	.	8	1.3	–
		613	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	45	7.3	7.4
Yes	1	509	83.0	84.1
Can't say	2	51	8.3	8.4
System missing (SYSMIS)	.	8	1.3	–
		613	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	459	74.9	76.1
Yes, dieting was planned and controlled	1	112	18.3	18.6
Yes, dieting got out of control	2	32	5.2	5.3
System missing (SYSMIS)	.	10	1.6	–
		613	100.0	100.0

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

Question

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

Frequencies

label	value	n	%	v. %
Not at all	0	123	20.1	20.5
Occasionally	1	364	59.4	60.6
Weekly	2	97	15.8	16.1
Daily or almost daily	3	17	2.8	2.8
System missing (SYSMIS)	.	12	2.0	–
		613	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	401	65.4	66.9
Occasionally	1	163	26.6	27.2
Weekly	2	26	4.2	4.3
Daily or almost daily	3	9	1.5	1.5
System missing (SYSMIS)	.	14	2.3	–
		613	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	83	13.5	13.8
Occasionally	1	314	51.2	52.2
Weekly	2	149	24.3	24.8
Daily or almost daily	3	56	9.1	9.3
System missing (SYSMIS)	.	11	1.8	–
		613	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	199	32.5	33.1
Occasionally	1	231	37.7	38.4
Weekly	2	115	18.8	19.1
Daily or almost daily	3	57	9.3	9.5
System missing (SYSMIS)	.	11	1.8	–
		613	100.0	100.0

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

Question

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

Frequencies

label	value	n	%	v. %
Not at all	0	351	57.3	58.3
Occasionally	1	163	26.6	27.1
Weekly	2	60	9.8	10.0
Daily or almost daily	3	28	4.6	4.7
System missing (SYSMIS)	.	11	1.8	–

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2. Variables

(cont. from previous page)

label	value	n	%	v. %
		613	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	401	65.4	66.8
Occasionally	1	143	23.3	23.8
Weekly	2	33	5.4	5.5
Daily or almost daily	3	23	3.8	3.8
System missing (SYSMIS)	.	13	2.1	–
		613	100.0	100.0

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

Question

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

Frequencies

label	value	n	%	v. %
Not at all	0	319	52.0	52.8
Occasionally	1	223	36.4	36.9
Weekly	2	49	8.0	8.1
Daily or almost daily	3	13	2.1	2.2
System missing (SYSMIS)	.	9	1.5	–
		613	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	494	80.6	81.8
Occasionally	1	96	15.7	15.9
Weekly	2	11	1.8	1.8
Daily or almost daily	3	3	0.5	0.5
System missing (SYSMIS)	.	9	1.5	–
		613	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	214	34.9	35.5
Occasionally	1	242	39.5	40.1
Weekly	2	102	16.6	16.9
Daily or almost daily	3	45	7.3	7.5
System missing (SYSMIS)	.	10	1.6	–
		613	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	418	68.2	69.3
Occasionally	1	141	23.0	23.4
Weekly	2	38	6.2	6.3
Daily or almost daily	3	6	1.0	1.0
System missing (SYSMIS)	.	10	1.6	–
		613	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	493	80.4	81.8
Occasionally	1	81	13.2	13.4
Weekly	2	24	3.9	4.0
Daily or almost daily	3	5	0.8	0.8
System missing (SYSMIS)	.	10	1.6	–
		613	100.0	100.0

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

Question

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

Frequencies

label	value	n	%	v. %
Not at all	0	369	60.2	61.2
Occasionally	1	152	24.8	25.2
Weekly	2	39	6.4	6.5

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label	value	n	%	v. %
Daily or almost daily	3	43	7.0	7.1
System missing (SYSMIS)	.	10	1.6	–
		613	100.0	100.0

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

Question

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

Frequencies

label	value	n	%	v. %
Not at all	0	568	92.7	94.0
Occasionally	1	30	4.9	5.0
Weekly	2	4	0.7	0.7
Daily or almost daily	3	2	0.3	0.3
System missing (SYSMIS)	.	9	1.5	–
		613	100.0	100.0

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

Question

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

Frequencies

label	value	n	%	v. %
Not at all	0	165	26.9	27.4
Occasionally	1	306	49.9	50.7
Weekly	2	78	12.7	12.9
Daily or almost daily	3	54	8.8	9.0
System missing (SYSMIS)	.	10	1.6	–
		613	100.0	100.0

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

Question

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

Frequencies

label	value	n	%	v. %
Not at all	0	350	57.1	58.1
Occasionally	1	214	34.9	35.5
Weekly	2	29	4.7	4.8
Daily or almost daily	3	9	1.5	1.5
System missing (SYSMIS)	.	11	1.8	–
		613	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	524	85.5	87.0
Occasionally	1	63	10.3	10.5
Weekly	2	10	1.6	1.7
Daily or almost daily	3	5	0.8	0.8
System missing (SYSMIS)	.	11	1.8	–
		613	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	489	79.8	81.0
Occasionally	1	96	15.7	15.9
Weekly	2	13	2.1	2.2
Daily or almost daily	3	6	1.0	1.0
System missing (SYSMIS)	.	9	1.5	–
		613	100.0	100.0

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

Question

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

Frequencies

label	value	n	%	v. %
Not at all	0	446	72.8	73.8
Occasionally	1	133	21.7	22.0
Weekly	2	21	3.4	3.5
Daily or almost daily	3	4	0.7	0.7
System missing (SYSMIS)	.	9	1.5	–
		613	100.0	100.0

[Q14_19] Have you experienced any the following during the past month (30 days): Problems with wisdom teeth

Question

Have you experienced any the following during the past month (30 days): Problems with wisdom teeth

Frequencies

label	value	n	%	v. %
Not at all	0	525	85.6	86.9
Occasionally	1	68	11.1	11.3

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2. Variables

(cont. from previous page)

label	value	n	%	v. %
Weekly	2	7	1.1	1.2
Daily or almost daily	3	4	0.7	0.7
System missing (SYSMIS)	.	9	1.5	–
		613	100.0	100.0

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

Question

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

Frequencies

label	value	n	%	v. %
Not at all	0	554	90.4	91.9
Occasionally	1	28	4.6	4.6
Weekly	2	11	1.8	1.8
Daily or almost daily	3	10	1.6	1.7
System missing (SYSMIS)	.	10	1.6	–
		613	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	300	48.9	49.8
Occasionally	1	187	30.5	31.0
Weekly	2	87	14.2	14.4
Daily or almost daily	3	29	4.7	4.8
System missing (SYSMIS)	.	10	1.6	–

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(cont. from previous page)

label	value	n	%	v. %
		613	100.0	100.0

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

Question

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

Frequencies

label	value	n	%	v. %
Not at all	0	319	52.0	52.9
Occasionally	1	202	33.0	33.5
Weekly	2	55	9.0	9.1
Daily or almost daily	3	27	4.4	4.5
System missing (SYSMIS)	.	10	1.6	–
		613	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	266	43.4	44.0
Occasionally	1	237	38.7	39.2
Weekly	2	77	12.6	12.7
Daily or almost daily	3	24	3.9	4.0
System missing (SYSMIS)	.	9	1.5	–
		613	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	314	51.2	52.1
Occasionally	1	202	33.0	33.5
Weekly	2	58	9.5	9.6
Daily or almost daily	3	29	4.7	4.8
System missing (SYSMIS)	.	10	1.6	–
		613	100.0	100.0

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

Question

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

Frequencies

label	value	n	%	v. %
Not at all	0	407	66.4	67.6
Occasionally	1	128	20.9	21.3
Weekly	2	41	6.7	6.8
Daily or almost daily	3	26	4.2	4.3
System missing (SYSMIS)	.	11	1.8	–
		613	100.0	100.0

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

Question

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

Frequencies

label	value	n	%	v. %
Not at all	0	439	71.6	96.1
Occasionally	1	1	0.2	0.2
Weekly	2	7	1.1	1.5
Daily or almost daily	3	10	1.6	2.2
System missing (SYSMIS)	.	156	25.4	–
		613	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	223	36.4	56.7
Mentioned	1	170	27.7	43.3
System missing (SYSMIS)	.	220	35.9	–
		613	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	268	43.7	68.2

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2. Variables

(cont. from previous page)

label	value	n	%	v. %
Mentioned	1	125	20.4	31.8
System missing (SYSMIS)	.	220	35.9	–
		613	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	335	54.6	85.2
Mentioned	1	58	9.5	14.8
System missing (SYSMIS)	.	220	35.9	–
		613	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	326	53.2	83.0
Mentioned	1	67	10.9	17.0
System missing (SYSMIS)	.	220	35.9	–
		613	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	350	57.1	89.1
Mentioned	1	43	7.0	10.9
System missing (SYSMIS)	.	220	35.9	–
		613	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	365	59.5	92.9
Mentioned	1	28	4.6	7.1
System missing (SYSMIS)	.	220	35.9	–
		613	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

Frequencies

label	value	n	%	v. %
Not mentioned	0	26	4.2	12.7
Mentioned	1	178	29.0	87.3
System missing (SYSMIS)	.	409	66.7	–
		613	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	199	32.5	97.5
Mentioned	1	5	0.8	2.5
System missing (SYSMIS)	.	409	66.7	–
		613	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	194	31.6	95.1
Mentioned	1	10	1.6	4.9
System missing (SYSMIS)	.	409	66.7	–
		613	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	196	32.0	96.1
Mentioned	1	8	1.3	3.9
System missing (SYSMIS)	.	409	66.7	–
		613	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	200	32.6	98.0
Mentioned	1	4	0.7	2.0
System missing (SYSMIS)	.	409	66.7	–
		613	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	201	32.8	98.5
Mentioned	1	3	0.5	1.5
System missing (SYSMIS)	.	409	66.7	–
		613	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	27	4.4	4.5
Same as usual	2	424	69.2	70.2
Less than usual	3	139	22.7	23.0
Much less than usual	4	14	2.3	2.3
System missing (SYSMIS)	.	9	1.5	–
		613	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	216	35.2	35.7
No more than usual	2	236	38.5	39.0
Rather more than usual	3	137	22.3	22.6

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label	value	n	%	v. %
Much more than usual	4	16	2.6	2.6
System missing (SYSMIS)	.	8	1.3	–
		613	100.0	100.0

[Q18] Have you recently felt you have been playing a useful part in things?

Question

Have you recently felt you have been playing a useful part in things?

Frequencies

label	value	n	%	v. %
More so than usual	1	87	14.2	14.4
Same as usual	2	446	72.8	73.7
Less so than usual	3	59	9.6	9.8
Much less than usual	4	13	2.1	2.1
System missing (SYSMIS)	.	8	1.3	–
		613	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	60	9.8	9.9
Same as usual	2	458	74.7	75.8
Less than usual	3	74	12.1	12.3
Much less than usual	4	12	2.0	2.0
System missing (SYSMIS)	.	9	1.5	–
		613	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	118	19.2	19.5
No more than usual	2	209	34.1	34.5
Rather more than usual	3	218	35.6	36.0
Much more than usual	4	60	9.8	9.9
System missing (SYSMIS)	.	8	1.3	–
		613	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	265	43.2	43.8
No more than usual	2	215	35.1	35.5
Rather more than usual	3	98	16.0	16.2
Much more than usual	4	27	4.4	4.5
System missing (SYSMIS)	.	8	1.3	–
		613	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	62	10.1	10.3
Same as usual	2	414	67.5	68.5
Less so than usual	3	111	18.1	18.4
Much less than usual	4	17	2.8	2.8
System missing (SYSMIS)	.	9	1.5	–
		613	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	65	10.6	10.8
Same as usual	2	468	76.3	77.5
Less than usual	3	63	10.3	10.4
Much less than usual	4	8	1.3	1.3
System missing (SYSMIS)	.	9	1.5	—
		613	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	206	33.6	34.1
No more than usual	2	233	38.0	38.6
Rather more than usual	3	124	20.2	20.5
Much more than usual	4	41	6.7	6.8
System missing (SYSMIS)	.	9	1.5	—
		613	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	312	50.9	51.7

(continued on next page)

2. Variables

(cont. from previous page)

label	value	n	%	v. %
No more than usual	2	190	31.0	31.5
Rather more than usual	3	86	14.0	14.3
Much more than usual	4	15	2.4	2.5
System missing (SYSMIS)	.	10	1.6	–
		613	100.0	100.0

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

Question

Have you recently been thinking yourself as a worthless person?

Frequencies

label	value	n	%	v. %
Not at all	1	365	59.5	60.4
No more than usual	2	165	26.9	27.3
Rather more than usual	3	57	9.3	9.4
Much more than usual	4	17	2.8	2.8
System missing (SYSMIS)	.	9	1.5	–
		613	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	133	21.7	22.1
Same as usual	2	367	59.9	60.9
Less so than usual	3	78	12.7	12.9
Much less than usual	4	25	4.1	4.1
System missing (SYSMIS)	.	10	1.6	–
		613	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	48	7.8	8.0
Clearly a problem but not always and/or not a very bad problem	4	149	24.3	24.7
No cause for concern	5	103	16.8	17.1
Have generally a positive feeling about this	6	228	37.2	37.8
Something that gives me great satisfaction	7	69	11.3	11.4
Can't say	8	6	1.0	1.0
System missing (SYSMIS)	.	10	1.6	–
		613	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	21	3.4	3.5
Clearly a problem but not always and/or not a very bad problem	4	90	14.7	14.9
No cause for concern	5	163	26.6	27.0
Have generally a positive feeling about this	6	221	36.1	36.6
Something that gives me great satisfaction	7	107	17.5	17.7
Can't say	8	2	0.3	0.3
System missing (SYSMIS)	.	9	1.5	–
		613	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	12	2.0	2.0
Clearly a problem but not always and/or not a very bad problem	4	41	6.7	6.8
No cause for concern	5	94	15.3	15.6
Have generally a positive feeling about this	6	267	43.6	44.2
Something that gives me great satisfaction	7	188	30.7	31.1
Can't say	8	2	0.3	0.3
System missing (SYSMIS)	.	9	1.5	—
		613	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	21	3.4	3.5
Clearly a problem but not always and/or not a very bad problem	4	37	6.0	6.1
No cause for concern	5	119	19.4	19.7
Have generally a positive feeling about this	6	226	36.9	37.5
Something that gives me great satisfaction	7	197	32.1	32.7
Can't say	8	3	0.5	0.5
System missing (SYSMIS)	.	10	1.6	—
		613	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	18	2.9	3.0
Clearly a problem but not always and/or not a very bad problem	4	58	9.5	9.6
No cause for concern	5	143	23.3	23.7
Have generally a positive feeling about this	6	221	36.1	36.7
Something that gives me great satisfaction	7	156	25.4	25.9
Can't say	8	7	1.1	1.2
System missing (SYSMIS)	.	10	1.6	–
		613	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	9	1.5	1.5
Clearly a problem but not always and/or not a very bad problem	4	32	5.2	5.3
No cause for concern	5	91	14.8	15.1
Have generally a positive feeling about this	6	241	39.3	40.0
Something that gives me great satisfaction	7	225	36.7	37.4
Can't say	8	4	0.7	0.7
System missing (SYSMIS)	.	11	1.8	–
		613	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	35	5.7	5.8
Clearly a problem but not always and/or not a very bad problem	4	68	11.1	11.3
No cause for concern	5	78	12.7	12.9
Have generally a positive feeling about this	6	260	42.4	43.0
Something that gives me great satisfaction	7	155	25.3	25.7
Can't say	8	8	1.3	1.3
System missing (SYSMIS)	.	9	1.5	–
		613	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	25	4.1	4.1
Clearly a problem but not always and/or not a very bad problem	4	76	12.4	12.6
No cause for concern	5	110	17.9	18.2
Have generally a positive feeling about this	6	292	47.6	48.4
Something that gives me great satisfaction	7	89	14.5	14.8
Can't say	8	11	1.8	1.8
System missing (SYSMIS)	.	10	1.6	–
		613	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	28	4.6	4.6
Clearly a problem but not always and/or not a very bad problem	4	77	12.6	12.7
No cause for concern	5	124	20.2	20.5
Have generally a positive feeling about this	6	292	47.6	48.3
Something that gives me great satisfaction	7	72	11.7	11.9
Can't say	8	11	1.8	1.8
System missing (SYSMIS)	.	9	1.5	–
		613	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	444	72.4	73.5
Yes, less often than once a week	1	42	6.9	7.0
Yes, weekly but not daily	2	34	5.5	5.6
Yes, daily	3	84	13.7	13.9
System missing (SYSMIS)	.	9	1.5	–
		613	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	136
minimum	0.00
maximum	60.00
mean	7.52
standard deviation	7.44

[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	63
minimum	0.00
maximum	1.00
mean	0.03
standard deviation	0.18

[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	63
minimum	0.00
maximum	10.00
mean	0.16
standard deviation	1.26

[Q31] Would you like to quit smoking?

Question

Would you like to quit smoking?

Frequencies

label	value	n	%	v. %
No	0	32	5.2	20.4
Yes	1	69	11.3	43.9
Can't say	2	56	9.1	35.7
System missing (SYSMIS)	.	456	74.4	–
		613	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	554	90.4	95.4
Yes, occasionally	1	20	3.3	3.4
Yes, regularly	2	7	1.1	1.2
System missing (SYSMIS)	.	32	5.2	–
		613	100.0	100.0

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

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

Frequencies

label	value	n	%	v. %
No	0	467	76.2	77.4
Once	1	24	3.9	4.0
2-4 times	2	58	9.5	9.6
More often	3	54	8.8	9.0
System missing (SYSMIS)	.	10	1.6	–
		613	100.0	100.0

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

Question

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

Frequencies

label	value	n	%	v. %
No	0	595	97.1	99.8
Once	1	0	0.0	0.0
2-4 times	2	0	0.0	0.0
More often	3	1	0.2	0.2
System missing (SYSMIS)	.	17	2.8	–
		613	100.0	100.0

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

Question

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

Frequencies

label	value	n	%	v. %
No	0	564	92.0	95.6
Once	1	10	1.6	1.7
2-4 times	2	9	1.5	1.5
More often	3	7	1.1	1.2
System missing (SYSMIS)	.	23	3.8	–
		613	100.0	100.0

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

Question

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

Frequencies

label	value	n	%	v. %
No	0	580	94.6	97.5
Once	1	3	0.5	0.5
2-4 times	2	4	0.7	0.7
More often	3	8	1.3	1.3
System missing (SYSMIS)	.	18	2.9	–
		613	100.0	100.0

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

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

Frequencies

label	value	n	%	v. %
No	0	565	92.2	94.6
Once	1	17	2.8	2.8
2-4 times	2	7	1.1	1.2
More often	3	8	1.3	1.3
System missing (SYSMIS)	.	16	2.6	–
		613	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	586
minimum	0.00
maximum	30.00

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2. Variables

(cont. from previous page)

statistic	value
mean	2.09
standard deviation	3.99

[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	562
minimum	0.00
maximum	50.00
mean	0.18
standard deviation	2.17

[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	579
minimum	0.00
maximum	10.00
mean	1.19
standard deviation	1.70

[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	564
minimum	0.00
maximum	8.00
mean	0.10
standard deviation	0.48

[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	578
minimum	0.00
maximum	20.00
mean	0.92
standard deviation	1.66

[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	568
minimum	0.00
maximum	20.00
mean	0.54
standard deviation	1.35

[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	528	86.1	87.7
Sometimes	2	69	11.3	11.5
Often	3	5	0.8	0.8
System missing (SYSMIS)	.	11	1.8	–
		613	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	291	47.5	48.3
Occasionally	2	196	32.0	32.6
Hardly ever	3	115	18.8	19.1
System missing (SYSMIS)	.	11	1.8	–
		613	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	368	60.0	61.1
Sometimes	2	177	28.9	29.4
Almost always	3	57	9.3	9.5
System missing (SYSMIS)	.	11	1.8	–
		613	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	22	3.6	3.6
Monthly or less	1	183	29.9	30.3
2 to 3 times a month	2	215	35.1	35.6
Once a week	3	121	19.7	20.0
2 to 3 times a week	4	57	9.3	9.4
4 or more times a week	5	6	1.0	1.0
System missing (SYSMIS)	.	9	1.5	–
		613	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	161	26.3	27.6
3 or 4 drinks	1	167	27.2	28.6
5 or 6 drinks	2	147	24.0	25.2
7 to 9 drinks	3	76	12.4	13.0
10 or more drinks	4	32	5.2	5.5
System missing (SYSMIS)	.	30	4.9	–
		613	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	94	15.3	15.8
Less than monthly	1	258	42.1	43.4
Monthly	2	176	28.7	29.6
Every week	3	66	10.8	11.1
Almost daily	4	1	0.2	0.2
System missing (SYSMIS)	.	18	2.9	–
		613	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	511	83.4	86.8
Less than monthly	1	58	9.5	9.8
Monthly	2	14	2.3	2.4
Weekly	3	5	0.8	0.8
Almost daily	4	1	0.2	0.2

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label	value	n	%	v. %
System missing (SYSMIS)	.	24	3.9	–
		613	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	412	67.2	69.5
Less than monthly	1	159	25.9	26.8
Monthly	2	16	2.6	2.7
Weekly	3	6	1.0	1.0
Almost daily	4	0	0.0	0.0
System missing (SYSMIS)	.	20	3.3	–
		613	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	540	88.1	91.1
Less than monthly	1	44	7.2	7.4
Monthly	2	7	1.1	1.2
Every week	3	1	0.2	0.2
Almost daily	4	1	0.2	0.2

(continued on next page)

2. Variables

(cont. from previous page)

label	value	n	%	v. %
System missing (SYSMIS)	.	20	3.3	–
		613	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	319	52.0	54.1
Less than monthly	1	214	34.9	36.3
Monthly	2	43	7.0	7.3
Every week	3	13	2.1	2.2
Almost daily	4	1	0.2	0.2
System missing (SYSMIS)	.	23	3.8	–
		613	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	344	56.1	58.3
Less than monthly	1	209	34.1	35.4
Monthly	2	33	5.4	5.6
Weekly	3	3	0.5	0.5
Almost daily	4	1	0.2	0.2
System missing (SYSMIS)	.	23	3.8	–
		613	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	498	81.2	84.0
Yes, but not in the last year	2	65	10.6	11.0
Yes, during the last year	4	30	4.9	5.1
System missing (SYSMIS)	.	20	3.3	–
		613	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	535	87.3	90.2
Yes, but not in the last year	2	18	2.9	3.0
Yes, during the last year	4	40	6.5	6.7
System missing (SYSMIS)	.	20	3.3	–
		613	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	37	6.0	6.1
Occasionally	1	238	38.8	39.5
Often	2	327	53.3	54.3
System missing (SYSMIS)	.	11	1.8	–
		613	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	301	49.1	49.8
In other public restaurant	2	12	2.0	2.0
At my parents' home	3	21	3.4	3.5
In my own home	4	265	43.2	43.9
Somewhere else	5	5	0.8	0.8
System missing (SYSMIS)	.	9	1.5	–
		613	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	602
minimum	0.00
maximum	12.00
mean	1.71
standard deviation	2.00

[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	583
minimum	0.00
maximum	10.00
mean	0.95
standard deviation	1.23

[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	138	22.5	22.9
Light spread with 25- 65% fat	1	208	33.9	34.5
Spread with 70-80% fat	2	214	34.9	35.5
Butter	3	20	3.3	3.3
Cheese spread	4	23	3.8	3.8
System missing (SYSMIS)	.	10	1.6	–
		613	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	479	78.1	79.4
Once a week or less often	1	75	12.2	12.4
A few times a week	2	26	4.2	4.3
Practically every day	3	23	3.8	3.8
System missing (SYSMIS)	.	10	1.6	–
		613	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	602
minimum	0.00
maximum	15.00
mean	2.18
standard deviation	1.81

[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	603
minimum	0.00
maximum	28.00
mean	3.47
standard deviation	3.12

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

Question

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

Descriptive statistics

statistic	value
number of valid cases	596
minimum	0.00
maximum	30.00
mean	2.63
standard deviation	2.43

[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	588
minimum	0.00
maximum	15.00
mean	1.91
standard deviation	1.76

[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	555
minimum	0.00
maximum	7.00
mean	0.56
standard deviation	1.00

[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	193	31.5	32.3
3-5 times a week	1	161	26.3	27.0
Approximately once a day	2	150	24.5	25.1
2 times a day	3	73	11.9	12.2
3 times a day or more often	4	20	3.3	3.4
System missing (SYSMIS)	.	16	2.6	–
		613	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	123	20.1	20.6
3-5 times a week	1	166	27.1	27.8
Approximately once a day	2	238	38.8	39.8
2 times a day	3	63	10.3	10.5
3 times a day or more often	4	8	1.3	1.3
System missing (SYSMIS)	.	15	2.4	–
		613	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	267	43.6	44.7
3-5 times a week	1	183	29.9	30.7
Approximately once a day	2	123	20.1	20.6
2 times a day	3	21	3.4	3.5
3 times a day or more often	4	3	0.5	0.5
System missing (SYSMIS)	.	16	2.6	–
		613	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	234	38.2	39.1
3-5 times a week	1	236	38.5	39.5
Approximately once a day	2	113	18.4	18.9
2 times a day	3	13	2.1	2.2
3 times a day or more often	4	2	0.3	0.3
System missing (SYSMIS)	.	15	2.4	–
		613	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	195	31.8	32.6
3-5 times a week	1	311	50.7	52.0
Approximately once a day	2	86	14.0	14.4
2 times a day	3	3	0.5	0.5
3 times a day or more often	4	3	0.5	0.5
System missing (SYSMIS)	.	15	2.4	–
		613	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	245	40.0	40.8
On 1-2 days	1	176	28.7	29.3
On 3-5 days	2	108	17.6	18.0
On 6-7 days	3	72	11.7	12.0
System missing (SYSMIS)	.	12	2.0	–
		613	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	59	9.6	9.8
On 1-2 days	1	100	16.3	16.5
On 3-5 days	2	157	25.6	26.0
On 6-7 days	3	289	47.1	47.8
System missing (SYSMIS)	.	8	1.3	–
		613	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	328	53.5	54.2
On 1-2 days	1	263	42.9	43.5
On 3-5 days	2	13	2.1	2.1
On 6-7 days	3	1	0.2	0.2
System missing (SYSMIS)	.	8	1.3	–
		613	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	361	58.9	59.7
On 1-2 days	1	234	38.2	38.7
On 3-5 days	2	7	1.1	1.2
On 6-7 days	3	3	0.5	0.5
System missing (SYSMIS)	.	8	1.3	–
		613	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	365	59.5	60.3
On 1-2 days	1	223	36.4	36.9
On 3-5 days	2	17	2.8	2.8
On 6-7 days	3	0	0.0	0.0
System missing (SYSMIS)	.	8	1.3	–
		613	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	368	60.0	60.8
On 1-2 days	1	188	30.7	31.1
On 3-5 days	2	41	6.7	6.8
On 6-7 days	3	8	1.3	1.3
System missing (SYSMIS)	.	8	1.3	–
		613	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	318	51.9	52.6
On 1-2 days	1	280	45.7	46.3
On 3-5 days	2	7	1.1	1.2
On 6-7 days	3	0	0.0	0.0
System missing (SYSMIS)	.	8	1.3	–
		613	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	490	79.9	81.0
On 1-2 days	1	108	17.6	17.9
On 3-5 days	2	7	1.1	1.2
On 6-7 days	3	0	0.0	0.0
System missing (SYSMIS)	.	8	1.3	–
		613	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	190	31.0	31.4
On 1-2 days	1	297	48.5	49.1
On 3-5 days	2	100	16.3	16.5
On 6-7 days	3	18	2.9	3.0
System missing (SYSMIS)	.	8	1.3	–
		613	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	81	13.2	13.4
On 1-2 days	1	295	48.1	48.8
On 3-5 days	2	185	30.2	30.6
On 6-7 days	3	44	7.2	7.3
System missing (SYSMIS)	.	8	1.3	–
		613	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	321	52.4	53.1
On 1-2 days	1	236	38.5	39.0
On 3-5 days	2	44	7.2	7.3
On 6-7 days	3	4	0.7	0.7
System missing (SYSMIS)	.	8	1.3	–
		613	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	218	35.6	36.1
On 1-2 days	1	253	41.3	41.9
On 3-5 days	2	100	16.3	16.6
On 6-7 days	3	33	5.4	5.5
System missing (SYSMIS)	.	9	1.5	–
		613	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	435	71.0	72.0
Yes, please specify	1	169	27.6	28.0
System missing (SYSMIS)	.	9	1.5	–
		613	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	98	16.0	58.7
Mentioned	1	69	11.3	41.3
System missing (SYSMIS)	.	446	72.8	–
		613	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	166	27.1	99.4
Mentioned	1	1	0.2	0.6
System missing (SYSMIS)	.	446	72.8	–
		613	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	148	24.1	88.6
Mentioned	1	19	3.1	11.4
System missing (SYSMIS)	.	446	72.8	–
		613	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	147	24.0	88.0
Mentioned	1	20	3.3	12.0
System missing (SYSMIS)	.	446	72.8	–
		613	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	164	26.8	98.2
Mentioned	1	3	0.5	1.8

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label	value	n	%	v. %
System missing (SYSMIS)	.	446	72.8	–
		613	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	133	21.7	79.6
Mentioned	1	34	5.5	20.4
System missing (SYSMIS)	.	446	72.8	–
		613	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	144	23.5	86.2
Mentioned	1	23	3.8	13.8
System missing (SYSMIS)	.	446	72.8	–
		613	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	163	26.6	97.6
Mentioned	1	4	0.7	2.4
System missing (SYSMIS)	.	446	72.8	–
		613	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	167	27.2	100.0
Mentioned	1	0	0.0	0.0
System missing (SYSMIS)	.	446	72.8	–
		613	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	143	23.3	85.6
Mentioned	1	24	3.9	14.4
System missing (SYSMIS)	.	446	72.8	–
		613	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	12	2.0	2.0
Once a day	1	216	35.2	35.8
Several times a day	2	376	61.3	62.3
System missing (SYSMIS)	.	9	1.5	–
		613	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	228	37.2	37.8
Yes, occasionally	1	344	56.1	57.0
Yes, daily	2	31	5.1	5.1
System missing (SYSMIS)	.	10	1.6	–
		613	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	61	10.0	10.1

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2. Variables

(cont. from previous page)

label	value	n	%	v. %
Yes, occasionally	1	325	53.0	53.9
Yes, once a day	2	117	19.1	19.4
Yes, at least twice a day	3	100	16.3	16.6
System missing (SYSMIS)	.	10	1.6	–
		613	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	125	20.4	20.7
Fairly good	2	179	29.2	29.7
Average	3	215	35.1	35.7
Fairly poor	4	82	13.4	13.6
Poor	5	2	0.3	0.3
System missing (SYSMIS)	.	10	1.6	–
		613	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	56	9.1	9.3
1-3 times a month	1	101	16.5	16.7
Approximately once a week	2	126	20.6	20.8
2-3 times a week	3	195	31.8	32.2

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label	value	n	%	v. %
4-6 times a week	4	91	14.8	15.0
Daily	5	36	5.9	6.0
System missing (SYSMIS)	.	8	1.3	–
		613	100.0	100.0

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

Frequencies

label	value	n	%	v. %
Under 15 minutes a day	0	137	22.3	22.6
15-30 minutes a day	1	284	46.3	46.9
30-60 minutes a day	2	139	22.7	23.0
Over an hour a day	3	45	7.3	7.4
System missing (SYSMIS)	.	8	1.3	–
		613	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	110	17.9	18.2
1-2 times a week	1	267	43.6	44.1
3-4 times a week	2	117	19.1	19.3
Daily or almost daily	3	111	18.1	18.3

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2. Variables

(cont. from previous page)

label	value	n	%	v. %
System missing (SYSMIS)	.	8	1.3	–
		613	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	455	74.2	75.2
Yes, 1-2 times a week	1	107	17.5	17.7
Yes, 3-4 times a week	2	37	6.0	6.1
Yes, 5 times a week or more often	3	6	1.0	1.0
System missing (SYSMIS)	.	8	1.3	–
		613	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	553	90.2	91.6
Mentioned	1	51	8.3	8.4
System missing (SYSMIS)	.	9	1.5	–
		613	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	252	41.1	41.7
Mentioned	1	352	57.4	58.3
System missing (SYSMIS)	.	9	1.5	–
		613	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	290	47.3	48.0
Mentioned	1	314	51.2	52.0
System missing (SYSMIS)	.	9	1.5	–
		613	100.0	100.0

[Q67_4] Who organizes the physical exercise you take part in: Facility/service provided by the educational institution**Question**

Who organizes the physical exercise you take part in: Facility/service provided by the educational institution

Frequencies

label	value	n	%	v. %
Not mentioned	0	568	92.7	94.0
Mentioned	1	36	5.9	6.0
System missing (SYSMIS)	.	9	1.5	–
		613	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	587	95.8	97.2
Mentioned	1	17	2.8	2.8
System missing (SYSMIS)	.	9	1.5	–
		613	100.0	100.0

[Q67_6] Who organizes the physical exercise you take part in: A sports club

Question

Who organizes the physical exercise you take part in: A sports club

Frequencies

label	value	n	%	v. %
Not mentioned	0	468	76.3	77.5
Mentioned	1	136	22.2	22.5
System missing (SYSMIS)	.	9	1.5	–
		613	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	573	93.5	94.9
Mentioned	1	31	5.1	5.1
System missing (SYSMIS)	.	9	1.5	–
		613	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	484	79.0	80.1
Mentioned	1	120	19.6	19.9
System missing (SYSMIS)	.	9	1.5	–
		613	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	577	94.1	95.5
Mentioned	1	27	4.4	4.5
System missing (SYSMIS)	.	9	1.5	–
		613	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	43	7.0	7.1
For my own pleasure	1	209	34.1	34.7
To look good (appearance)	2	33	5.4	5.5
To keep fit/healthy	3	250	40.8	41.5
As a remedy for illness/disability	4	4	0.7	0.7
Desire to be alone	5	0	0.0	0.0
To see friends	6	6	1.0	1.0
To get away from everyday worries, for stress-release	7	43	7.0	7.1
Other reason, please specify	8	15	2.4	2.5
System missing (SYSMIS)	.	10	1.6	–
		613	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	0	0.0	0.0
For my own pleasure	1	160	26.1	29.0
To look good (appearance)	2	77	12.6	14.0
To keep fit/healthy	3	167	27.2	30.3
As a remedy for illness/disability	4	8	1.3	1.5
Desire to be alone	5	2	0.3	0.4
To see friends	6	19	3.1	3.4
To get away from everyday worries, for stress-release	7	109	17.8	19.8
Other reason, please specify	8	9	1.5	1.6
System missing (SYSMIS)	.	62	10.1	–
		613	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	173	28.2	28.7
Gym training, strength training, oriental martial arts	2	69	11.3	11.4
Gymnastics, aerobics, dance	3	131	21.4	21.7
Swimming, water sports	4	35	5.7	5.8
Ball games	5	91	14.8	15.1
Incidental exercise (cleaning, walking or cycling to get somewhere)	6	53	8.6	8.8
Exercise connected to some other hobby	7	32	5.2	5.3
Other exercise, please specify	8	19	3.1	3.2
System missing (SYSMIS)	.	10	1.6	–
		613	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	313	51.1	51.7
Yes	1	292	47.6	48.3
System missing (SYSMIS)	.	8	1.3	–
		613	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	55	9.0	17.6
Mentioned	1	258	42.1	82.4
System missing (SYSMIS)	.	300	48.9	–
		613	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	157	25.6	50.2
Mentioned	1	156	25.4	49.8
System missing (SYSMIS)	.	300	48.9	–
		613	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	301	49.1	96.2
Mentioned	1	12	2.0	3.8
System missing (SYSMIS)	.	300	48.9	–
		613	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	291	47.5	93.0
Mentioned	1	22	3.6	7.0
System missing (SYSMIS)	.	300	48.9	–
		613	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	290	47.3	92.7
Mentioned	1	23	3.8	7.3
System missing (SYSMIS)	.	300	48.9	–
		613	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	306	49.9	97.8
Mentioned	1	7	1.1	2.2
System missing (SYSMIS)	.	300	48.9	–
		613	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	278	45.4	88.8
Mentioned	1	35	5.7	11.2
System missing (SYSMIS)	.	300	48.9	–
		613	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	274	44.7	87.5
Mentioned	1	39	6.4	12.5
System missing (SYSMIS)	.	300	48.9	–
		613	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	504	82.2	83.9
Yes	1	97	15.8	16.1
System missing (SYSMIS)	.	12	2.0	–
		613	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	93	15.2	98.9
Mentioned	1	1	0.2	1.1
System missing (SYSMIS)	.	519	84.7	–
		613	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	81	13.2	86.2

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2. Variables

(cont. from previous page)

label	value	n	%	v. %
Mentioned	1	13	2.1	13.8
System missing (SYSMIS)	.	519	84.7	–
		613	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	84	13.7	89.4
Mentioned	1	10	1.6	10.6
System missing (SYSMIS)	.	519	84.7	–
		613	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	78	12.7	83.0
Mentioned	1	16	2.6	17.0
System missing (SYSMIS)	.	519	84.7	–
		613	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	87	14.2	92.6
Mentioned	1	7	1.1	7.4
System missing (SYSMIS)	.	519	84.7	–
		613	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	64	10.4	68.1
Mentioned	1	30	4.9	31.9
System missing (SYSMIS)	.	519	84.7	–
		613	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	77	12.6	81.9
Mentioned	1	17	2.8	18.1
System missing (SYSMIS)	.	519	84.7	–
		613	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	90	14.7	95.7
Mentioned	1	4	0.7	4.3
System missing (SYSMIS)	.	519	84.7	–
		613	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	2	0.3	0.3
Sometimes	1	23	3.8	3.8
Almost always	2	580	94.6	95.9
System missing (SYSMIS)	.	8	1.3	–
		613	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	177	28.9	29.3
Sometimes	1	290	47.3	47.9
Almost always	2	138	22.5	22.8
System missing (SYSMIS)	.	8	1.3	–
		613	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	455	74.2	75.3
Sometimes	1	69	11.3	11.4
Almost always	2	55	9.0	9.1
Don't ever cycle	3	25	4.1	4.1
System missing (SYSMIS)	.	9	1.5	–
		613	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	70	11.4	11.6
Sometimes during the warm season	1	131	21.4	21.7
Mostly during the spring, summer and autumn	2	250	40.8	41.3
Almost the whole year round	3	154	25.1	25.5
System missing (SYSMIS)	.	8	1.3	–
		613	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	313	51.1	51.9
Cohabiting	2	234	38.2	38.8
Married	3	51	8.3	8.5
Widowed or separated/divorced	4	5	0.8	0.8
System missing (SYSMIS)	.	10	1.6	–
		613	100.0	100.0

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

label	value	n	%	v. %
	0	557	90.9	93.5
	1	24	3.9	4.0
2 or more	2	15	2.4	2.5
System missing (SYSMIS)	.	17	2.8	–
		613	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	8	1.3	1.3

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(cont. from previous page)

label	value	n	%	v. %
Less than once a month	1	27	4.4	4.5
1-3 times a month	2	102	16.6	16.9
Approximately once a week	3	128	20.9	21.3
2-3 times a week	4	210	34.3	34.9
Almost every day	5	127	20.7	21.1
System missing (SYSMIS)	.	11	1.8	–
		613	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	5	0.8	0.8
Very rarely	1	21	3.4	3.5
Sometimes or about some issues	2	67	10.9	11.1
Often	3	169	27.6	28.0
Always or most of the time	4	342	55.8	56.6
System missing (SYSMIS)	.	9	1.5	–
		613	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	268	43.7	44.7

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2. Variables

(cont. from previous page)

label	value	n	%	v. %
A few times a year	1	121	19.7	20.2
1-3 times a month	2	77	12.6	12.9
Once a week or more often	3	133	21.7	22.2
System missing (SYSMIS)	.	14	2.3	–
		613	100.0	100.0

[Q81] Do you feel lonely?

Question

Do you feel lonely?

Frequencies

label	value	n	%	v. %
No	0	360	58.7	60.2
Yes, at times	1	193	31.5	32.3
Yes, often	2	17	2.8	2.8
Can't say	3	28	4.6	4.7
System missing (SYSMIS)	.	15	2.4	–
		613	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	583
minimum	1.00
maximum	18.00
mean	4.25
standard deviation	2.35

[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	576
minimum	0.00
maximum	33.00
mean	5.74
standard deviation	3.95

[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	575
minimum	0.00
maximum	99.00
mean	7.32
standard deviation	6.89

[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	40	6.5	6.6
Yes	1	445	72.6	73.9
Can't say	2	117	19.1	19.4
System missing (SYSMIS)	.	11	1.8	–
		613	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	596
minimum	0.00
maximum	10.00
mean	1.38
standard deviation	1.38

[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	164	26.8	27.2
Yes	1	324	52.9	53.7
Can't say	2	115	18.8	19.1
System missing (SYSMIS)	.	10	1.6	–
		613	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	66	10.8	10.9
Somewhat insufficient	1	230	37.5	38.1
Sufficient enough	2	168	27.4	27.9
Good	3	98	16.0	16.3
Very good	4	21	3.4	3.5
Degree of sufficiency has varied	5	20	3.3	3.3
System missing (SYSMIS)	.	10	1.6	–
		613	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	16	2.6	2.7
I have a vague idea	1	198	32.3	32.9
Yes	2	388	63.3	64.5
System missing (SYSMIS)	.	11	1.8	–
		613	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

Frequencies

label	value	n	%	v. %
Not at all	0	158	25.8	27.1
0-3 months	1	211	34.4	36.2
3-6 months	2	174	28.4	29.8
Over 6 months	3	40	6.5	6.9
System missing (SYSMIS)	.	30	4.9	–
		613	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	308	50.2	54.2
0-3 months	1	79	12.9	13.9
3-6 months	2	51	8.3	9.0
6-9 months	3	52	8.5	9.2
Over 9 months	4	78	12.7	13.7
System missing (SYSMIS)	.	45	7.3	–
		613	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	301	49.1	53.0
Now and then	1	226	36.9	39.8
Frequently	2	41	6.7	7.2
System missing (SYSMIS)	.	45	7.3	–

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(cont. from previous page)

label	value	n	%	v. %
		613	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	199	32.5	33.5
Yes	1	361	58.9	60.8
Can't say	2	34	5.5	5.7
System missing (SYSMIS)	.	19	3.1	–
		613	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	129	21.0	21.8
Yes	1	452	73.7	76.4
Can't say	2	11	1.8	1.9
System missing (SYSMIS)	.	21	3.4	–
		613	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	238	38.8	40.3
Yes	1	318	51.9	53.8
Can't say	2	35	5.7	5.9
System missing (SYSMIS)	.	22	3.6	–
		613	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	44	7.2	7.3
Sufficient enough	2	164	26.8	27.2
Sufficient when I lived frugally	3	302	49.3	50.2
Money was very tight and my financial circumstances insecure	4	92	15.0	15.3
System missing (SYSMIS)	.	11	1.8	–
		613	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	487	79.4	80.9
No	2	115	18.8	19.1
System missing (SYSMIS)	.	11	1.8	–
		613	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	16	2.6	2.7
Not very important	2	61	10.0	10.1
Fairly important	3	173	28.2	28.7
Very important	4	353	57.6	58.5
System missing (SYSMIS)	.	10	1.6	–
		613	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	17	2.8	2.8
Not very important	2	70	11.4	11.6
Fairly important	3	211	34.4	35.0
Very important	4	305	49.8	50.6
System missing (SYSMIS)	.	10	1.6	–
		613	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	27	4.4	4.5
Not very important	2	53	8.6	8.8
Fairly important	3	108	17.6	17.9
Very important	4	415	67.7	68.8
System missing (SYSMIS)	.	10	1.6	–
		613	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	4	0.7	0.7
Not very important	2	32	5.2	5.3
Fairly important	3	145	23.7	24.2
Very important	4	419	68.4	69.8
System missing (SYSMIS)	.	13	2.1	–
		613	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	106	17.3	17.6
Not very important	2	223	36.4	37.1
Fairly important	3	170	27.7	28.3
Very important	4	102	16.6	17.0
System missing (SYSMIS)	.	12	2.0	–
		613	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	112	18.3	18.6
Not very important	2	260	42.4	43.1
Fairly important	3	170	27.7	28.2
Very important	4	61	10.0	10.1
System missing (SYSMIS)	.	10	1.6	–
		613	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	24	3.9	4.0
Not very important	2	101	16.5	16.7
Fairly important	3	229	37.4	38.0
Very important	4	249	40.6	41.3
System missing (SYSMIS)	.	10	1.6	–
		613	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	505	82.4	83.7
Yes	1	73	11.9	12.1
Haven't used health care services in the past 12 months	2	25	4.1	4.1
System missing (SYSMIS)	.	10	1.6	–
		613	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	58	9.5	9.7
Not very much	1	154	25.1	25.8
A fair amount	2	227	37.0	38.0
A lot	3	55	9.0	9.2
Can't say	4	103	16.8	17.3

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label	value	n	%	v. %
System missing (SYSMIS)	.	16	2.6	–
		613	100.0	100.0

[Q96] Have you visited the web site of Turku municipal health services?**Question***Have you visited the web site of Turku municipal health services?***Frequencies**

label	value	n	%	v. %
No	0	549	89.6	90.7
Yes	1	56	9.1	9.3
System missing (SYSMIS)	.	8	1.3	–
		613	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	155	25.3	25.9
Newspapers	2	115	18.8	19.2
Periodicals, magazines, journals	3	124	20.2	20.7
Magazines published by health care organizations, books	4	175	28.5	29.2
Internet	5	30	4.9	5.0
System missing (SYSMIS)	.	14	2.3	–
		613	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	161	26.3	27.0
Friends, work colleagues or fellow students	7	223	36.4	37.4
Doctor, dentist, psychiatrist	8	134	21.9	22.4
Other health care personnel	9	63	10.3	10.6
Other person	10	16	2.6	2.7
System missing (SYSMIS)	.	16	2.6	–
		613	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	570
minimum	11.00
maximum	15.00
mean	12.03
standard deviation	1.37

[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 student health care

Question

Have you used the following services in the last 12 months: Public health nurse in student health care

Frequencies

label	value	n	%	v. %
No	0	251	40.9	41.6
Yes, once	1	164	26.8	27.2
Yes, 2-5 times	2	168	27.4	27.8
Yes, over 5 times	3	21	3.4	3.5
System missing (SYSMIS)	.	9	1.5	–
		613	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	408	66.6	68.3
Yes, once	1	93	15.2	15.6
Yes, 2-5 times	2	76	12.4	12.7
Yes, over 5 times	3	20	3.3	3.4
System missing (SYSMIS)	.	16	2.6	–
		613	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

Frequencies

label	value	n	%	v. %
No	0	518	84.5	86.6
Yes, once	1	47	7.7	7.9
Yes, 2-5 times	2	31	5.1	5.2
Yes, over 5 times	3	2	0.3	0.3
System missing (SYSMIS)	.	15	2.4	–
		613	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	593	96.7	99.3
Yes, once	1	1	0.2	0.2
Yes, 2-5 times	2	3	0.5	0.5
Yes, over 5 times	3	0	0.0	0.0
System missing (SYSMIS)	.	16	2.6	–
		613	100.0	100.0

[Q98_2_1] 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	575	93.8	95.5
Yes, once	1	7	1.1	1.2

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(cont. from previous page)

label	value	n	%	v. %
Yes, 2-5 times	2	7	1.1	1.2
Yes, over 5 times	3	13	2.1	2.2
System missing (SYSMIS)	.	11	1.8	–
		613	100.0	100.0

[Q98_2_2] 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	593	96.7	99.5
Yes, once	1	0	0.0	0.0
Yes, 2-5 times	2	1	0.2	0.2
Yes, over 5 times	3	2	0.3	0.3
System missing (SYSMIS)	.	17	2.8	–
		613	100.0	100.0

[Q98_2_3] 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	595	97.1	99.8
Yes, once	1	1	0.2	0.2
Yes, 2-5 times	2	0	0.0	0.0
Yes, over 5 times	3	0	0.0	0.0
System missing (SYSMIS)	.	17	2.8	–

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2. Variables

(cont. from previous page)

label	value	n	%	v. %
		613	100.0	100.0

[Q98_2_4] 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	541	88.3	90.8
Yes, once	1	10	1.6	1.7
Yes, 2-5 times	2	19	3.1	3.2
Yes, over 5 times	3	26	4.2	4.4
System missing (SYSMIS)	.	17	2.8	—
		613	100.0	100.0

[Q98_3_1] Have you used the following services in the last 12 months: General practitioner in student health care

Question

Have you used the following services in the last 12 months: General practitioner in student health care

Frequencies

label	value	n	%	v. %
No	0	375	61.2	62.4
Yes, once	1	114	18.6	19.0
Yes, 2-5 times	2	102	16.6	17.0
Yes, over 5 times	3	10	1.6	1.7
System missing (SYSMIS)	.	12	2.0	—
		613	100.0	100.0

[Q98_3_2] Have you used the following services over the past year: General practitioner in a municipal health centre

Question

Have you used the following services over the past year: General practitioner in a municipal health centre

Frequencies

label	value	n	%	v. %
No	0	376	61.3	62.7
Yes, once	1	116	18.9	19.3
Yes, 2-5 times	2	97	15.8	16.2
Yes, over 5 times	3	11	1.8	1.8
System missing (SYSMIS)	.	13	2.1	–
		613	100.0	100.0

[Q98_3_3] Have you used the following services over the past year: General practitioner in an accident and emergency health care facility (public sector)

Question

Have you used the following services over the past year: General practitioner in an accident and emergency health care facility (public sector)

Frequencies

label	value	n	%	v. %
No	0	433	70.6	72.3
Yes, once	1	104	17.0	17.4
Yes, 2-5 times	2	59	9.6	9.8
Yes, over 5 times	3	3	0.5	0.5
System missing (SYSMIS)	.	14	2.3	–
		613	100.0	100.0

[Q98_3_4] 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	527	86.0	88.1
Yes, once	1	43	7.0	7.2
Yes, 2-5 times	2	27	4.4	4.5
Yes, over 5 times	3	1	0.2	0.2
System missing (SYSMIS)	.	15	2.4	–
		613	100.0	100.0

[Q98_3_5] 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	593	96.7	99.2
Yes, once	1	2	0.3	0.3
Yes, 2-5 times	2	2	0.3	0.3
Yes, over 5 times	3	1	0.2	0.2
System missing (SYSMIS)	.	15	2.4	–
		613	100.0	100.0

[Q98_3_6] 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	505	82.4	84.7
Yes, once	1	65	10.6	10.9

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label	value	n	%	v. %
Yes, 2-5 times	2	24	3.9	4.0
Yes, over 5 times	3	2	0.3	0.3
System missing (SYSMIS)	.	17	2.8	–
		613	100.0	100.0

[Q98_4_1] Have you used the following services in the last 12 months: Specialist doctor in a family planning clinic

Question

Have you used the following services in the last 12 months: Specialist doctor in a family planning clinic

Frequencies

label	value	n	%	v. %
No	0	526	85.8	87.4
Yes, once	1	58	9.5	9.6
Yes, 2-5 times	2	16	2.6	2.7
Yes, over 5 times	3	2	0.3	0.3
System missing (SYSMIS)	.	11	1.8	–
		613	100.0	100.0

[Q98_4_2] 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	503	82.1	83.8
Yes, once	1	43	7.0	7.2
Yes, 2-5 times	2	46	7.5	7.7
Yes, over 5 times	3	8	1.3	1.3
System missing (SYSMIS)	.	13	2.1	–
		613	100.0	100.0

[Q98_4_3] 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	578	94.3	96.5
Yes, once	1	13	2.1	2.2
Yes, 2-5 times	2	7	1.1	1.2
Yes, over 5 times	3	1	0.2	0.2
System missing (SYSMIS)	.	14	2.3	–
		613	100.0	100.0

[Q98_4_4] 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	596	97.2	99.5
Yes, once	1	1	0.2	0.2
Yes, 2-5 times	2	2	0.3	0.3
Yes, over 5 times	3	0	0.0	0.0
System missing (SYSMIS)	.	14	2.3	–
		613	100.0	100.0

[Q98_4_5] 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	451	73.6	75.2
Yes, once	1	84	13.7	14.0
Yes, 2-5 times	2	56	9.1	9.3
Yes, over 5 times	3	9	1.5	1.5
System missing (SYSMIS)	.	13	2.1	–
		613	100.0	100.0

[Q98_5_1] 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	460	75.0	76.3
Yes, once	1	96	15.7	15.9
Yes, 2-5 times	2	43	7.0	7.1
Yes, over 5 times	3	4	0.7	0.7
System missing (SYSMIS)	.	10	1.6	–
		613	100.0	100.0

[Q98_5_2] 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	571	93.1	96.6
Yes, once	1	12	2.0	2.0

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2. Variables

(cont. from previous page)

label	value	n	%	v. %
Yes, 2-5 times	2	6	1.0	1.0
Yes, over 5 times	3	2	0.3	0.3
System missing (SYSMIS)	.	22	3.6	–
		613	100.0	100.0

[Q98_6_1] 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	366	59.7	60.9
Yes, once	1	144	23.5	24.0
Yes, 2-5 times	2	81	13.2	13.5
Yes, over 5 times	3	10	1.6	1.7
System missing (SYSMIS)	.	12	2.0	–
		613	100.0	100.0

[Q98_6_2] 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	589	96.1	99.3
Yes, once	1	3	0.5	0.5
Yes, 2-5 times	2	0	0.0	0.0
Yes, over 5 times	3	1	0.2	0.2
System missing (SYSMIS)	.	20	3.3	–
		613	100.0	100.0

[Q98_6_3] 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	501	81.7	84.1
Yes, once	1	53	8.6	8.9
Yes, 2-5 times	2	34	5.5	5.7
Yes, over 5 times	3	8	1.3	1.3
System missing (SYSMIS)	.	17	2.8	–
		613	100.0	100.0

[Q98_7_1] Have you used the following services in the last 12 months: Psychologist in a municipal health centre

Question

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

Frequencies

label	value	n	%	v. %
No	0	583	95.1	96.8
Yes, once	1	8	1.3	1.3
Yes, 2-5 times	2	5	0.8	0.8
Yes, over 5 times	3	6	1.0	1.0
System missing (SYSMIS)	.	11	1.8	–
		613	100.0	100.0

[Q98_7_2] Have you used the following services in the last 12 months: Psychologist in a municipal mental health care clinic

Question

Have you used the following services in the last 12 months: Psychologist in a municipal mental health care clinic

2. Variables

Frequencies

label	value	n	%	v. %
No	0	586	95.6	97.3
Yes, once	1	4	0.7	0.7
Yes, 2-5 times	2	4	0.7	0.7
Yes, over 5 times	3	8	1.3	1.3
System missing (SYSMIS)	.	11	1.8	–
		613	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	599	97.7	99.8
Yes, once	1	1	0.2	0.2
Yes, 2-5 times	2	0	0.0	0.0
Yes, over 5 times	3	0	0.0	0.0
System missing (SYSMIS)	.	13	2.1	–
		613	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	592	96.6	98.5
Yes, once	1	3	0.5	0.5
Yes, 2-5 times	2	2	0.3	0.3

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(cont. from previous page)

label	value	n	%	v. %
Yes, over 5 times	3	4	0.7	0.7
System missing (SYSMIS)	.	12	2.0	–
		613	100.0	100.0

[Q98_8_1] Have you used the following services in the last 12 months: Psychiatrist working in the municipal mental health care clinic

Question

Have you used the following services in the last 12 months: Psychiatrist working in the municipal mental health care clinic

Frequencies

label	value	n	%	v. %
No	0	590	96.2	97.8
Yes, once	1	1	0.2	0.2
Yes, 2-5 times	2	1	0.2	0.2
Yes, over 5 times	3	11	1.8	1.8
System missing (SYSMIS)	.	10	1.6	–
		613	100.0	100.0

[Q98_8_2] 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	600	97.9	99.8
Yes, once	1	1	0.2	0.2
Yes, 2-5 times	2	0	0.0	0.0
Yes, over 5 times	3	0	0.0	0.0
System missing (SYSMIS)	.	12	2.0	–
		613	100.0	100.0

[Q98_8_3] 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	594	96.9	98.8
Yes, once	1	4	0.7	0.7
Yes, 2-5 times	2	0	0.0	0.0
Yes, over 5 times	3	3	0.5	0.5
System missing (SYSMIS)	.	12	2.0	–
		613	100.0	100.0

[Q100_1] When you last used student health services or municipal health centre services, what was your experience like: I got clarification on the issues that had worried me

Question

When you last used student health services or municipal health centre services, what was your experience like: I got clarification on the issues that had worried me

Frequencies

label	value	n	%	v. %
Strongly agree	1	211	34.4	35.3
Agree to some extent	2	266	43.4	44.6
Disagree a bit	3	97	15.8	16.2
Strongly disagree	4	23	3.8	3.9
System missing (SYSMIS)	.	16	2.6	–
		613	100.0	100.0

[Q100_2] When you last used student health services or municipal health centre services, what was your experience like: I was listened to and felt understood

Question

When you last used student health services or municipal health centre services, what was your experience like: I was listened to and felt understood

Frequencies

label	value	n	%	v. %
Strongly agree	1	238	38.8	39.7
Agree to some extent	2	253	41.3	42.2
Disagree a bit	3	87	14.2	14.5
Strongly disagree	4	21	3.4	3.5
System missing (SYSMIS)	.	14	2.3	–
		613	100.0	100.0

[Q100_3] When you last used student health services or municipal health centre services, what was your experience like: The staff were interested in me as a person, as well

Question

When you last used student health services or municipal health centre services, what was your experience like: The staff were interested in me as a person, as well

Frequencies

label	value	n	%	v. %
Strongly agree	1	150	24.5	25.1
Agree to some extent	2	258	42.1	43.2
Disagree a bit	3	151	24.6	25.3
Strongly disagree	4	38	6.2	6.4
System missing (SYSMIS)	.	16	2.6	–
		613	100.0	100.0

[Q100_4] When you last used student health services or municipal health centre services, what was your experience like: The staff spent enough time in talking with me

Question

When you last used student health services or municipal health centre services, what was your experience like: The staff spent enough time in talking with me

Frequencies

label	value	n	%	v. %
Strongly agree	1	203	33.1	33.9
Agree to some extent	2	260	42.4	43.4
Disagree a bit	3	103	16.8	17.2
Strongly disagree	4	33	5.4	5.5
System missing (SYSMIS)	.	14	2.3	–
		613	100.0	100.0

[Q100_5] When you last used student health services or municipal health centre services, what was your experience like: The staff were friendly

Question

When you last used student health services or municipal health centre services, what was your experience like: The staff were friendly

Frequencies

label	value	n	%	v. %
Strongly agree	1	300	48.9	50.0
Agree to some extent	2	255	41.6	42.5
Disagree a bit	3	38	6.2	6.3
Strongly disagree	4	7	1.1	1.2
System missing (SYSMIS)	.	13	2.1	–
		613	100.0	100.0

[Q101_1] The planning of treatment and advice received when you last used student health services or municipal health centre services: I was given enough information about my condition/health problem

Question

The planning of treatment and advice received when you last used student health services or municipal health centre services: I was given enough information about my condition/health problem

Frequencies

label	value	n	%	v. %
Strongly agree	1	188	30.7	31.9
Agree to some extent	2	255	41.6	43.3
Disagree a bit	3	109	17.8	18.5
Strongly disagree	4	37	6.0	6.3
System missing (SYSMIS)	.	24	3.9	–
		613	100.0	100.0

[Q101_2] The planning of treatment and advice received when you last used student health services or municipal health centre services: I was given enough information about treatment alternatives

Question

The planning of treatment and advice received when you last used student health services or municipal health centre services: I was given enough information about treatment alternatives

Frequencies

label	value	n	%	v. %
Strongly agree	1	161	26.3	27.3
Agree to some extent	2	245	40.0	41.6
Disagree a bit	3	134	21.9	22.8
Strongly disagree	4	49	8.0	8.3
System missing (SYSMIS)	.	24	3.9	–
		613	100.0	100.0

[Q101_3] The planning of treatment and advice received when you last used student health services or municipal health centre 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 student health services or municipal health centre 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	189	30.8	32.1
Agree to some extent	2	279	45.5	47.4
Disagree a bit	3	90	14.7	15.3
Strongly disagree	4	31	5.1	5.3
System missing (SYSMIS)	.	24	3.9	–
		613	100.0	100.0

[Q101_4] The planning of treatment and advice received when you last used student health services or municipal health centre services: I was given sufficient advice on self-care at home

Question

The planning of treatment and advice received when you last used student health services or municipal health centre services: I was given sufficient advice on self-care at home

Frequencies

label	value	n	%	v. %
Strongly agree	1	218	35.6	37.0
Agree to some extent	2	253	41.3	43.0
Disagree a bit	3	88	14.4	14.9
Strongly disagree	4	30	4.9	5.1
System missing (SYSMIS)	.	24	3.9	–
		613	100.0	100.0

[Q101_5] The planning of treatment and advice received when you last used student health services or municipal health centre 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 student health services or municipal health centre services: I was given clear instructions on how to proceed with my condition/health problem

Frequencies

label	value	n	%	v. %
Strongly agree	1	221	36.1	37.5
Agree to some extent	2	231	37.7	39.2
Disagree a bit	3	100	16.3	16.9
Strongly disagree	4	38	6.2	6.4
System missing (SYSMIS)	.	23	3.8	–
		613	100.0	100.0

[Q102] Did you participate/are you planning to participate in the dental and general health examination for first-year students?

Question

Did you participate/are you planning to participate in the dental and general health examination for first-year students?

Frequencies

label	value	n	%	v. %
No	0	162	26.4	26.9
Yes	1	293	47.8	48.6
Not sure yet/Can't remember whether I participated	2	148	24.1	24.5
System missing (SYSMIS)	.	10	1.6	–
		613	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	29	4.7	12.5
I haven't had any health issues	2	114	18.6	49.1
I think health check-ups are unnecessary	3	3	0.5	1.3
I'm aware of my health problems anyway	4	18	2.9	7.8
I don't want other people interfering	5	1	0.2	0.4
Other reason, please specify	6	67	10.9	28.9
System missing (SYSMIS)	.	381	62.2	—
		613	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	398	64.9	66.4
Can't say	1	66	10.8	11.0
Yes	2	135	22.0	22.5
System missing (SYSMIS)	.	14	2.3	–
		613	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 help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Quitting smoking

Question

Would you like to get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Quitting smoking

Frequencies

label	value	n	%	v. %
No	0	525	85.6	87.4
Can't say	1	49	8.0	8.2
Yes	2	27	4.4	4.5
System missing (SYSMIS)	.	12	2.0	–
		613	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	549	89.6	91.0
Can't say	1	40	6.5	6.6
Yes	2	14	2.3	2.3
System missing (SYSMIS)	.	10	1.6	–
		613	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	442	72.1	73.5
Can't say	1	60	9.8	10.0
Yes	2	99	16.2	16.5
System missing (SYSMIS)	.	12	2.0	–
		613	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	531	86.6	88.2
Can't say	1	40	6.5	6.6
Yes	2	31	5.1	5.1
System missing (SYSMIS)	.	11	1.8	–
		613	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	357	58.2	59.5
Can't say	1	62	10.1	10.3
Yes	2	181	29.5	30.2
System missing (SYSMIS)	.	13	2.1	–
		613	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

label	value	n	%	v. %
No	0	395	64.4	65.8
Can't say	1	87	14.2	14.5
Yes	2	118	19.2	19.7
System missing (SYSMIS)	.	13	2.1	–
		613	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	344	56.1	57.2
Can't say	1	79	12.9	13.1
Yes	2	178	29.0	29.6
System missing (SYSMIS)	.	12	2.0	–
		613	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	424	69.2	70.7
Can't say	1	75	12.2	12.5
Yes	2	101	16.5	16.8
System missing (SYSMIS)	.	13	2.1	–
		613	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	404	65.9	67.3
Can't say	1	81	13.2	13.5
Yes	2	115	18.8	19.2
System missing (SYSMIS)	.	13	2.1	–
		613	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	322	52.5	53.3
Can't say	1	70	11.4	11.6
Yes	2	212	34.6	35.1
System missing (SYSMIS)	.	9	1.5	–
		613	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	455	74.2	78.0
Can't say	1	97	15.8	16.6
Yes	2	31	5.1	5.3
System missing (SYSMIS)	.	30	4.9	–
		613	100.0	100.0

[Q104_121] Other problems, what kind of help? (open-ended)**Question**

Other problems, what kind of help? (open-ended)

[BV1] The respondent's field of study**Question**

The respondent's field of study

Frequencies

label	value	n	%	v. %
Business and services	1	152	24.8	24.8
Culture	2	131	21.4	21.4
Health and wellbeing	3	188	30.7	30.7

(continued on next page)

2. Variables

(cont. from previous page)

label	value	n	%	v. %
Technical and industry	4	142	23.2	23.2
		613	100.0	100.0

[BV2] The year the respondent started his/her studies (categorised)

Question

The year the respondent started his/her studies (categorised)

Frequencies

label	value	n	%	v. %
1996 or earlier	1	205	33.4	33.4
1997 - 1998	2	408	66.6	66.6
		613	100.0	100.0

[BV3] The respondent's gender

Question

The respondent's gender

Frequencies

label	value	n	%	v. %
Male	1	210	34.3	34.3
Female	2	403	65.7	65.7
		613	100.0	100.0

[BV4] The respondent's year of birth (categorised)

Question

The respondent's year of birth (categorised)

Frequencies

label	value	n	%	v. %
1970 or earlier	1	33	5.4	5.4
1971 - 1973	2	76	12.4	12.4
1974 - 1976	3	273	44.5	44.5
1977 - 1979	4	231	37.7	37.7
		613	100.0	100.0

Chapter 3

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Appendix A

Questionnaire in Finnish

KYSELYLOMAKE

Tämä kyselylomake on osa Yhteiskuntatieteelliseen tietoaarkistoon arkistoitua tutkimusaineistoa

FSD2098 Turun AMK-opiskelijoiden 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:

FSD2098 Turku Polytechnic 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/>

OPISKELIJATERVEYSTUTKIMUS

Hyvä opiskelija

Opiskelijaterveydenhuollon palvelujen kehittämiseksi on Ylioppilaiden terveydenhoitosäätiö opetusministeriön tuella käynnistänyt tutkimuksen, joka kohdistuu sekä tiede- että ammattikorkeakouluopiskelijoihin. Tässä hankkeen ensi vaiheessa tutkimukseen on Suomen ammattikorkeakouluista valittu Turun ammattikorkeakoulu.

Kyselylomakkeessa on perinteisiä terveyden ja terveystyttymisen kysymyksiä, mutta siinä kartoitetaan myös muita elämän alueita, jotka kokemuksemme mukaan liittyvät läheisesti opiskelijan terveyteen ja jaksamiseen.

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 kirjekuoressa, 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 kysyty tieto sitä varten varattuun tilaan.

Ympyröi kunkin vaihtoehdon kohdalla vain yksi numero, ellei toisin ole mainittu.

Vastauksiin toivotaan tieto 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
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14. Miesten sukuelinten sairaus	0	1
15. Gynekologinen sairaus	0	1
16. Näkövika (silmläsit)	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 suurimaksi uhaksi omalle terveydellesi?

- 1 ympäristöuhot
- 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 ympeyröidä 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 vaikeuksista?

- 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 MYÖNTE ISENÄ	merkitsee minulle todella TYYDYTYSTÄ 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

30. Kuinka paljon poltat keskimäärin päivässä?

- |__|__| savuketta
- |__|__| sikaria
- |__|__| piipullista

31. Haluaisitko lopettaa tupakoinnin?

- 0 en
- 1 kyllä
- 2 en osaa sanoa

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 krapularyyppyjä?

- 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

48. Ajatteletko ruokaa hankkiessasi sen terveellisyyttä?

- 0 en koskaan tai hyvin harvoin
- 1 silloin tällöin
- 2 usein

49. Missä useimmiten syöt pääateria-si?

- 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 kaakaon 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, mysliä, 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. Noudatanko 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

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 koulun järjestämä liikunta
- 4 oppilaskunnan tms. liikuntatoiminta
- 5 urheiluseura
- 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 moottoriajoneuvolla
 - 2 muu liikennetapaturma (jalankulku-, polkupyörä-)
 - 3 työtapaturma (ei työmatkatapaturmia)
 - 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 syyskautena
- 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, oppilaskunnan toiminta, partio tms. toiminta)?

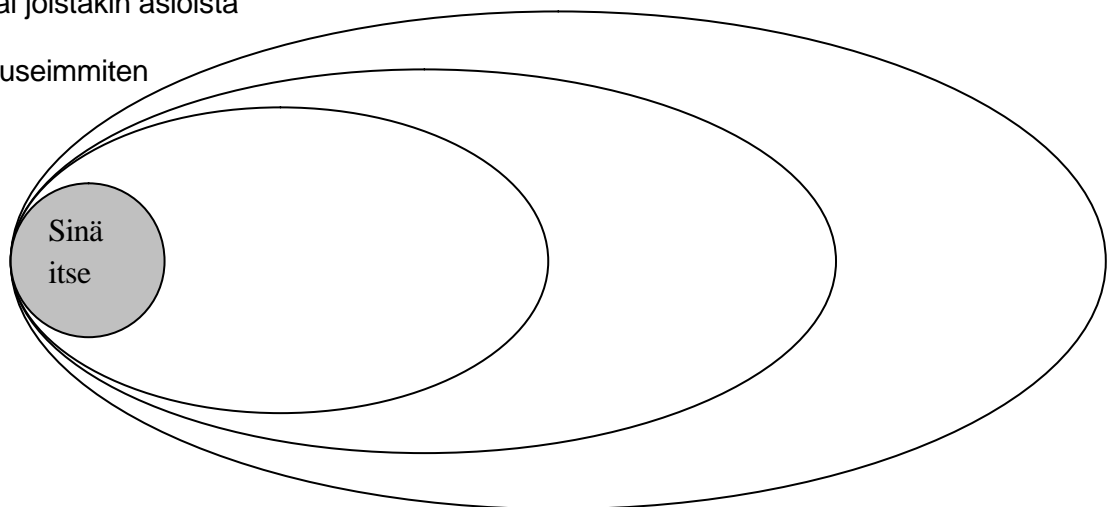
- 0 hyvin harvoin tai en lainkaan
- 1 muutaman kerran vuodessa
- 2 1 – 3 kertaa kuukaudessa
- 3 kerran viikossa tai useammin

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 oppilaitoksesi 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
- 0 en, koska

TERVEYSASENTEET JA TERVEYSTIEDON LÄHTEET

93. Miten tärkeänä pidät, että lainsäädännöllä säädelään 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
huumeongelman 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, ongelmasi 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 Turun kaupungin terveydenhuollon 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				
opiskelijaterveydenhuolto	0	1	2	3
terveyskeskus, äitiysneuvola	0	1	2	3
työterveyshuolto	0	1	2	3
armeija	0	1	2	3
FYSIOTERAPEUTTI				
terveyskeskus	0	1	2	3
työterveyshuolto	0	1	2	3
armeija	0	1	2	3
yksityissektori	0	1	2	3
YLEISLÄÄKÄRI				
opiskelijaterveydenhuolto	0	1	2	3
terveyskeskuksen oma terveysasema	0	1	2	3
terveyskeskuspäivystys, ensiapupoliklinikka	0	1	2	3
työterveyshuolto	0	1	2	3
armeija	0	1	2	3
yksityissektori	0	1	2	3
ERIKOISLÄÄKÄRI				
perhesuunnitteluneuvola	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				
terveyskeskus	0	1	2	3
armeija tai muu	0	1	2	3
HAMMASLÄÄKÄRI				
terveyskeskus	0	1	2	3
armeija	0	1	2	3
yksityissektori	0	1	2	3
PSYKOLOGI				
terveyskeskuksen psykologi	0	1	2	3
mielenterveystoimisto	0	1	2	3
armeija	0	1	2	3
yksityissektori	0	1	2	3
PSYKIATRI				
mielenterveystoimisto	0	1	2	3
armeija	0	1	2	3
yksityissektori	0	1	2	3

100. Kun viimeksi käytit opiskelijaterveydenhuollon tai terveyskeskuksen 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 opiskelijaterveydenhuollon tai terveyskeskuksen 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 hoitovaihtoehtoista	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 tai aiotko osallistua opiskelijaterveydenhuollon uusille opiskelijoille suuntaamaan terveystarkastukseen ?

- 0 en
- 1 kyllä
- 2 en tiedä vielä osallistunko/ en muista osallistuinko

103. Ellet osallistunut tai 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	minkäläistä ?
allergia-asioissa, ihon hoidossa	0	1	2	
tupakoinnin lopettamisessa	0	1	2	
alkoholinkäytön hallinnassa	0	1	2	
painonhallinnassa	0	1	2	
syömisongelmissa	0	1	2	
ravitsemusasioissa	0	1	2	
liikuntaan liittyvissä asioissa	0	1	2	
ergonomia-asioissa	0	1	2	
jännittämisongelmissa	0	1	2	
ihmissuhde- tai itsetuntoasioissa	0	1	2	
stressinhallinnassa	0	1	2	
muissa ongelmissa	0	1	2	

Terveisiä, toiveita, kommentteja koskien opiskelijoiden terveydenhuoltoa tai tätä kyselyä:

KIITÄMME KYSELYYN VASTAAMISESTA!

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