

**FSD2051**

**University Student Health Survey 2000**

Codebook



FINNISH SOCIAL SCIENCE DATA ARCHIVE

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# To the reader

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

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

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

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

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

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



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# Chapter 1

## Study description

### 1.1 Titles

**Titles and data version:** University Student Health Survey 2000

**Titles and data version in Finnish:** Korkeakouluopiskelijoiden terveystutkimus 2000

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

### 1.2 Subject description

#### Other material

More information on the research project<sup>1</sup>

#### Authoring entity

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

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

#### Copyright statement for the data

In accordance with the agreement between FSD and the depositor.

#### Depositor

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

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<sup>1</sup>[http://www.yths.fi/en/health\\_information\\_and\\_research/research\\_and\\_publications/the\\_finnish\\_student\\_health\\_survey](http://www.yths.fi/en/health_information_and_research/research_and_publications/the_finnish_student_health_survey)

## Date of deposit

22.2.2005

## Keywords

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

## Topic Classification

**Fields of Science Classification:** Medical and health sciences; Social sciences

**CESSDA Classification:** Diet and nutrition; Drug abuse, alcohol and smoking; General health and well-being; Physical fitness and exercise; Psychology; Youth

## Series description

The data belong to the series:

University Student Health Surveys

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

## Abstract

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

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



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

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

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

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

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

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

## 1.3 Structure and collection of the data

**Country:** Finland

**Geographic coverage:** Finland

**Analysis or observation unit type:** Individual

**Universe:** Finnish undergraduate students aged under 35 in universities

**Collection date:** February 2000 – September 2000

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

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

**Mode of data collection:** Self-administered questionnaire: Paper

**Type of research instrument:** Structured questionnaire

**Time period covered:** 2000

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

**Response rate:** 63.1

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

**Sampling procedure:** Probability: Systematic random

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

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

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

## 1.4 Use of data

### Data appraisal

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

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[https://services.fsd.uta.fi/catalogue/FSD2051?lang=en&study\\_language=en](https://services.fsd.uta.fi/catalogue/FSD2051?lang=en&study_language=en)

### **Location of the data collection**

Finnish Social Science Data Archive

### **Weighting**

There are no weight variables in the data.

### **Special Permissions**

Users of the data shall send the creator of the data a copy of all publications based on or using the data. If printed, to the mail address: Medical Director, FSHS, Töölönkatu 37 A, 00260 Helsinki, FINLAND. If electronic, to the e-mail address: [firstname.lastname@yths.fi](mailto:firstname.lastname@yths.fi). More detailed contact information: <https://www.yths.fi/en/contact-information/administration/>

### **Restrictions**

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

# Chapter 2

## Variables

### [FSD\_NO] FSD study number

#### Question

*FSD study number*

#### Descriptive statistics

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

### [FSD\_VR] FSD edition number

#### Question

*FSD edition number*

#### Descriptive statistics

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

**[FSD\_ID] FSD case id**

**Question**

*FSD case id*

**Descriptive statistics**

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

**[Q1\_1] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Diabetes**

**Question**

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

**Frequencies**

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

**[Q1\_2] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Thyroid disease/condition**

**Question**

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

**Frequencies**

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

**[Q1\_3] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: High blood pressure/hypertension**

#### Question

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

#### Frequencies

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

**[Q1\_4] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Arrhythmia or other heart condition**

#### Question

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

#### Frequencies

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

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## 2. Variables

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(cont. from previous page)

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

**[Q1\_5] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Rheumatoid arthritis**

### Question

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

### Frequencies

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

**[Q1\_6] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Other musculoskeletal disorder**

### Question

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

### Frequencies

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

(continued on next page)

(cont. from previous page)

label	value	n	%	v. %
		3174	100.0	100.0

**[Q1\_7] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Asthma or other lung disease**

### Question

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

### Frequencies

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

**[Q1\_8] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Allergic rhinitis or conjunctivitis (eyes)**

### Question

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

### Frequencies

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

(continued on next page)

## 2. Variables

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(cont. from previous page)

label	value	n	%	v. %
		3174	100.0	100.0

**[Q1\_9] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Atopic dermatitis**

### Question

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

### Frequencies

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

**[Q1\_10] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Other skin disease, severe acne**

### Question

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

### Frequencies

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



**[Q1\_11] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Lactose intolerance**

### Question

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

### Frequencies

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

**[Q1\_12] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Other gastrointestinal condition**

### Question

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

### Frequencies

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

**[Q1\_13] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/problem which has given you symptoms or has been treated during the past 12 months: Recurring urinary tract infection, renal disease**

### Question

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

### Frequencies

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

**[Q1\_14] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Male urogenital disorder**

### Question

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

### Frequencies

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

**[Q1\_15] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Gynaecological disorder**

### Question

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

### Frequencies

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

**[Q1\_16] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Eyesight condition (spectacles)**

### Question

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

### Frequencies

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

**[Q1\_17] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Eye condition**

**Question**

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

**Frequencies**

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

**[Q1\_18] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Ear, nose or throat problem**

**Question**

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

**Frequencies**

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

**[Q1\_19] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Caries (cavities)**

### Question

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

### Frequencies

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

**[Q1\_20] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Infected wisdom tooth**

### Question

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

### Frequencies

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

**[Q1\_21] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Migraine**

### Question

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

**Frequencies**

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

**[Q1\_22] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Epilepsy, other neurological condition**

**Question**

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

**Frequencies**

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

**[Q1\_23] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/problem which has given you symptoms or has been treated during the past 12 months: Eating disorder (anorexia, bulimia, overeating)**

**Question**

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

**Frequencies**

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

**[Q1\_24] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/problem which has given you symptoms or has been treated during the past 12 months: Anxiety disorder (panic disorder, social anxiety)**

### Question

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

### Frequencies

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

**[Q1\_25] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Depression**

### Question

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

### Frequencies

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

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## 2. Variables

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label	value	n	%	v. %
		3174	100.0	100.0

**[Q1\_26] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Other mental health problem**

### Question

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

### Frequencies

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

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

### Question

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

### Frequencies

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



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

**Question**

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

**Frequencies**

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

**[Q4\_1] Are you taking any drugs or medicines prescribed by a doctor: No**

**Question**

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

**Frequencies**

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

**[Q4\_2] Are you taking any drugs or medicines prescribed by a doctor: Regular medication for an illness/condition**

**Question**

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

**Frequencies**

## 2. Variables

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

### **[Q4\_3] Are you taking any drugs or medicines prescribed by a doctor: Medicine that is taken when necessary**

#### **Question**

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

#### **Frequencies**

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

### **[Q4\_4] Are you taking any drugs or medicines prescribed by a doctor: Use creams/lotions/ointments regularly or when necessary**

#### **Question**

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

#### **Frequencies**

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

### **[Q4\_5] Are you taking any drugs or medicines prescribed by a doctor: Use contraceptive pills**

#### **Question**

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

**Frequencies**

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

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

*Are you taking any medicine not prescribed by a doctor?*

**Frequencies**

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

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

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

**Frequencies**

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

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

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

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

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

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

statistic	value
number of valid cases	1936
minimum	154.00

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statistic	value
maximum	181.00
mean	166.59
standard deviation	6.01

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

#### **Question**

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

#### **Descriptive statistics**

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

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

#### **Question**

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

#### **Descriptive statistics**

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

### **[Q10\_1] Changes in weight over the last 12 months: Lost weight (kg)**

#### **Question**

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

**Descriptive statistics**

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

**[Q10\_2] Changes in weight over the last 12 months: Weight has remained the same**

**Question**

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

**Frequencies**

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

**[Q10\_3] Changes in weight over the last 12 months: Gained weight (kg)**

**Question**

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

**Descriptive statistics**

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

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

**Question**

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

**Frequencies**

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

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

*Is your relationship to food normal?*

**Frequencies**

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

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

*Have you ever lost a lot of weight through dieting?*

**Frequencies**

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

**[Q14\_1] Have you experienced any of the following during the past month (30 days): Headache**

**Question**

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

**Frequencies**

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

**[Q14\_2] Have you experienced any the following during the past month (30 days): Dizziness**

**Question**

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

**Frequencies**

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

**[Q14\_3] Have you experienced any the following during the past month (30 days): Exhaustion, fatigue**

**Question**

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

**Frequencies**



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

**[Q14\_4] Have you experienced any the following during the past month (30 days): Shoulder or neck pain or discomfort**

**Question**

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

**Frequencies**

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

**[Q14\_5] Have you experienced any of the following during the past month (30 days): Lower back pain or discomfort**

**Question**

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

**Frequencies**

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

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## 2. Variables

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label	value	n	%	v. %
		3174	100.0	100.0

### **[Q14\_6] Have you experienced any the following during the past month (30 days): Pain in the limbs or joints**

#### **Question**

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

#### **Frequencies**

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

### **[Q14\_7] Have you experienced any of the following during the past month (30 days): Stomach pain, heartburn/acid indigestion**

#### **Question**

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

#### **Frequencies**

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

**[Q14\_8] Have you experienced any of the following during the past month (30 days): Nausea or vomiting**

**Question**

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

**Frequencies**

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

**[Q14\_9] Have you experienced any of the following during the past month (30 days): Flatulence or swelling**

**Question**

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

**Frequencies**

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

**[Q14\_10] Have you experienced any the following during the past month (30 days): Constipation or diarrhea**

**Question**

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

**Frequencies**

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

**[Q14\_11] Have you experienced any the following during the past month (30 days): Heart palpitations, irregular heartbeat**

**Question**

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

**Frequencies**

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

**[Q14\_12] Have you experienced any of the following during the past month (30 days): Skin problems**

**Question**

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

**Frequencies**

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

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

**[Q14\_13] Have you experienced any of the following during the past month (30 days): Voice problems**

**Question**

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

**Frequencies**

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

**[Q14\_14] Have you experienced any of the following during the past month (30 days): Rhinitis, stuffy/runny nose**

**Question**

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

**Frequencies**

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

**[Q14\_15] Have you experienced any of the following during the past month (30 days): Throat problems (sore throat, phlegm)**

**Question**

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

**Frequencies**

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

**[Q14\_16] Have you experienced any the following during the past month (30 days): Persistent cough or shortness of breath**

**Question**

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

**Frequencies**

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

**[Q14\_17] Have you experienced any the following during the past month (30 days): Bleeding gums or other gum problems**

**Question**

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

**Frequencies**

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

**[Q14\_18] Have you experienced any of the following during the past month (30 days): Dental problems (sensitive teeth, toothache)**

**Question**

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

**Frequencies**

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

**[Q14\_19] Have you experienced any of the following during the past month (30 days): Wisdom tooth problems**

**Question**

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

**Frequencies**

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

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## 2. Variables

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

### **[Q14\_20] Have you experienced any of the following during the past month (30 days): Bite (occlusion) problems**

#### **Question**

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

#### **Frequencies**

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

### **[Q14\_21] Have you experienced any the following during the past month (30 days): Waking up during the night or difficulty in falling asleep**

#### **Question**

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

#### **Frequencies**

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

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label	value	n	%	v. %
		3174	100.0	100.0

**[Q14\_22] Have you experienced any of the following during the past month (30 days): Difficulty concentrating**

**Question**

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

**Frequencies**

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

**[Q14\_23] Have you experienced any the following during the past month (30 days): Nervous tension/nervousness**

**Question**

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

**Frequencies**

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

**[Q14\_24] Have you experienced any the following during the past month (30 days): Depression or feeling low**

**Question**

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

**Frequencies**

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

**[Q14\_25] Have you experienced any of the following during the past month (30 days): Anxiety**

**Question**

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

**Frequencies**

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

**[Q14\_26] Have you experienced any of the following during the past month (30 days): Something else**

**Question**

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

**Frequencies**

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

### [Q14\_26\_1] Something else, please specify (open-ended)

#### Question

*Something else, please specify (open-ended)*

### [Q15\_1\_1] Have you experienced any of the following women's health issues during the past 6 months: No

#### Question

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

#### Frequencies

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

### [Q15\_1\_2] Have you experienced any of the following women's health issues during the past 6 months: Menstrual pain requiring medication

#### Question

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

#### Frequencies

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

(continued on next page)

## 2. Variables

(cont. from previous page)

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

### **[Q15\_1\_3] Have you experienced any of the following women's health issues during the past 6 months: Menstruation problems**

#### **Question**

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

#### **Frequencies**

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

### **[Q15\_1\_4] Have you experienced any of the following during the past 6 months: Abnormal vaginal discharge**

#### **Question**

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

#### **Frequencies**

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

**[Q15\_1\_5] Have you experienced any of the following women's health issues during the past 6 months: Pain during intercourse**

**Question**

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

**Frequencies**

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

**[Q15\_1\_6] Have you experienced any of the following women's health issues during the past 6 months: Other health issue**

**Question**

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

**Frequencies**

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

**[Q15\_1\_61] Other health issue, please specify (open-ended)**

**Question**

*Other health issue, please specify (open-ended)*

**[Q15\_2\_1] Have you experienced any of the following men's health issues during the past 6 months: No**

**Question**

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

## 2. Variables

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### Frequencies

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

### [Q15\_2\_2] Have you experienced any of the following men's health issues during the past 6 months: Foreskin problems (infection, tightness etc.)

#### Question

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

### Frequencies

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

### [Q15\_2\_3] Have you experienced any of the following men's health issues during the past 6 months: Urethral problems (discharge or irritation)

#### Question

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

### Frequencies

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

**[Q15\_2\_4] Have you experienced any of the following men's health issues during the past 6 months: Erection problems**

**Question**

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

**Frequencies**

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

**[Q15\_2\_5] Have you experienced any of the following men's health issues during the past 6 months: Prostate problems**

**Question**

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

**Frequencies**

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

**[Q15\_2\_6] Have you experienced any of the following men's health issues during the past 6 months: Other health issue**

**Question**

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

**Frequencies**

## 2. Variables

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

### [Q15\_2\_61] Other health issue, please specify (open-ended)

#### Question

*Other health issue, please specify (open-ended)*

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

#### Question

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

#### Frequencies

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

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

#### Question

*Have you recently lost much sleep over worry?*

#### Frequencies

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

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(cont. from previous page)

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

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

#### Question

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

#### Frequencies

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

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

#### Question

*Have you recently felt capable of making decisions about things?*

#### Frequencies

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

### [Q20] Have you recently felt constantly under strain?

#### Question

*Have you recently felt constantly under strain?*

**Frequencies**

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

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

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

**Frequencies**

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

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

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

**Frequencies**

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

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

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

**Frequencies**

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

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

*Have you recently been feeling unhappy and depressed?*

**Frequencies**

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

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

*Have you recently been losing confidence in yourself?*

**Frequencies**

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

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## 2. Variables

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(cont. from previous page)

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

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

#### Question

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

#### Frequencies

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

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

#### Question

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

#### Frequencies

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

### [Q28\_1] How do you see the following in your case at present: Progress with studies

#### Question

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

#### Frequencies

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

### [Q28\_2] How do you see the following in your case at present: Public appearances such as giving presentations

#### Question

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

#### Frequencies

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

### [Q28\_3] How do you see the following in your case at present: Making contact with fellow students and other people in general

#### Question

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

#### Frequencies

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

### [Q28\_4] How do you see the following in your case at present: Making contact with the opposite sex

#### Question

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

#### Frequencies

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

## [Q28\_5] How do you see the following in your case at present: Your sexuality

### Question

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

### Frequencies

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

## [Q28\_6] How do you see the following in your case at present: Relationship with your parents

### Question

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

### Frequencies

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

### [Q28\_7] How do you see the following in your case at present: Planning the future

#### Question

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

#### Frequencies

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

### [Q28\_8] How do you see the following in your case at present: Own endurance and strengths/abilities

#### Question

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

#### Frequencies

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



**[Q28\_9] How do you see the following in your case at present: How you feel in general/Your mood in general**

**Question**

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

**Frequencies**

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

**[Q29] Do you smoke nowadays?**

**Question**

*Do you smoke nowadays?*

**Frequencies**

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

**[Q30\_1] On average, how many cigarettes do you smoke in a day?**

**Question**

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

**Descriptive statistics**

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

**[Q30\_2] On average, how many cigars do you smoke in a day?**

**Question**

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

**Descriptive statistics**

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

**[Q30\_3] On average, how many pipefuls do you smoke in a day?**

**Question**

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

**Descriptive statistics**

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

**[Q31] Would you like to quit smoking?**

**Question**

*Would you like to quit smoking?*

**Frequencies**

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

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

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

**Frequencies**

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

**[Q33\_1] Have you ever tried or used any drugs, medicine or medicine+alcohol for intoxication purposes: Cannabis (hashish, marijuana)****Question**

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

**Frequencies**

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

### [Q33\_2] Have you ever tried or used any drugs, medicine or medicine+alcohol for intoxication purposes: Intravenous drugs

#### Question

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

#### Frequencies

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

### [Q33\_3] Have you ever tried or used any drugs, medicine or medicine+alcohol for intoxication purposes: Other drugs

#### Question

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

#### Frequencies

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

### [Q33\_4] Have you ever tried or used any drugs, medicine or medicine+alcohol for intoxication purposes: Medicine

#### Question

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

**Frequencies**

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

**[Q33\_5] Have you ever tried or used any drugs, medicine or medicine+alcohol for intoxication purposes: Medicine and alcohol together****Question**

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

**Frequencies**

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

**[Q34\_1] How many bottles of III beer (beer with 3.7 - 4.7% abv, 33 cl) do you drink on an average week?****Question**

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

**Descriptive statistics**

statistic	value
number of valid cases	3086
minimum	0.00
maximum	70.00

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## 2. Variables

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(cont. from previous page)

statistic	value
mean	2.01
standard deviation	3.82

**[Q34\_2] How many bottles of IVA beer (beer with 4.8 - 5.2% abv, 33 cl) do you drink on an average week?**

### Question

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

### Descriptive statistics

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

**[Q34\_3] How many bottles of cider (33 cl) do you drink on an average week?**

### Question

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

### Descriptive statistics

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

**[Q34\_4] How many bottles of long drink (gin-and-grapefruit beverage, 33 cl) do you drink on an average week?**

**Question**

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

**Descriptive statistics**

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

**[Q34\_5] How many glasses of wine (12 cl) do you drink on an average week?**

**Question**

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

**Descriptive statistics**

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

**[Q34\_6] How many glasses of spirits (4 cl) do you drink on an average week?**

**Question**

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

**Descriptive statistics**

## 2. Variables

---

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

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

### Question

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

### Frequencies

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

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

### Question

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

### Frequencies

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



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

**Question**

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

**Frequencies**

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

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

**Question**

*How often do you have a drink containing alcohol?*

**Frequencies**

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

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

**Question**

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

**Frequencies**

## 2. Variables

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

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

#### Question

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

#### Frequencies

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

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

#### Question

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

#### Frequencies

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

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(cont. from previous page)

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

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

**Question**

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

**Frequencies**

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

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

**Question**

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

**Frequencies**

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

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## 2. Variables

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(cont. from previous page)

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

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

#### **Question**

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

#### **Frequencies**

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

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

#### **Question**

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

#### **Frequencies**

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

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

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

**Frequencies**

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

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

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

**Frequencies**

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

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

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

**Frequencies**

## 2. Variables

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

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

#### Question

*Where do you generally eat your main meal?*

#### Frequencies

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

### [Q49\_1] Where do you generally eat your main meal? Somewhere else, please specify (open-ended)

#### Question

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

### [Q50\_1] How many cups of coffee (cup = 1,5 dl) do you usually drink per day?

#### Question

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

#### Descriptive statistics

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

**[Q50\_2] How many cups of tea (cup = 1,5 dl) do you usually drink per day?**

**Question**

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

**Descriptive statistics**

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

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

**Question**

*What kind of spread do you generally use on bread?*

**Frequencies**

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

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

**Question**

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

**Frequencies**

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

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

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

**Descriptive statistics**

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

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

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

**Descriptive statistics**

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



**[Q55\_1] How many slices of bread do you usually eat per day: Dark/brown bread (e.g. rye bread, crisp bread)**

**Question**

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

**Descriptive statistics**

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

**[Q55\_2] How many slices of bread do you usually eat per day: Mixed grain, yeast, graham, oat bread**

**Question**

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

**Descriptive statistics**

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

**[Q55\_3] How many slices of bread do you usually eat per day: White bread, baguette**

**Question**

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

**Descriptive statistics**

## 2. Variables

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

### [Q56\_1] How often do you eat: Fruit or berries

#### Question

*How often do you eat: Fruit or berries*

#### Frequencies

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

### [Q56\_2] How often do you eat: Fresh vegetables

#### Question

*How often do you eat: Fresh vegetables*

#### Frequencies

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

**[Q56\_3] How often do you eat: Cooked vegetables****Question***How often do you eat: Cooked vegetables***Frequencies**

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

**[Q56\_4] How often do you eat: Boiled potatoes****Question***How often do you eat: Boiled potatoes***Frequencies**

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

**[Q56\_5] How often do you eat: Rice/pasta****Question***How often do you eat: Rice/pasta***Frequencies**

## 2. Variables

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

### **[Q57\_1] How often have you eaten the following during the past week (7 days): Porridge, muesli, cereal**

#### **Question**

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

#### **Frequencies**

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

### **[Q57\_2] How often have you eaten the following during the past week (7 days): Cheese**

#### **Question**

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

#### **Frequencies**

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

**[Q57\_3] How often have you eaten the following during the past week (7 days): French fries/chips**

**Question**

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

**Frequencies**

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

**[Q57\_4] How often have you eaten the following during the past week (7 days): Potato crisps etc.**

**Question**

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

**Frequencies**

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

**[Q57\_5] How often have you eaten the following during the past week (7 days): Hamburgers, hot dogs**

**Question**

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

**Frequencies**

## 2. Variables

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

### [Q57\_6] How often have you eaten the following during the past week (7 days): Sausage

#### Question

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

#### Frequencies

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

### [Q57\_7] How often have you eaten the following during the past week (7 days): Pizza

#### Question

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

#### Frequencies

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

**[Q57\_8] How often have you eaten the following during the past week (7 days): Meat pastries, 'meat pies' (lihapiirakka)**

**Question**

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

**Frequencies**

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

**[Q57\_9] How often have you eaten the following during the past week (7 days): Sweet pastries**

**Question**

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

**Frequencies**

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

**[Q57\_10] How often have you eaten the following during the past week (7 days): Sweets/candy, chocolate**

**Question**

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

**Frequencies**

## 2. Variables

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

### **[Q57\_11] How often have you eaten the following during the past week (7 days): Ice cream**

#### **Question**

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

#### **Frequencies**

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

### **[Q57\_12] How often have you drunk the following during the past week (7 days): Soft drinks**

#### **Question**

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

#### **Frequencies**

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



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

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

**[Q58\_1] What kind of diet do you follow? Lactose-free diet****Question***What kind of diet do you follow? Lactose-free diet***Frequencies**

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

**[Q58\_2] What kind of diet do you follow? Gluten-free diet****Question***What kind of diet do you follow? Gluten-free diet***Frequencies**

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

**[Q58\_3] What kind of diet do you follow? Weight loss diet****Question***What kind of diet do you follow? Weight loss diet***Frequencies**

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

**[Q58\_4] What kind of diet do you follow? Diet for food allergy****Question***What kind of diet do you follow? Diet for food allergy***Frequencies**

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

**[Q58\_5] What kind of diet do you follow? Diabetic diet, or a diet for high cholesterol or high blood pressure****Question***What kind of diet do you follow? Diabetic diet, or a diet for high cholesterol or high blood pressure***Frequencies**

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

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(cont. from previous page)

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

### [Q58\_6] What kind of diet do you follow? Diet including vegetables, dairy products and eggs, chicken or fish

#### Question

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

#### Frequencies

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

### [Q58\_7] What kind of diet do you follow? Lacto vegetarian diet (vegetarian diet+dairy products)

#### Question

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

#### Frequencies

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

### [Q58\_8] What kind of diet do you follow? Vegan diet (no animal products)

#### Question

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

## 2. Variables

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### Frequencies

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

### [Q58\_9] What kind of diet do you follow? Raw food diet

#### Question

*What kind of diet do you follow? Raw food diet*

#### Frequencies

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

### [Q58\_10] What kind of diet do you follow? Other diet

#### Question

*What kind of diet do you follow? Other diet*

#### Frequencies

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

### [Q58\_1\_1] Other diet, please specify (open-ended)

#### Question

*Other diet, please specify (open-ended)*

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

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

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

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

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

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

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## 2. Variables

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

### [Q62] How would you rate your physical fitness?

#### Question

*How would you rate your physical fitness?*

#### Frequencies

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

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

#### Question

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

#### Frequencies

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

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

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

**Question**

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

**Frequencies**

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

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

**Question**

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

**Frequencies**

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

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## 2. Variables

(cont. from previous page)

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

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

#### Question

*Do you take part in gym/strength training?*

#### Frequencies

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

### [Q67\_1] Who organizes the physical exercise you take part in: I do not exercise

#### Question

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

#### Frequencies

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

### [Q67\_2] Who organizes the physical exercise you take part in: I do it alone and organize it myself

#### Question

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



**Frequencies**

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

**[Q67\_3] Who organizes the physical exercise you take part in: I do it with a friend/friends and we organize it ourselves****Question**

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

**Frequencies**

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

**[Q67\_4] Who organizes the physical exercise you take part in: University sports services****Question**

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

**Frequencies**

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

**[Q67\_5] Who organizes the physical exercise you take part in: A student association/club (e.g. student association of a particular faculty/field of study)**

**Question**

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

**Frequencies**

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

**[Q67\_6] Who organises the physical exercise you take part in: A sports club (not connected to the university)**

**Question**

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

**Frequencies**

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

**[Q67\_7] Who organizes the physical exercise you take part in: Other voluntary association/club**

**Question**

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

**Frequencies**

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

### [Q67\_8] Who organizes the physical exercise you take part in: Commercial sports facility/service

#### Question

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

#### Frequencies

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

### [Q67\_9] Who organizes the physical exercise you take part in: Municipal/local government sports facility/service

#### Question

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

#### Frequencies

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

### [Q68\_1] Why do you exercise (choose the two most important reasons): The most important reason

#### Question

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

**Frequencies**

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

**[Q68\_2] Why do you exercise (choose the two most important reasons): The second most important reason****Question**

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

**Frequencies**

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

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

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

**Frequencies**

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

**[Q69\_1] What kind of sport/exercise do you think best suits you? Other, please specify (open-ended)**

**Question**

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

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

**Question**

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

**Frequencies**

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

**[Q70\_1] Most important reasons for not having enough opportunities to exercise: Lack of time**

**Question**

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

## 2. Variables

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### Frequencies

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

### [Q70\_2] Most important reasons for not having enough opportunities to exercise: Lack of money

#### Question

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

### Frequencies

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

### [Q70\_3] Most important reasons for not having enough opportunities to exercise: Lack of sporting facilities

#### Question

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

### Frequencies

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

**[Q70\_4] Most important reasons for not having enough opportunities to exercise: Lack of good transport connections to sporting facilities**

**Question**

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

**Frequencies**

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

**[Q70\_5] Most important reasons for not having enough opportunities to exercise: Lack of sport/exercise suitable for me**

**Question**

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

**Frequencies**

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

**[Q70\_6] Most important reasons for not having enough opportunities to exercise: Lack of organized sports activities**

**Question**

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

**Frequencies**

## 2. Variables

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

### **[Q70\_7] Most important reasons for not having enough opportunities to exercise: Lack of suitable group**

#### **Question**

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

#### **Frequencies**

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

### **[Q70\_8] Most important reasons for not having enough opportunities to exercise: Other reason**

#### **Question**

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

#### **Frequencies**

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

### **[Q70\_1\_1] Other reason, please specify (open-ended)**

#### **Question**

*Other reason, please specify (open-ended)*



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

**Question**

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

**Frequencies**

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

**[Q71\_1] Accident requiring treatment from a doctor: Motor vehicle traffic accident**

**Question**

*Accident requiring treatment from a doctor: Motor vehicle traffic accident*

**Frequencies**

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

**[Q71\_2] Accident requiring treatment from a doctor: Other traffic accident (pedestrian, cyclist accident)**

**Question**

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

**Frequencies**

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

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## 2. Variables

(cont. from previous page)

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

### **[Q71\_3] Accident requiring treatment from a doctor: Accident at work (not while commuting or travelling for work)**

#### **Question**

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

#### **Frequencies**

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

### **[Q71\_4] Accident requiring treatment from a doctor: Accident related to studies**

#### **Question**

*Accident requiring treatment from a doctor: Accident related to studies*

#### **Frequencies**

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

### **[Q71\_4\_1] Accident related to studies, please specify (open-ended)**

#### **Question**

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

### [Q71\_5] Accident requiring treatment from a doctor: Accident at home or home premises

#### Question

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

#### Frequencies

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

### [Q71\_6] Accident requiring treatment from a doctor: Sporting accident (leisure-time or competitive sport)

#### Question

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

#### Frequencies

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

### [Q71\_7] Accident requiring treatment from a doctor: Other leisure-time accident

#### Question

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

#### Frequencies

## 2. Variables

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

### **[Q71\_8] Accident requiring treatment from a doctor: Other accident**

#### **Question**

*Accident requiring treatment from a doctor: Other accident*

#### **Frequencies**

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

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

#### **Question**

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

#### **Frequencies**

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

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

#### **Question**

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

#### **Frequencies**

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

### [Q74] Do you use a helmet when cycling?

#### Question

*Do you use a helmet when cycling?*

#### Frequencies

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

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

#### Question

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

#### Frequencies

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

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

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

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

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

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

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

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

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

**Question**

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

**Frequencies**

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

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

**Question**

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

**Frequencies**

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

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## 2. Variables

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(cont. from previous page)

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

### [Q81] Do you feel lonely?

#### Question

*Do you feel lonely?*

#### Frequencies

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

### [Q82\_1] Number of people the respondent feels closest to; without whom s/he could not imagine being.

#### Question

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

#### Descriptive statistics

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



**[Q82\_2] Number of people that are very important to the respondent but not as important as the ones mentioned above**

**Question**

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

**Descriptive statistics**

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

**[Q82\_3] Number of people the respondent feels are not as close to him/her as the ones mentioned above but who are close enough and with whom s/he has regular contact.**

**Question**

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

**Descriptive statistics**

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

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

**Question**

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

**Frequencies**

## 2. Variables

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

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

#### Question

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

#### Descriptive statistics

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

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

#### Question

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

#### Frequencies

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

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

#### Question

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

**Frequencies**

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

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

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

**Frequencies**

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

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

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

**[Q89\_1] Have you done any paid work in the last 12 months: Full-time work****Question**

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

## 2. Variables

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### Frequencies

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

### [Q89\_2] Have you done any paid work in the last 12 months: Regular part-time work

#### Question

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

### Frequencies

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

### [Q89\_3] Have you done any paid work in the last 12 months: Casual/temporary work

#### Question

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

### Frequencies

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

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label	value	n	%	v. %
		3174	100.0	100.0

**[Q90\_1] Financial situation in the last 12 months: I had to work to get money for my basic living expenses**

**Question**

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

**Frequencies**

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

**[Q90\_2] Financial situation in the last 12 months: I got financial support from my parents or relatives in form of money, goods etc.**

**Question**

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

**Frequencies**

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

### [Q90\_3] Financial situation in the last 12 months: Housing costs were higher than half of my disposable income

#### Question

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

#### Frequencies

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

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

#### Question

*Was your disposable income sufficient for your needs?*

#### Frequencies

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

### [Q92] Are you satisfied with your current housing?

#### Question

*Are you satisfied with your current housing?*

#### Frequencies

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

**[Q92\_1] Are you satisfied with your current housing? No, please specify (open-ended)**

**Question**

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

**[Q93\_1] How important do you think it is that there is legal regulation concerning: Smoking at workplaces**

**Question**

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

**Frequencies**

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

**[Q93\_2] How important do you think it is that there is legal regulation concerning: Smoking in public places**

**Question**

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

**Frequencies**

## 2. Variables

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

### **[Q93\_3] How important do you think it is that there is legal regulation concerning: Cannabis use**

#### **Question**

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

#### **Frequencies**

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

### **[Q93\_4] How important do you think it is that there is legal regulation concerning: Compulsory treatment of young drug users**

#### **Question**

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

#### **Frequencies**

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



**[Q93\_5] How important do you think it is that there is legal regulation concerning: Retail sale of alcohol**

**Question**

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

**Frequencies**

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

**[Q93\_6] How important do you think it is that there is legal regulation concerning: Drinking alcohol in public spaces**

**Question**

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

**Frequencies**

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

**[Q93\_7] How important do you think it is that there is legal regulation concerning: Food additives**

**Question**

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

**Frequencies**

## 2. Variables

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

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

### Question

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

### Frequencies

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

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

### Question

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

### Frequencies

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

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

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

#### Question

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

#### Frequencies

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

### [Q97\_1] From which source have you received important information on health issues in the last 12 months?

#### Question

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

#### Frequencies

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

**[Q97\_2] From which source have you received important information on health issues in the last 12 months?**

**Question**

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

**Frequencies**

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

**[Q97\_3] From which source have you received important information on health issues in the last 12 months?**

**Question**

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

**Descriptive statistics**

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

**[Q97\_4] From which source have you received important information on health issues in the last 12 months? Other source, please specify (open-ended)**

**Question**

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

**[Q98\_1\_1] Have you used the following services in the last 12 months: Public health nurse in the Finnish Student Health Service (FSHS)**

**Question**

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

**Frequencies**

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

**[Q98\_1\_2] Have you used the following services in the last 12 months: Public health nurse in a municipal health centre or maternity clinic**

**Question**

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

**Frequencies**

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

**[Q98\_1\_3] Have you used the following services in the last 12 months: Public health nurse in an occupational health care facility**

**Question**

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

**Frequencies**

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

**[Q98\_1\_4] Have you used the following services in the last 12 months: Public health nurse working for the army****Question**

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

**Frequencies**

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

**[Q98\_2\_1] Have you used the following services in the last 12 months: Physiotherapist in the Finnish Student Health Service (FSHS)****Question**

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

**Frequencies**

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

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

### **[Q98\_2\_2] Have you used the following services in the last 12 months: Physiotherapist in a municipal health centre**

#### **Question**

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

#### **Frequencies**

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

### **[Q98\_2\_3] Have you used the following services in the last 12 months: Physiotherapist in an occupational health care facility**

#### **Question**

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

#### **Frequencies**

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

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## 2. Variables

(cont. from previous page)

label	value	n	%	v. %
		3174	100.0	100.0

### **[Q98\_2\_4] Have you used the following services in the last 12 months: Physiotherapist working for the army**

#### **Question**

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

#### **Frequencies**

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

### **[Q98\_2\_5] Have you used the following services in the last 12 months: Physiotherapist working in the private sector**

#### **Question**

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

#### **Frequencies**

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



**[Q98\_3\_1] Have you used the following services in the last 12 months: General practitioner in the Finnish Student Health Service (FSHS)**

**Question**

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

**Frequencies**

label	value	n	%	v. %
No	0	1531	48.2	49.0
Yes, once	1	793	25.0	25.4
Yes, 2-5 times	2	737	23.2	23.6
Yes, over 5 times	3	66	2.1	2.1
System missing (SYSMIS)	.	47	1.5	–
		3174	100.0	100.0

**[Q98\_3\_2] Have you used the following services over the past year: General practitioner in a municipal health centre, emergency health care facility**

**Question**

*Have you used the following services over the past year: General practitioner in a municipal health centre, emergency health care facility*

**Frequencies**

label	value	n	%	v. %
No	0	2182	68.7	70.2
Yes, once	1	595	18.7	19.1
Yes, 2-5 times	2	298	9.4	9.6
Yes, over 5 times	3	33	1.0	1.1
System missing (SYSMIS)	.	66	2.1	–
		3174	100.0	100.0

**[Q98\_3\_3] Have you used the following services in the last 12 months: General practitioner in an occupational health care facility**

**Question**

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

**Frequencies**

label	value	n	%	v. %
No	0	2808	88.5	90.6
Yes, once	1	178	5.6	5.7
Yes, 2-5 times	2	98	3.1	3.2
Yes, over 5 times	3	14	0.4	0.5
System missing (SYSMIS)	.	76	2.4	–
		3174	100.0	100.0

**[Q98\_3\_4] Have you used the following services in the last 12 months: General practitioner working for the army****Question**

*Have you used the following services in the last 12 months: General practitioner working for the army*

**Frequencies**

label	value	n	%	v. %
No	0	2995	94.4	96.9
Yes, once	1	39	1.2	1.3
Yes, 2-5 times	2	41	1.3	1.3
Yes, over 5 times	3	16	0.5	0.5
System missing (SYSMIS)	.	83	2.6	–
		3174	100.0	100.0

**[Q98\_3\_5] Have you used the following services in the last 12 months: General practitioner working in the private sector****Question**

*Have you used the following services in the last 12 months: General practitioner working in the private sector*

**Frequencies**

label	value	n	%	v. %
No	0	2852	89.9	92.1
Yes, once	1	149	4.7	4.8

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(cont. from previous page)

label	value	n	%	v. %
Yes, 2-5 times	2	87	2.7	2.8
Yes, over 5 times	3	10	0.3	0.3
System missing (SYSMIS)	.	76	2.4	—
		3174	100.0	100.0

### **[Q98\_4\_1] Have you used the following services in the last 12 months: Specialist doctor in the Finnish Student Health Service (FSHS)**

#### **Question**

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

#### **Frequencies**

label	value	n	%	v. %
No	0	2212	69.7	70.7
Yes, once	1	565	17.8	18.1
Yes, 2-5 times	2	325	10.2	10.4
Yes, over 5 times	3	27	0.9	0.9
System missing (SYSMIS)	.	45	1.4	—
		3174	100.0	100.0

### **[Q98\_4\_2] Have you used the following services in the last 12 months: Specialist doctor in a municipal health centre**

#### **Question**

*Have you used the following services in the last 12 months: Specialist doctor in a municipal health centre*

#### **Frequencies**

label	value	n	%	v. %
No	0	2969	93.5	95.8
Yes, once	1	85	2.7	2.7
Yes, 2-5 times	2	38	1.2	1.2
Yes, over 5 times	3	7	0.2	0.2
System missing (SYSMIS)	.	75	2.4	—

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## 2. Variables

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(cont. from previous page)

label	value	n	%	v. %
		3174	100.0	100.0

### **[Q98\_4\_3] Have you used the following services in the last 12 months: Specialist doctor in a hospital clinic**

#### **Question**

*Have you used the following services in the last 12 months: Specialist doctor in a hospital clinic*

#### **Frequencies**

label	value	n	%	v. %
No	0	2770	87.3	89.3
Yes, once	1	161	5.1	5.2
Yes, 2-5 times	2	138	4.3	4.5
Yes, over 5 times	3	32	1.0	1.0
System missing (SYSMIS)	.	73	2.3	—
		3174	100.0	100.0

### **[Q98\_4\_4] Have you used the following services in the last 12 months: Specialist doctor in an occupational health care facility**

#### **Question**

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

#### **Frequencies**

label	value	n	%	v. %
No	0	3043	95.9	98.2
Yes, once	1	37	1.2	1.2
Yes, 2-5 times	2	16	0.5	0.5
Yes, over 5 times	3	3	0.1	0.1
System missing (SYSMIS)	.	75	2.4	—
		3174	100.0	100.0

**[Q98\_4\_5] Have you used the following services in the last 12 months: Specialist doctor working for the army**

**Question**

*Have you used the following services in the last 12 months: Specialist doctor working for the army*

**Frequencies**

label	value	n	%	v. %
No	0	3072	96.8	99.2
Yes, once	1	16	0.5	0.5
Yes, 2-5 times	2	10	0.3	0.3
Yes, over 5 times	3	0	0.0	0.0
System missing (SYSMIS)	.	76	2.4	–
		3174	100.0	100.0

**[Q98\_4\_6] Have you used the following services in the last 12 months: Specialist doctor working in the private sector**

**Question**

*Have you used the following services in the last 12 months: Specialist doctor working in the private sector*

**Frequencies**

label	value	n	%	v. %
No	0	2646	83.4	85.2
Yes, once	1	277	8.7	8.9
Yes, 2-5 times	2	154	4.9	5.0
Yes, over 5 times	3	28	0.9	0.9
System missing (SYSMIS)	.	69	2.2	–
		3174	100.0	100.0

**[Q98\_5\_1] Have you used the following services in the last 12 months: Dental nurse in the Finnish Student Health Service (FSHS)**

**Question**

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

## 2. Variables

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### Frequencies

label	value	n	%	v. %
No	0	2129	67.1	68.1
Yes, once	1	705	22.2	22.6
Yes, 2-5 times	2	273	8.6	8.7
Yes, over 5 times	3	19	0.6	0.6
System missing (SYSMIS)	.	48	1.5	–
		3174	100.0	100.0

### [Q98\_5\_2] Have you used the following services in the last 12 months: Dental nurse in a municipal health centre

#### Question

*Have you used the following services in the last 12 months: Dental nurse in a municipal health centre*

### Frequencies

label	value	n	%	v. %
No	0	2967	93.5	95.7
Yes, once	1	103	3.2	3.3
Yes, 2-5 times	2	29	0.9	0.9
Yes, over 5 times	3	1	0.0	0.0
System missing (SYSMIS)	.	74	2.3	–
		3174	100.0	100.0

### [Q98\_5\_3] Have you used the following services in the last 12 months: Dental nurse working for the army or some other service provider

#### Question

*Have you used the following services in the last 12 months: Dental nurse working for the army or some other service provider*

### Frequencies

label	value	n	%	v. %
No	0	3011	94.9	97.2
Yes, once	1	66	2.1	2.1

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label	value	n	%	v. %
Yes, 2-5 times	2	19	0.6	0.6
Yes, over 5 times	3	3	0.1	0.1
System missing (SYSMIS)	.	75	2.4	–
		3174	100.0	100.0

### [Q98\_6\_1] Have you used the following services in the last 12 months: Dentist in the Finnish Student Health Service (FSHS)

#### Question

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

#### Frequencies

label	value	n	%	v. %
No	0	1610	50.7	51.4
Yes, once	1	799	25.2	25.5
Yes, 2-5 times	2	621	19.6	19.8
Yes, over 5 times	3	100	3.2	3.2
System missing (SYSMIS)	.	44	1.4	–
		3174	100.0	100.0

### [Q98\_6\_2] Have you used the following services in the last 12 months: Dentist in a municipal health centre

#### Question

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

#### Frequencies

label	value	n	%	v. %
No	0	2872	90.5	92.6
Yes, once	1	163	5.1	5.3
Yes, 2-5 times	2	54	1.7	1.7
Yes, over 5 times	3	12	0.4	0.4
System missing (SYSMIS)	.	73	2.3	–
		3174	100.0	100.0

### [Q98\_6\_3] Have you used the following services in the last 12 months: Dentist working for the army

#### Question

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

#### Frequencies

label	value	n	%	v. %
No	0	3032	95.5	97.7
Yes, once	1	53	1.7	1.7
Yes, 2-5 times	2	17	0.5	0.5
Yes, over 5 times	3	1	0.0	0.0
System missing (SYSMIS)	.	71	2.2	–
		3174	100.0	100.0

### [Q98\_6\_4] Have you used the following services in the last 12 months: Dentist working in the private sector

#### Question

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

#### Frequencies

label	value	n	%	v. %
No	0	2936	92.5	94.6
Yes, once	1	88	2.8	2.8
Yes, 2-5 times	2	68	2.1	2.2
Yes, over 5 times	3	11	0.3	0.4
System missing (SYSMIS)	.	71	2.2	–
		3174	100.0	100.0

### [Q98\_7\_1] Have you used the following services in the last 12 months: Psychologist in the Finnish Student Health Service (FSHS)

#### Question

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

#### Frequencies



label	value	n	%	v. %
No	0	3002	94.6	95.9
Yes, once	1	34	1.1	1.1
Yes, 2-5 times	2	58	1.8	1.9
Yes, over 5 times	3	35	1.1	1.1
System missing (SYSMIS)	.	45	1.4	–
		3174	100.0	100.0

### **[Q98\_7\_2] Have you used the following services in the last 12 months: Psychologist in municipal mental health services**

#### **Question**

*Have you used the following services in the last 12 months: Psychologist in municipal mental health services*

#### **Frequencies**

label	value	n	%	v. %
No	0	3080	97.0	98.9
Yes, once	1	15	0.5	0.5
Yes, 2-5 times	2	11	0.3	0.4
Yes, over 5 times	3	9	0.3	0.3
System missing (SYSMIS)	.	59	1.9	–
		3174	100.0	100.0

### **[Q98\_7\_3] Have you used the following services in the last 12 months: Psychologist working for the army**

#### **Question**

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

#### **Frequencies**

label	value	n	%	v. %
No	0	3112	98.0	99.9
Yes, once	1	2	0.1	0.1
Yes, 2-5 times	2	0	0.0	0.0
Yes, over 5 times	3	0	0.0	0.0
System missing (SYSMIS)	.	60	1.9	–
		3174	100.0	100.0

### [Q98\_7\_4] Have you used the following services in the last 12 months: Psychologist working in the private sector

#### Question

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

#### Frequencies

label	value	n	%	v. %
No	0	3072	96.8	98.6
Yes, once	1	9	0.3	0.3
Yes, 2-5 times	2	6	0.2	0.2
Yes, over 5 times	3	30	0.9	1.0
System missing (SYSMIS)	.	57	1.8	–
		3174	100.0	100.0

### [Q98\_8\_1] Have you used the following services in the last 12 months: Psychiatrist in the Finnish Student Health Service (FSHS)

#### Question

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

#### Frequencies

label	value	n	%	v. %
No	0	3072	96.8	98.1
Yes, once	1	20	0.6	0.6
Yes, 2-5 times	2	24	0.8	0.8
Yes, over 5 times	3	14	0.4	0.4
System missing (SYSMIS)	.	44	1.4	–
		3174	100.0	100.0

### [Q98\_8\_2] Have you used the following services in the last 12 months: Psychiatrist in municipal mental health services

#### Question

*Have you used the following services in the last 12 months: Psychiatrist in municipal mental health services*

**Frequencies**

label	value	n	%	v. %
No	0	3097	97.6	99.4
Yes, once	1	5	0.2	0.2
Yes, 2-5 times	2	6	0.2	0.2
Yes, over 5 times	3	8	0.3	0.3
System missing (SYSMIS)	.	58	1.8	–
		3174	100.0	100.0

**[Q98\_8\_3] Have you used the following services in the last 12 months: Psychiatrist working for the army****Question**

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

**Frequencies**

label	value	n	%	v. %
No	0	3112	98.0	99.9
Yes, once	1	3	0.1	0.1
Yes, 2-5 times	2	0	0.0	0.0
Yes, over 5 times	3	0	0.0	0.0
System missing (SYSMIS)	.	59	1.9	–
		3174	100.0	100.0

**[Q98\_8\_4] Have you used the following services in the last 12 months: Psychiatrist working in the private sector****Question**

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

**Frequencies**

label	value	n	%	v. %
No	0	3084	97.2	99.0
Yes, once	1	10	0.3	0.3
Yes, 2-5 times	2	10	0.3	0.3

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## 2. Variables

(cont. from previous page)

label	value	n	%	v. %
Yes, over 5 times	3	12	0.4	0.4
System missing (SYSMIS)	.	58	1.8	–
		3174	100.0	100.0

### **[Q99\_1] Reason for using other service provider than the Finnish Student Health Service: I did not have the right to use the FSHS services for the whole 12-month period**

#### **Question**

*Reason for using other service provider than the Finnish Student Health Service: I did not have the right to use the FSHS services for the whole 12-month period*

#### **Frequencies**

label	value	n	%	v. %
Not mentioned	0	1710	53.9	80.2
Mentioned	1	421	13.3	19.8
System missing (SYSMIS)	.	1043	32.9	–
		3174	100.0	100.0

### **[Q99\_2] Reason for using other service provider than Finnish Student Health Service: I have been working / in military service / pregnant**

#### **Question**

*Reason for using other service provider than Finnish Student Health Service: I have been working / in military service / pregnant*

#### **Frequencies**

label	value	n	%	v. %
Not mentioned	0	1562	49.2	73.3
Mentioned	1	569	17.9	26.7
System missing (SYSMIS)	.	1043	32.9	–
		3174	100.0	100.0

### [Q99\_3] Reason for using other service provider than the Finnish Student Health Service: I was referred somewhere else

#### Question

*Reason for using other service provider than the Finnish Student Health Service: I was referred somewhere else*

#### Frequencies

label	value	n	%	v. %
Not mentioned	0	1815	57.2	85.2
Mentioned	1	316	10.0	14.8
System missing (SYSMIS)	.	1043	32.9	–
		3174	100.0	100.0

### [Q99\_4] Reason for using other service provider than the Finnish Student Health Service: I continue using the service provider that has treated me before

#### Question

*Reason for using other service provider than the Finnish Student Health Service: I continue using the service provider that has treated me before*

#### Frequencies

label	value	n	%	v. %
Not mentioned	0	1800	56.7	84.5
Mentioned	1	331	10.4	15.5
System missing (SYSMIS)	.	1043	32.9	–
		3174	100.0	100.0

### [Q99\_5] Reason for using other service provider than the Finnish Student Health Service: I needed help in a place where there were no FSHS services

#### Question

*Reason for using other service provider than the Finnish Student Health Service: I needed help in a place where there were no FSHS services*

#### Frequencies

## 2. Variables

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label	value	n	%	v. %
Not mentioned	0	1731	54.5	81.2
Mentioned	1	400	12.6	18.8
System missing (SYSMIS)	.	1043	32.9	–
		3174	100.0	100.0

### **[Q99\_6] Reason for using other service provider than the Finnish Student Health Service: I needed emergency care outside normal office hours**

#### **Question**

*Reason for using other service provider than the Finnish Student Health Service: I needed emergency care outside normal office hours*

#### **Frequencies**

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label	value	n	%	v. %
Not mentioned	0	1703	53.7	79.9
Mentioned	1	428	13.5	20.1
System missing (SYSMIS)	.	1043	32.9	–
		3174	100.0	100.0

### **[Q99\_7] Reason for using other service provider than the Finnish Student Health Service: Student health care does not provide the service I want or I can no longer get it**

#### **Question**

*Reason for using other service provider than the Finnish Student Health Service: Student health care does not provide the service I want or I can no longer get it*

#### **Frequencies**

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label	value	n	%	v. %
Not mentioned	0	1916	60.4	89.9
Mentioned	1	215	6.8	10.1
System missing (SYSMIS)	.	1043	32.9	–
		3174	100.0	100.0

### [Q99\_8] Reason for using other service provider than the Finnish Student Health Service: I could not get an appointment quickly enough at the FSHS

#### Question

*Reason for using other service provider than the Finnish Student Health Service: I could not get an appointment quickly enough at the FSHS*

#### Frequencies

label	value	n	%	v. %
Not mentioned	0	1808	57.0	84.8
Mentioned	1	323	10.2	15.2
System missing (SYSMIS)	.	1043	32.9	–
		3174	100.0	100.0

### [Q99\_9] Reason for using other service provider than the Finnish Student Health Service: I have not been satisfied with the FSHS services

#### Question

*Reason for using other service provider than the Finnish Student Health Service: I have not been satisfied with the FSHS services*

#### Frequencies

label	value	n	%	v. %
Not mentioned	0	2019	63.6	94.7
Mentioned	1	112	3.5	5.3
System missing (SYSMIS)	.	1043	32.9	–
		3174	100.0	100.0

### [Q99\_10] Reason for using other service provider than the Finnish Student Health Service: Other reason

#### Question

*Reason for using other service provider than the Finnish Student Health Service: Other reason*

#### Frequencies

## 2. Variables

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label	value	n	%	v. %
Not mentioned	0	1970	62.1	92.4
Mentioned	1	161	5.1	7.6
System missing (SYSMIS)	.	1043	32.9	–
		3174	100.0	100.0

### **[Q99\_10\_1] Other reason, please specify (open-ended)**

#### **Question**

*Other reason, please specify (open-ended)*

### **[Q100\_1] When you last used the FSHS services what was your experience like? I got clarification on the issues that had worried me**

#### **Question**

*When you last used the FSHS services what was your experience like? I got clarification on the issues that had worried me*

#### **Frequencies**

label	value	n	%	v. %
Strongly agree	1	1398	44.0	47.4
Agree to some extent	2	1178	37.1	39.9
Disagree a bit	3	300	9.5	10.2
Strongly disagree	4	75	2.4	2.5
System missing (SYSMIS)	.	223	7.0	–
		3174	100.0	100.0

### **[Q100\_2] When you last used the FSHS services what was your experience like? I was listened to and felt understood**

#### **Question**

*When you last used the FSHS services what was your experience like? I was listened to and felt understood*

#### **Frequencies**



label	value	n	%	v. %
Strongly agree	1	1512	47.6	51.3
Agree to some extent	2	1103	34.8	37.4
Disagree a bit	3	260	8.2	8.8
Strongly disagree	4	74	2.3	2.5
System missing (SYSMIS)	.	225	7.1	—
		3174	100.0	100.0

**[Q100\_3] When you last used the FSHS services what was your experience like? The staff were interested me in as a person, as well**

**Question**

*When you last used the FSHS services what was your experience like? The staff were interested me in as a person, as well*

**Frequencies**

label	value	n	%	v. %
Strongly agree	1	919	29.0	31.2
Agree to some extent	2	1306	41.1	44.4
Disagree a bit	3	552	17.4	18.8
Strongly disagree	4	165	5.2	5.6
System missing (SYSMIS)	.	232	7.3	—
		3174	100.0	100.0

**[Q100\_4] When you last used the FSHS services what was your experience like? The staff spent enough time in talking with me**

**Question**

*When you last used the FSHS services what was your experience like? The staff spent enough time in talking with me*

**Frequencies**

label	value	n	%	v. %
Strongly agree	1	1211	38.2	41.0
Agree to some extent	2	1145	36.1	38.8
Disagree a bit	3	483	15.2	16.4
Strongly disagree	4	114	3.6	3.9
System missing (SYSMIS)	.	221	7.0	—

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## 2. Variables

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(cont. from previous page)

label	value	n	%	v. %
		3174	100.0	100.0

### **[Q100\_5] When you last used the FSHS services what was your experience like? The staff were friendly**

#### **Question**

*When you last used the FSHS services what was your experience like? The staff were friendly*

#### **Frequencies**

label	value	n	%	v. %
Strongly agree	1	1718	54.1	58.2
Agree to some extent	2	1014	31.9	34.3
Disagree a bit	3	175	5.5	5.9
Strongly disagree	4	45	1.4	1.5
System missing (SYSMIS)	.	222	7.0	—
		3174	100.0	100.0

### **[Q101\_1] The planning of treatment and advice received when you last used the FSHS services: I was given enough information about my condition/health problem**

#### **Question**

*The planning of treatment and advice received when you last used the FSHS services: I was given enough information about my condition/health problem*

#### **Frequencies**

label	value	n	%	v. %
Strongly agree	1	1232	38.8	43.0
Agree to some extent	2	1174	37.0	41.0
Disagree a bit	3	369	11.6	12.9
Strongly disagree	4	87	2.7	3.0
System missing (SYSMIS)	.	312	9.8	—
		3174	100.0	100.0

**[Q101\_2] The planning of treatment and advice received when you last used the FSHS services: I was given enough information about treatment alternatives**

**Question**

*The planning of treatment and advice received when you last used the FSHS services: I was given enough information about treatment alternatives*

**Frequencies**

label	value	n	%	v. %
Strongly agree	1	1089	34.3	38.1
Agree to some extent	2	1153	36.3	40.3
Disagree a bit	3	500	15.8	17.5
Strongly disagree	4	119	3.7	4.2
System missing (SYSMIS)	.	313	9.9	–
		3174	100.0	100.0

**[Q101\_3] The planning of treatment and advice received when you last used the FSHS services: I was involved and my opinions were taken into account in the planning of my treatment**

**Question**

*The planning of treatment and advice received when you last used the FSHS services: I was involved and my opinions were taken into account in the planning of my treatment*

**Frequencies**

label	value	n	%	v. %
Strongly agree	1	1171	36.9	41.3
Agree to some extent	2	1186	37.4	41.8
Disagree a bit	3	375	11.8	13.2
Strongly disagree	4	105	3.3	3.7
System missing (SYSMIS)	.	337	10.6	–
		3174	100.0	100.0

**[Q101\_4] The planning of treatment and advice received when you last used the FSHS services: I was given sufficient advice on self-care at home**

**Question**

*The planning of treatment and advice received when you last used the FSHS services: I was given sufficient advice on self-care at home*

**Frequencies**

label	value	n	%	v. %
Strongly agree	1	1342	42.3	47.2
Agree to some extent	2	1112	35.0	39.1
Disagree a bit	3	310	9.8	10.9
Strongly disagree	4	81	2.6	2.8
System missing (SYSMIS)	.	329	10.4	–
		3174	100.0	100.0

**[Q101\_5] The planning of treatment and advice received when you last used the FSHS services: I was given clear instructions on how to proceed with my condition/health problem**

**Question**

*The planning of treatment and advice received when you last used the FSHS services: I was given clear instructions on how to proceed with my condition/health problem*

**Frequencies**

label	value	n	%	v. %
Strongly agree	1	1377	43.4	48.0
Agree to some extent	2	1034	32.6	36.1
Disagree a bit	3	352	11.1	12.3
Strongly disagree	4	103	3.2	3.6
System missing (SYSMIS)	.	308	9.7	–
		3174	100.0	100.0

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

**Question**

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

**Frequencies**

label	value	n	%	v. %
No, neither the dental or general health examination	0	359	11.3	11.5
Yes, both the dental and general health examination	1	2188	68.9	70.4
Yes, only the general health examination	2	245	7.7	7.9
Yes, only the dental health examination	3	191	6.0	6.1
Not sure yet/Can't remember whether I participated	4	127	4.0	4.1
System missing (SYSMIS)	.	64	2.0	—
		3174	100.0	100.0

**[Q103] If you did not participate/are not planning to participate in the dental and general health examination, why not?**

**Question**

*If you did not participate/are not planning to participate in the dental and general health examination, why not?*

**Frequencies**

label	value	n	%	v. %
I have recently had another health check-up	1	111	3.5	19.1
I haven't had any health issues	2	185	5.8	31.8
I think health check-ups are unnecessary	3	5	0.2	0.9
I'm aware of my health problems anyway	4	39	1.2	6.7
I don't want other people interfering	5	13	0.4	2.2
Other reason, please specify	6	229	7.2	39.3
System missing (SYSMIS)	.	2592	81.7	—
		3174	100.0	100.0

**[Q103\_1] If you did not participate/are not planning to participate in the dental and general health examination, why not? Other reason, please specify (open-ended)**

**Question**

*If you did not participate/are not planning to participate in the dental and general health examination, why not? Other reason, please specify (open-ended)*

**[Q104\_1] Would you like to get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Allergies and skin issues**

**Question**

*Would you like to get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Allergies and skin issues*

**Frequencies**

label	value	n	%	v. %
No	0	2132	67.2	69.6
Can't say	1	354	11.2	11.5
Yes	2	579	18.2	18.9
System missing (SYSMIS)	.	109	3.4	—
		3174	100.0	100.0

**[Q104\_1\_1] Allergies and skin issues, what kind of help? (open-ended)**

**Question**

*Allergies and skin issues, what kind of help? (open-ended)*

**[Q104\_2] Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Quitting smoking**

**Question**

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

**Frequencies**

label	value	n	%	v. %
No	0	2793	88.0	90.5
Can't say	1	186	5.9	6.0
Yes	2	108	3.4	3.5
System missing (SYSMIS)	.	87	2.7	—
		3174	100.0	100.0

### [Q104\_2\_1] Quitting smoking, what kind of help? (open-ended)

#### Question

*Quitting smoking, what kind of help? (open-ended)*

### [Q104\_3] Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Controlling alcohol consumption

#### Question

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

#### Frequencies

label	value	n	%	v. %
No	0	2833	89.3	91.8
Can't say	1	177	5.6	5.7
Yes	2	75	2.4	2.4
System missing (SYSMIS)	.	89	2.8	—
		3174	100.0	100.0

### [Q104\_3\_1] Controlling alcohol consumption, what kind of help? (open-ended)

#### Question

*Controlling alcohol consumption, what kind of help? (open-ended)*

**[Q104\_4] Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Weight control**

**Question**

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

**Frequencies**

label	value	n	%	v. %
No	0	2360	74.4	76.4
Can't say	1	296	9.3	9.6
Yes	2	433	13.6	14.0
System missing (SYSMIS)	.	85	2.7	—
		3174	100.0	100.0

**[Q104\_4\_1] Weight control, what kind of help? (open-ended)**

**Question**

*Weight control, what kind of help? (open-ended)*

**[Q104\_5] Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Eating-related problem**

**Question**

*Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Eating-related problem*

**Frequencies**

label	value	n	%	v. %
No	0	2708	85.3	87.8
Can't say	1	188	5.9	6.1
Yes	2	189	6.0	6.1
System missing (SYSMIS)	.	89	2.8	—
		3174	100.0	100.0



**[Q104\_5\_1] Eating-related problem, what kind of help? (open-ended)****Question***Eating-related problem, what kind of help? (open-ended)***[Q104\_6] Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Nutritional issues****Question***Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Nutritional issues***Frequencies**

label	value	n	%	v. %
No	0	2029	63.9	65.6
Can't say	1	347	10.9	11.2
Yes	2	717	22.6	23.2
System missing (SYSMIS)	.	81	2.6	–
		3174	100.0	100.0

**[Q104\_6\_1] Nutritional issues, what kind of help? (open-ended)****Question***Nutritional issues, what kind of help? (open-ended)***[Q104\_7] Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Physical exercise issues****Question***Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Physical exercise issues***Frequencies**

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label	value	n	%	v. %
No	0	2189	69.0	71.0
Can't say	1	354	11.2	11.5
Yes	2	542	17.1	17.6
System missing (SYSMIS)	.	89	2.8	–
		3174	100.0	100.0

### [Q104\_7\_1] Physical exercise issues, what kind of help? (open-ended)

#### Question

*Physical exercise issues, what kind of help? (open-ended)*

### [Q104\_8] Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Ergonomics

#### Question

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

#### Frequencies

label	value	n	%	v. %
No	0	2024	63.8	65.6
Can't say	1	362	11.4	11.7
Yes	2	700	22.1	22.7
System missing (SYSMIS)	.	88	2.8	–
		3174	100.0	100.0

### [Q104\_8\_1] Ergonomics, what kind of help? (open-ended)

#### Question

*Ergonomics, what kind of help? (open-ended)*

### [Q104\_9] Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Problems caused by anxiety/nervousness

#### Question

*Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Problems caused by anxiety/nervousness*

**Frequencies**

label	value	n	%	v. %
No	0	2219	69.9	72.0
Can't say	1	380	12.0	12.3
Yes	2	484	15.2	15.7
System missing (SYSMIS)	.	91	2.9	—
		3174	100.0	100.0

**[Q104\_9\_1] Problems caused by anxiety/nervousness, what kind of help? (open-ended)****Question**

*Problems caused by anxiety/nervousness, what kind of help? (open-ended)*

**[Q104\_10] Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Social relationships or self-esteem****Question**

*Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Social relationships or self-esteem*

**Frequencies**

label	value	n	%	v. %
No	0	2208	69.6	71.5
Can't say	1	377	11.9	12.2
Yes	2	502	15.8	16.3
System missing (SYSMIS)	.	87	2.7	—
		3174	100.0	100.0

**[Q104\_101] Social relationships or self-esteem, what kind of help? (open-ended)****Question**

*Social relationships or self-esteem, what kind of help? (open-ended)*

**[Q104\_11] Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Stress control**

**Question**

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

**Frequencies**

label	value	n	%	v. %
No	0	1869	58.9	60.4
Can't say	1	392	12.4	12.7
Yes	2	832	26.2	26.9
System missing (SYSMIS)	.	81	2.6	—
		3174	100.0	100.0

**[Q104\_111] Stress control, what kind of help? (open-ended)**

**Question**

*Stress control, what kind of help? (open-ended)*

**[Q104\_12] Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Other problems**

**Question**

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

**Frequencies**

label	value	n	%	v. %
No	0	2476	78.0	82.5
Can't say	1	423	13.3	14.1
Yes	2	103	3.2	3.4
System missing (SYSMIS)	.	172	5.4	—
		3174	100.0	100.0

**[Q104\_121] Other problems, what kind of help? (open-ended)****Question***Other problems, what kind of help? (open-ended)***[BV2] The respondent's year of birth (categorised)****Question***The respondent's year of birth (categorised)***Frequencies**

label	value	n	%	v. %
1969 or earlier	1	247	7.8	7.8
1970 - 1972	2	401	12.6	12.6
1973 - 1975	3	893	28.1	28.1
1976 - 1978	4	1141	35.9	35.9
1979 or later	5	492	15.5	15.5
		3174	100.0	100.0

**[BV3] The year the respondent started his/her studies (categorised)****Question***The year the respondent started his/her studies (categorised)***Frequencies**

label	value	n	%	v. %
1991 or earlier	1	264	8.3	8.4
1992 - 1993	2	330	10.4	10.5
1994 - 1995	3	576	18.1	18.3
1996 - 1997	4	901	28.4	28.6
1998 or later	5	1083	34.1	34.3
System missing (SYSMIS)	.	20	0.6	—
		3174	100.0	100.0

**[BV4] The respondent's gender****Question***The respondent's gender*

## 2. Variables

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### Frequencies

label	value	n	%	v. %
Male	1	1224	38.6	38.6
Female	2	1950	61.4	61.4
		3174	100.0	100.0

### [BV5] Location of the respondent's educational institution

#### Question

*Location of the respondent's educational institution*

#### Frequencies

label	value	n	%	v. %
Capital (Helsinki) area	1	911	28.7	28.7
Large town (over 70,000 inhabitants)	2	1720	54.2	54.2
Small town	3	543	17.1	17.1
		3174	100.0	100.0

### [BV6] The respondent's field of study

#### Question

*The respondent's field of study*

#### Frequencies

label	value	n	%	v. %
Economics	1	189	6.0	6.0
Technology	2	533	16.8	16.8
Fine arts	3	75	2.4	2.4
Humanities, education, theology	4	932	29.4	29.4
Social sciences, law	5	496	15.6	15.6
Mathematics, natural sciences, medicine	6	946	29.8	29.8
System missing (SYSMIS)	.	3	0.1	—
		3174	100.0	100.0

# Chapter 3

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# **Appendix A**

## **Questionnaire in Finnish**

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KYSELYLOMAKE

Tämä kyselylomake on osa Yhteiskuntatieteelliseen tietoaarkistoon arkistoitua tutkimusaineistoa

FSD2051 Korkeakouluopiskelijoiden terveystutkimus 2000

Kyselylomaketta hyödyntävien tulee viitata siihen asianmukaisesti lähdeviitteellä.

Lisätiedot: <http://www.fsd.uta.fi/>

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QUESTIONNAIRE

This questionnaire is part of the following dataset, archived at the Finnish Social Science Data Archive:

FSD2051 University Student Health Survey 2000

If this questionnaire is used or referred to in any publication, the source must be acknowledged by means of an appropriate bibliographic citation.

More information: <http://www.fsd.uta.fi/>

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YLIOPPILAIKEN TERVEYDENHOITOSÄÄTIÖ  
STUDENTERNAS HÄLSOVÄRDSTIFTELSE

# OPIKSELIJATERVEYSTUTKIMUS

Hyvä opiskelija

Ylioppilaiden terveydenhoitosäätiö (YTHS) vastaa korkeakouluopiskelijoiden terveydenhuollosta Suomessa. Voidakseen kehittää terveydenhoitopalvelujaan YTHS tarvitsee ajankohtaista tietoa terveyden kannalta tärkeistä asioista.

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

Kyseessä oleva tutkimus on valtakunnallinen käsittäen kaikki korkeakoulupaikkakunnat Suomessa. Kaikki antamasi tiedot ovat luottamuksellisia ja tulevat vain tutkijoiden käyttöön. Tutkimustulokset käsitellään tilastollisina kokonaisuuksina; yksittäistä vastaajaa ei niistä voi tunnistaa.

**Tutkimuksen onnistumisen kannalta on ensiarvoisen tärkeää, että osallistut kyselyyn. Näe siis pieni vaiva ja vastaa!** Lomake palautetaan Ylioppilaiden terveydenhoitosäätiölle oheisessa kirjekuoreessa, vastaanottaja maksaa postimaksun.

Tutkimusta koskeviin tiedusteluihin vastaa lääket. tri Kristina Kunttu, puh. (02) 2747 200, sähköp. kristina.kunttu@yths.fi.

Yhteistyöstä kiittäen



**Ylioppilaiden terveydenhoitosäätiö**

*Vastaajakilpailu:*

*Kyselyyn vastanneiden kesken arvotaan 60 kappaletta Finnkinon 5 elokuvan sarjalippua. Jos haluat osallistua arvontaan, täytä oheinen lipuke ja laita se vastauslomakkeen mukana palautuskuoreen.*

*Arvonta suoritetaan 31.3.2000. Arvontaan osallistuvat kaikki täytettyjen lomakkeiden myötä siihen mennessä palautetut lipukkeet.*

*Palkinnot toimitetaan suoraan voittajille.*

Vastausohjeet:

Ympyröi Sinun vastaustasi parhaiten kuvaavan vaihtoehdon numero tai kirjoita kysytty tieto sitä varten varattuun tilaan.

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

Vastauksiin toivotaan tietoa siitä, miten yleensä toimit, ellei kysymyksessä toisin ole mainittu.

Lue ennen vastaamistasi koko kysymys.

## TERVEYDENTILA

**1. Onko lääkäri, hammaslääkäri tai psykologi todennut Sinulla jonkin pysyvän, pitkäkestoisen tai usein toistuvan sairauden, vian tai vamman, joka on oireillut tai vaatinut hoitoa viimeksi kuluneen vuoden (12 kk) aikana?**

(Vastaa kaikkiin kohtiin.)

	ei	kyllä
1. Diabetes	0	1
2. Kilpirauhassairaus	0	1
3. Verenpainetauti, kohonnut verenpaine	0	1
4. Sydämen rytmihäiriö tai muu sydänsairaus	0	1
5. Nivelreuma, selkärankareuma	0	1
6. Muu tuki- ja liikuntaelinten sairaus	0	1
7. Astma tai muu keuhkosairaus	0	1
8. Allerginen nuha tai silmätulehdus	0	1
9. Atooppinen ihottuma	0	1
10. Muu ihosairaus, hankala akne	0	1
11. Laktoosi-intoleranssi	0	1
12. Muu mahan tai suoliston sairaus	0	1
13. Toistuva virtsatietulehdus, munuaissairaus	0	1
14. Miesten sukuelinten sairaus	0	1
15. Gynekologinen sairaus	0	1
16. Näkövika (silmälasit)	0	1
17. Silmänsairaus	0	1
18. Korva-, nenä-, kurkkusairaus	0	1
19. Hammaskaries (reikä hampaassa)	0	1
20. Tulehtunut viisaudenhammas	0	1
21. Migreeni	0	1
22. Epilepsia, muu neurologinen sairaus	0	1
23. Syömishäiriö (anorexia, bulimia, ahmiminen)	0	1
24. Ahdistuneisuushäiriö (paniikkihäiriö, sosiaalisten tilanteiden pelko tms.)	0	1
25. Masennus (depressio)	0	1
26. Muu mielenterveyden häiriö	0	1
27. Muu, mikä?	0	1

**2. Millainen on terveydentilasi omasta mielestäsi?**

- 1 hyvä
- 2 melko hyvä
- 3 keskitasoinen
- 4 melko huono
- 5 huono

**3. Minkä seuraavista koet suurimmaksi uhaksi omalle terveydellesi?**

- 1 ympäristötuhot
- 2 omassa käyttäytymisessä mahdollisesti olevat epäterveelliset tavat
- 3 väkivalta tai onnettomuus
- 4 henkinen stressi
- 5 perinnölliset tekijät
- 6 muu, mikä? \_\_\_\_\_
- 7 en osaa sanoa

**4. Käytätkö nykyisin lääkärin määräämiä lääkkeitä?**

(Tarvittaessa voit ympyröidä useitakin kohtia.)

- 0 en käytä mitään
- 1 säännöllinen lääkitys sairauteen
- 2 käytän tarvittaessa otettavaa lääkettä
- 3 käytän voiteita säännöllisesti tai tarvittaessa
- 4 käytän ehkäisytabletteja

**5. Käytätkö nykyisin ilman reseptiä saatavia lääkkeitä?**

- 0 en käytä tai käytän hyvin harvoin
- 1 kerran tai pari kuukaudessa
- 2 viikoittain
- 3 päivittäin tai lähes päivittäin

**6. Käytätkö nykyisin rohdosvalmisteita (vitamiineja, kivennäisaineita tai muita lääkkeenomaisia tuotteita) tai ns. luontaistuotteita?**

- 0 en käytä
- 1 käytän satunnaisesti
- 2 käytän säännöllisesti tai usein

**7. Oletko käyttänyt tai käytätkö nykyisin urheilusuorituksia, liikuntaa tai voimaa parantavia aineita?**

- 0 en ole käyttänyt koskaan
- 1 olen käyttänyt aikaisemmin
- 2 käytän nykyisin

**8. Pituutesi |\_\_|\_\_|\_\_| cm**

**9. Painosi |\_\_|\_\_|\_\_| kg**

**10. Onko painosi muuttunut viimeisen vuoden (12 kk) aikana?**

Painoni on

- 1 vähentynyt |\_\_|\_\_| kg
- 2 pysynyt ennallaan
- 3 lisääntynyt |\_\_|\_\_| kg

**11. Mitä mieltä olet painostasi? Oletko mielestäsi**

- 1 paljon alipainoinen
- 2 jonkin verran alipainoinen
- 3 sopivan painoinen
- 4 jonkin verran ylipainoinen
- 5 paljon ylipainoinen

**12. Onko suhtautumisesi ruokaan normaali?**

- 0 ei
- 1 kyllä
- 2 en osaa sanoa

**13. Oletko jossakin elämäsi vaiheessa laihduttanut voimakkaasti?**

- 0 en
- 1 kyllä, laihduttaminen oli suunniteltu ja hallittu toimenpide
- 2 kyllä, laihduttaminen muuttui hallitsemattomaksi

**14. Onko Sinulla esiintynyt seuraavia oireita viimeisen kuukauden (30 pv) aikana?**  
(Vastaa kaikkiin kohtiin.)

	ei lainkaan	satunnaisesti	viikoittain	päivittäin tai lähes päivittäin
1. päänsärkyä	0	1	2	3
2. huimausta	0	1	2	3
3. väsymystä tai voimattomuutta	0	1	2	3
4. yläselän tai niskan vaivoja	0	1	2	3
5. alaselän vaivoja	0	1	2	3
6. raajojen tai nivelten kiputiloja	0	1	2	3
7. vatsakipuja, närästystä	0	1	2	3
8. pahoinvointia tai oksennuksia	0	1	2	3
9. ilmavaivoja tai turvotusta	0	1	2	3
10. ummetusta tai ripulia	0	1	2	3
11. sydämen tykytystä, epäsäännöllisiä lyöntejä	0	1	2	3
12. iho-ongelmia	0	1	2	3
13. ääniongelmia	0	1	2	3
14. nuhaa tai tukkoisuutta	0	1	2	3
15. kurkkuvaivoja (kipua, limaa)	0	1	2	3
16. pitkittynyttä yskää tai hengenahdistusta	0	1	2	3
17. ienverenvuotoa tai ienvaivoja	0	1	2	3
18. hammasvaivoja (viiltoa, särkyä)	0	1	2	3
19. vaivaa viisaudenhampaista	0	1	2	3
20. purentavaivoja	0	1	2	3
21. nukahtamisvaikeuksia tai heräilyä yöllä	0	1	2	3
22. keskittymisvaikeuksia	0	1	2	3
23. jännittyneisyyttä tai hermostuneisuutta	0	1	2	3
24. masentuneisuutta tai alakuloisuutta	0	1	2	3
25. ahdistuneisuutta	0	1	2	3
26. muuta, mitä?	0	1	2	3

**15. Onko Sinulla esiintynyt viimeisen puolen vuoden (6 kk) aikana?**  
(Tarvittaessa voit ympyröidä useitakin kohtia.)

**Naisten vaivoja?**

- 0 ei  
 1 kuukautiskipuja, joihin tarvitsen lääkkeitä  
 2 kuukautisvuotohäiriöitä  
 3 normaalista poikkeavaa valkovuotoa  
 4 yhdyntäkipuja  
 5 muuta, mitä? \_\_\_\_\_

**Miesten vaivoja?**

- 0 ei  
 1 esinahan ongelmia (tulehdusta, ahautta tms.)  
 2 vuotoa tai kirvelyä virtsaputkessa  
 3 erektiohäiriöitä, potenssi-ongelmia  
 4 eturauhasen (prostatan) vaivoja  
 5 muuta, mitä? \_\_\_\_\_

**16. Oletko viime aikoina pystynyt keskittymään tehtäviisi?**

- 1 paremmin kuin tavallisesti
- 2 yhtä hyvin kuin tavallisesti
- 3 huonommin kuin tavallisesti
- 4 paljon huonommin kuin tavallisesti

**17. Oletko viime aikoina valvonut paljon huolien takia?**

- 1 en ollenkaan
- 2 en enempää kuin tavallisesti
- 3 jonkin verran enemmän kuin tavallisesti
- 4 paljon enemmän kuin tavallisesti

**18. Onko Sinusta viime aikoina tuntunut siltä, että Sinusta on hyötyä asioiden hoidossa?**

- 1 enemmän kuin tavallisesti
- 2 yhtä paljon kuin tavallisesti
- 3 jonkin verran vähemmän kuin tavallisesti
- 4 paljon vähemmän kuin tavallisesti

**19. Oletko viime aikoina tuntenut pystyväsi tekemään päätöksiä?**

- 1 paremmin kuin tavallisesti
- 2 yhtä hyvin kuin tavallisesti
- 3 huonommin kuin tavallisesti
- 4 paljon huonommin kuin tavallisesti

**20. Oletko viime aikoina tuntenut olevasi jatkuvasti ylirasittunut?**

- 1 en ollenkaan
- 2 en enempää kuin tavallisesti
- 3 jonkin verran enemmän kuin tavallisesti
- 4 paljon enemmän kuin tavallisesti

**21. Onko Sinusta viime aikoina tuntunut ettet voisi selviytyä vaikeuksistasi?**

- 1 ei ollenkaan
- 2 ei enempää kuin tavallisesti
- 3 jonkin verran enemmän kuin tavallisesti
- 4 paljon enemmän kuin tavallisesti

**22. Oletko viime aikoina kyennyt nauttimaan tavallisista päivittäisistä toimitasi?**

- 1 enemmän kuin tavallisesti
- 2 yhtä paljon kuin tavallisesti
- 3 vähemmän kuin tavallisesti
- 4 paljon vähemmän kuin tavallisesti

**23. Oletko viime aikoina kyennyt kohtaamaan vaikeuksia?**

- 1 paremmin kuin tavallisesti
- 2 yhtä hyvin kuin tavallisesti
- 3 huonommin kuin tavallisesti
- 4 paljon huonommin kuin tavallisesti

**24. Oletko viime aikoina tuntenut itsesi onnettomaksi ja masentuneeksi?**

- 1 en ollenkaan
- 2 en enempää kuin tavallisesti
- 3 jonkin verran enemmän kuin tavallisesti
- 4 paljon enemmän kuin tavallisesti

**25. Oletko viime aikoina menettänyt itseluottamustasi?**

- 1 en ollenkaan
- 2 en enempää kuin tavallisesti
- 3 jonkin verran enemmän kuin tavallisesti
- 4 paljon enemmän kuin tavallisesti

**26. Oletko viime aikoina tuntenut itsesi arvottomaksi?**

- 1 en ollenkaan
- 2 en enempää kuin tavallisesti
- 3 jonkin verran enemmän kuin tavallisesti
- 4 paljon enemmän kuin tavallisesti

**27. Oletko viime aikoina tuntenut itsesi kaiken kaikkiaan kohtalaisen onnelliseksi?**

- 1 enemmän kuin tavallisesti
- 2 yhtä paljon kuin tavallisesti
- 3 vähemmän kuin tavallisesti
- 4 paljon vähemmän kuin tavallisesti

## 28. Minkälaisiksi omalla kohdallasi arvioit seuraavat asiat tällä hetkellä?

otteen saaminen opiskelusta	- 2	- 1	0	+ 1	+ 2	?
esiintyminen, kuten esitelmän pito	- 2	- 1	0	+ 1	+ 2	?
kontaktin luominen opiskelutovereihin ja yleensä ihmisiin	- 2	- 1	0	+ 1	+ 2	?
kontakti vastakkaiseen sukupuoleen	- 2	- 1	0	+ 1	+ 2	?
seksuaalisuuteni	- 2	- 1	0	+ 1	+ 2	?
suhde vanhempiini	- 2	- 1	0	+ 1	+ 2	?
tulevaisuuden suunnitteleminen	- 2	- 1	0	+ 1	+ 2	?
omat voimat ja kyvyt	- 2	- 1	0	+ 1	+ 2	?
mielialani yleensä	- 2	- 1	0	+ 1	+ 2	?

### Vastausvaihtoehdot:

- 2	- 1	0	+ 1	+ 2	?
asia on minulle TODELLA ONGELMA, joka ratkaisevasti vaikeuttaa elä- mäni nykyään	asia on minulle SELVÄSTI ONGELMA, mutta ei vaivaa aina ja/tai ei kovin voimak- kaasti	ei ole ollut aihetta kiinnittää erityistä huomiota	olen yleensä KOKENUT MYÖNTEISENÄ	merkitsee minulle todella TYYYDYTYSTÄ ANTAVAA ASIAA	vaikea sanoa

## TERVEYSKÄYTTÄYTYMINEN

### Tupakka ja nuuska

#### 29. Tupakoitko nykyisin?

- 0 en lainkaan (siirry kysymykseen 32)
- 1 kyllä, harvemmin kuin kerran viikos-  
sa
- 2 kyllä, viikoittain, mutta en päivittäin
- 3 kyllä, päivittäin

#### 31. Haluaisitko lopettaa tupakoinnin?

- 0 en
- 1 kyllä
- 2 en osaa sanoa

#### 30. Kuinka paljon poltat keskimäärin päivässä?

- \_\_\_|\_\_\_| savuketta
- \_\_\_|\_\_\_| sikaria
- \_\_\_|\_\_\_| piipullista

#### 32. Käytätkö nuuskaa ("biittiä", mäl- liä, purutupakkaa)?

- 0 en käytä lainkaan
- 1 käytän satunnaisesti
- 2 käytän säännöllisesti

## Huumeet

### 33. Oletko kokeillut tai käyttänyt jotakin huumetta, lääkkeitä tai lääkkeitä+alkoholia yhdessä humaltuaksesi?

(Vastaa kaikkiin kohtiin)

	ei	kerran	2 - 4 kertaa	useammin
kannabista (hasista, marihuanaa)	0	1	2	3
suonensisäisiä huumeita	0	1	2	3
muita huumeita, mitä? _____	0	1	2	3
lääkkeitä humaltuaksesi	0	1	2	3
lääkkeitä ja alkoholia yhdessä humaltuaksesi	0	1	2	3

## Alkoholi

Yksi alkoholiannos =

pullo (=33 cl), keskiolut, siideri, long drink  
lasillinen (=12 cl), mieto viini  
lasillinen (=8 cl), väkevä viini  
lasillinen (=4 cl), väkevä alkoholi

### 34. Montako lasillista tai pullollista juot seuraavia alkoholijuomia keskimäärin viikon aikana?

(Ellet juo yhtään, merkitse 0.

Vastaa joka kohtaan.)

III olutta           |\_|\_|\_| pullollista

IV A-olutta       |\_|\_|\_| pullollista

siideriä           |\_|\_|\_| pullollista

long drink -juomia |\_|\_|\_| pullollista

viiniä             |\_|\_|\_| lasillista

väkevää alkoholia |\_|\_|\_| lasillista

### 35. Tuntuuko Sinusta siltä, että joudut tovereidesi vaikutuksesta käyttämään enemmän alkoholia kuin oikeastaan itse haluaisit?

- 1 ei
- 2 silloin tällöin
- 3 usein

### 36. Jos olet juhlissa tai illanvietoissa, joissa tarjoillaan alkoholia, onko myös alkoholiton vaihtoehto tarjolla?

- 1 yleensä aina
- 2 silloin tällöin
- 3 ei juuri koskaan

### 37. Jos joku seurueestasi valitsee alkoholittoman vaihtoehdon, herättääkö tämä huomiota muissa?

- 1 ei yleensä
- 2 silloin tällöin
- 3 lähes aina



**38. Kuinka usein käytät alkoholia?**

- 0 en koskaan
- 1 kuukausittain tai harvemmin
- 2a 2 - 3 kertaa kuukaudessa
- 2b kerran viikossa
- 3 2 - 3 kertaa viikossa
- 4 neljä kertaa viikossa tai useammin

**39. Kun käytät alkoholia, montako annosta tavallisimmin otat päivässä?**

- 0 1-2 annosta
- 1 3-4 annosta
- 2 5-6 annosta
- 3 7-9 annosta
- 4 10 annosta tai enemmän

**40. Kuinka usein juot kerrallaan vähintään kuusi annosta?**

- 0 en koskaan
- 1 harvemmin kuin kuukausittain
- 2 kuukausittain
- 3 viikoittain
- 4 lähes päivittäin

**41. Kuinka usein viimeisen vuoden aikana et ole aloitettuasi pystynyt lopettamaan juomistasi?**

- 0 pystyn aina lopettamaan
- 1 harvemmin kuin kuukausittain
- 2 kuukausittain
- 3 viikoittain
- 4 lähes päivittäin

**42. Kuinka usein viimeisen vuoden aikana et juomisesi takia ole pystynyt tekemään, mitä olet aikonut?**

- 0 juominen ei koskaan estä suunnitelmiani
- 1 harvemmin kuin kuukausittain
- 2 kuukausittain
- 3 viikoittain
- 4 lähes päivittäin

**43. Kuinka usein viimeisen vuoden aikana olet tarvinnut krapularyypyjä?**

- 0 en koskaan
- 1 harvemmin kuin kuukausittain
- 2 kuukausittain
- 3 viikoittain
- 4 lähes päivittäin

**44. Kuinka usein viimeisen vuoden aikana olet tuntenut syyllisyyttä tai katumusta juomisen jälkeen?**

- 0 en koskaan
- 1 harvemmin kuin kuukausittain
- 2 kuukausittain
- 3 viikoittain
- 4 lähes päivittäin

**45. Kuinka usein viimeisen vuoden aikana et juomisesi takia ole muistanut edellisen illan tapahtumia?**

- 0 muistan aina, mitä tapahtui
- 1 harvemmin kuin kuukausittain
- 2 kuukausittain
- 3 viikoittain
- 4 lähes päivittäin

**46. Oletko juomisellasi aiheuttanut tapaturmia itsellesi tai seuralaisellesi?**

- 0 en
- 2 kyllä, mutten vuoden sisällä
- 4 kyllä, vuoden sisällä

**47. Onko sukulainen, ystävä, lääkäri tai joku muu henkilö ollut huolissaan juomisestasi tai ehdottanut, että vähentäisit tai lopettaisit juomisesi?**

- 0 ei
- 2 kyllä, muttei vuoden sisällä
- 4 kyllä, vuoden sisällä

## Ravinto

### 48. Ajatteletko ruokaa hankkiessasi sen terveellisyyttä?

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

### 49. Missä useimmiten syöt pääateriasi?

- 1 opiskelija- tai työpaikkaruokalassa
- 2 muussa yleisessä ruokapaikassa (pizzeria, ravintola tms.)
- 3 vanhempien luona
- 4 omalla asunnollani
- 5 muualla, missä \_\_\_\_\_

### 50. Kuinka monta kupillista (kupillinen = 1,5 dl) juot kahvia tai teetä tavallisesti päivässä?

(Merkitse 0, jos et juo lainkaan. Vastaa molempiin kohtiin.)

kahvia   |\_|\_|\_ kupillista

teetä     |\_|\_|\_ kupillista

### 51. Mitä rasvaa käytät enimmäkseen leivällä?

- 0 en mitään
- 1 kevytlevitettä, jossa on 25-65% rasvaa (esim. Kevyempi Flora, Kevyt linja, Kevyt ja Maukas)
- 2 levitettä, jossa on 70-80 % rasvaa (esim. Flora, Becel, Keiju)
- 3 voita
- 4 sulatejuustoja

### 52. Kuinka usein lisäät ruokaasi suolaa pöydässä?

- 0 en juuri koskaan
- 1 kerran viikossa tai harvemmin
- 2 muutaman kerran viikossa
- 3 jokseenkin joka päivä

### 53. Kuinka monta lasillista maitoa tai piimää (1 lasillinen=2dl) käytät tavallisesti päivässä? Ota huomioon myös murojen, myslin, puuron tai kaakon kanssa käyttämäsi maito. (Merkitse 0, jos et käytä lainkaan.)

|\_|\_|\_ lasillista

### 54. Kuinka monta purkillista jogurtia tai viiliä (1,5 tai 2 dl) syöt tavallisesti viikossa?

(Merkitse 0, jos et syö viikoittain.)

|\_|\_|\_ purkillista

### 55. Montako leipäviipalettä syöt tavallisesti päivittäin?

(Merkitse 0, jos et syö lainkaan. Vastaa kaikkiin kohtiin)

tummaa leipää (ruis-, näkkileipä ym.)

|\_|\_|\_ viipalettä

seka-, hiiva-, graham- tai kauraleipää

|\_|\_|\_ viipalettä

ranskanleipää, patonkia

|\_|\_|\_ viipalettä

### 56. Miten usein yleensä syöt seuraavia? (Vastaa jokaiseen kohtaan.)

	2 kertaa viikossa tai harvemmin	3-5 kertaa viikossa	noin kerran päivässä	2 kertaa päivässä	3 kertaa päivässä tai useammin
hedelmiä tai marjoja	0	1	2	3	4
tuoreita kasviksia	0	1	2	3	4
kypsennettyjä kasviksia	0	1	2	3	4
keitettyjä perunoita	0	1	2	3	4
riisiä / pastaa	0	1	2	3	4

**57. Kuinka usein olet syönyt seuraavia viimeksi kuluneen viikon (7 pv) aikana?**  
(Vastaa jokaiseen kohtaan.)

	en kertaakaan	1-2 päivänä	3-5 päivänä	6-7 päivänä
puuroa, myslä, muroja	0	1	2	3
juustoa	0	1	2	3
ranskanperunoita	0	1	2	3
perunalastuja tms.	0	1	2	3
hampurilaisia, hot dogeja	0	1	2	3
makkaraa	0	1	2	3
pizzaa	0	1	2	3
lihapiirakoita, -pasteijoita	0	1	2	3
makeita leivonnaisia	0	1	2	3
makeisia, suklaata	0	1	2	3
jäätelöä	0	1	2	3
virvoitusjuomia	0	1	2	3

**58. Noudatko paraikaa jotain erityisruokavaliota?**

- 0 en
- 1 kyllä, mitä? (Tarvittaessa voit ympyröidä useitakin vaihtoehtoja.)
  - 1 laktoositon ruokavalio
  - 2 keliakiaruokavalio
  - 3 laihduttajan ruokavalio
  - 4 erityisruokavalio ruoka-aineyliherkkyyden vuoksi
  - 5 ruokavalio diabeteksen, korkean kolesterolin tai kohonneen verenpaineen vuoksi
  - 6 ruokavalio, joka sisältää kasviksia, maitotuotteita sekä munaa, kanaa tai kalaa
  - 7 laktovegetaarinen ruokavalio (kasvisruokavalio + maitotuotteita)
  - 8 vegaaniruokavalio (vain kasvikunnan tuotteita)
  - 9 elävä ravinto
  - 10 muu, mikä \_\_\_\_\_

**Hampaiden hoito**

**59. Miten usein harjaat hampaasi?**

- 0 harvemmin kuin kerran päivässä
- 1 kerran päivässä
- 2 useammin kuin kerran päivässä

**60. Käytätkö hammastikkuja tai hammaslankaa?**

- 0 en ollenkaan
- 1 silloin tällöin
- 2 päivittäin

**61. Käytätkö ksylitolipurukumia tai muita ksylitolilla makeutettuja tuotteita?**

- 0 en käytä
- 1 käytän silloin tällöin
- 2 käytän kerran päivässä
- 3 käytän vähintään kaksi kertaa päivässä

## Liikunta

### 62. Minkälainen on mielestäsi fyysinen kuntosi?

- 1 hyvä
- 2 melko hyvä
- 3 keskitasoa
- 4 melko huono
- 5 huono

### 63. Kuinka usein harrastat vapaa-ajan kuntoliikuntaa vähintään ½ tuntia kerrallaan niin, että ainakin lievästi hengästyit ja hikoilet (esim. lenkkeilyä, pyöräilyä, hiihtoa, voimistelua, uintia pallopelejä)?

- 0 en lainkaan tai hyvin harvoin
- 1 1 - 3 kertaa kuukaudessa
- 2 noin kerran viikossa
- 3 2 - 3 kertaa viikossa
- 4 4 - 6 kertaa viikossa
- 5 päivittäin

### 64. Kuinka monta minuuttia kävelet tai pyöräilet päivittäin hyötyliikuntana (edestakaiset matkat oppilaitokseen, harrastuksiin, töihin ym.)?

- 0 alle 15 minuuttia päivässä
- 1 15-30 minuuttia päivässä
- 2 30-60 minuuttia päivässä
- 3 yli tunnin päivässä

### 65. Kuinka usein harrastat kevyttä liikuntaa vähintään ½ tuntia kerrallaan tai liikut muun harrastuksen yhteydessä (esim. kävely, luonnossa kulkeminen, tanssiminen, koiran ulkoiluttaminen, puutarhanhoito, kotityöt) ?

- 0 enintään 3 kertaa kuukaudessa
- 1 1-2 kertaa viikossa
- 2 3-4 kertaa viikossa
- 3 päivittäin tai lähes päivittäin

### 66. Harrastatko kuntosaliharjoittelua tai voimailulajeja?

- 0 en
- 1 harrastan 1-2 kertaa viikossa
- 2 harrastan 3-4 kertaa viikossa
- 3 harrastan 5 kertaa viikossa tai enemmän

### 67. Kenen järjestämään liikuntatoimintaan osallistut?

(Tarvittaessa voit ympyröidä useitakin vaihtoehtoja.)

- 0 en harrasta liikuntaa
- 1 omatoimisesti yksin
- 2 omatoimisesti ystävän kanssa tai kaveriporukassa
- 3 yliopistoliikunta
- 4 ainejärjestön tms. liikuntatoiminta
- 5 urheiluseura (muu kuin yliopiston)
- 6 muu järjestö
- 7 kaupalliset liikuntapalvelut
- 8 kunnalliset liikuntapalvelut

### 68. Mitkä ovat liikunnan harrastamisesi syyt?

(Numeroi 2 tärkeintä syytä siten, että 1 on tärkein ja 2 on seuraavaksi tärkein)

- 0 en harrasta liikuntaa
- 1 \_\_\_\_ oma ilo, mielenvirkistys
- 2 \_\_\_\_ ”jotta näyttäisi hyvältä”
- 3 \_\_\_\_ kunnon tai terveyden ylläpito tai lisääminen
- 4 \_\_\_\_ sairauden tai vamman hoito
- 5 \_\_\_\_ halu olla yksin
- 6 \_\_\_\_ kavereiden tapaaminen
- 7 \_\_\_\_ arjesta irtautuminen, paineiden purkaminen
- 8 \_\_\_\_ muu syy, mikä?

**69. Minkä liikuntamuodon seuraavista katsot parhaiten sopivan Sinulle?**

- 1 ulkoilu, ulkoliikunta
- 2 kuntosaliharjoittelu, voimailu, itämaiset taistelulajit
- 3 voimistelu, aerobic, tanssi
- 4 uinti, vesiliikunta
- 5 palloilulajit
- 6 hyötyliikunta (esim. asiointimatkat, siivous, porraskävely)
- 7 muun harrastuksen tuoma liikunta (esim. puutarhanhoito, koiran ulkoiluttaminen, sienestys)
- 8 muu liikunta, mikä? \_\_\_\_\_

**70. Onko Sinulla mielestäsi riittävästi mahdollisuuksia sopivan liikunnan harrastamiseen?**

- 1 kyllä
  - 0 ei, miksei?
- Ympyröi seuraavista kaksi tärkeintä syytä:
- 1 ajan puute
  - 2 rahan puute
  - 3 liikuntatilojen puute
  - 4 huonot liikenneyhteydet liikunta- paikoille
  - 5 sopivan liikuntamuodon puute
  - 6 liikunnan ohjauksen puute
  - 7 sopivan ryhmän puute
  - 8 muu syy, mikä? \_\_\_\_\_

**Tapaturmat ja liikenneturvallisuus**

**71. Onko Sinulle viimeisen vuoden aikana sattunut jokin tapaturma, johon olet tarvinnut lääkärin hoitoa?**

- 0 ei
  - 1 kyllä, mikä? (Tarvittaessa voit ympyröidä useitakin kohtia.)
- 1 liikennetapaturma 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 liikkeessäsi 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

## IHMISUHTEET

### 76. Siviilisäätö

- 1 naimaton
- 2 avoliitossa
- 3 naimisissa
- 4 eronnut tai leski

### 77. Huollettavien lasten lukumäärä?

(Merkitse 0, jos ei yhtään)

\_\_\_ lasta

### 78. Kuinka usein olet yhdessä ystäväsi tai ystäväsi kanssa vapaa-aikasi?

- 0 en oikeastaan koskaan
- 1 harvemmin kuin kerran kuukaudessa
- 2 1-3 kertaa kuukaudessa
- 3 noin kerran viikossa
- 4 2-3 kertaa viikossa
- 5 lähes joka päivä

### 79. Voitko halutessasi keskustella jonkun läheisesi kanssa avoimesti asioistasi ja ongelmistasi?

- 0 en koskaan
- 1 hyvin harvoin
- 2 joskus tai joistakin asioista
- 3 usein
- 4 aina tai useimmiten

### 80. Miten usein olet viimeisen vuoden (12 kk) aikana osallistunut jonkin yhdistyksen tai seuran toimintaan (esim. liikuntaseura, soittokunta, tieteellinen tai uskonnollinen yhdistys, ainejärjestön tai yo-kunnan toiminta, partio tms. toiminta)?

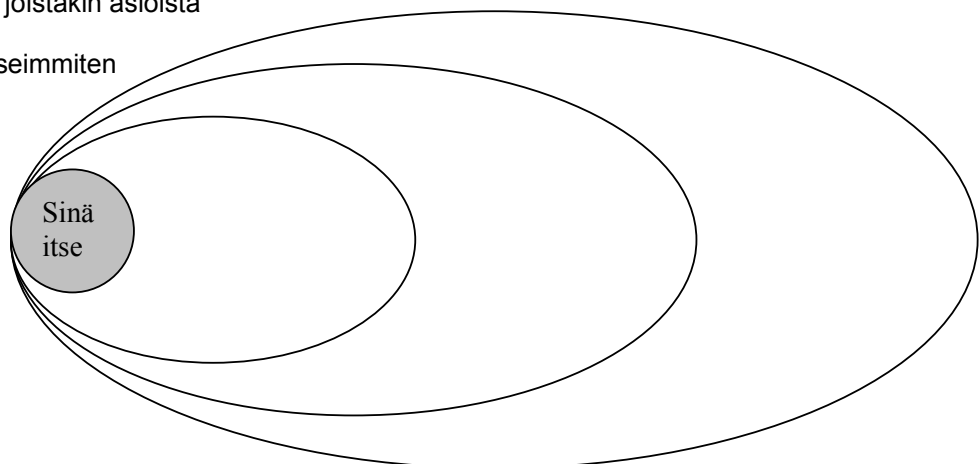
- 0 hyvin harvoin tai en lainkaan
- 1 muutaman kerran vuodessa
- 2 1 – 3 kertaa kuukaudessa
- 3 kerran viikossa tai useammin

### 81. Koetko olevasi yksinäinen?

- 0 en
- 1 kyllä, ajoittain
- 2 kyllä, usein
- 3 en osaa sanoa

### 82. Ihmisen lähipiirillä on merkitystä hänen terveydelleen ja sille, kuinka hän selviää stressitilanteista. Lähipiiriin voi kuulua vain muutama ihminen tai hyvinkin monta.

Seuraavalla kuviolla kartoitetaan Sinun lähipiiriäsi.



#### Vastausohjeet:

Kirjoita sisimpään soikioon Sinulle kaikkein läheisimpien ihmisten nimikirjaimet; niiden joita ilman on vaikea kuvitella tulevansa toimeen.

Kirjoita keskimmäiseen soikioon niiden nimikirjaimet, jotka ovat Sinulle hyvin tärkeitä, mutta eivät yhtä läheisiä kuin edellä mainitut.

Kirjoita uloimpaan soikioon niiden nimikirjaimet, jotka eivät ole yhtä läheisiä kuin edelliset, mutta jotka kuuluvat lähipiiriisi ja joiden kanssa olet säännöllisesti tekemisissä.

## OPISKELU, TALOUDELLINEN TILANNE JA ASUMINEN

**83. Koetko olevasi oikealla opiskelualalla?**

- 0 en
- 1 kyllä
- 2 en osaa sanoa

**84. Montako vuotta arvioit opintojesi vielä kestävän?**

\_\_\_\_|\_\_\_\_| vuotta

**85. Koetko kuuluvasi johonkin opiskeluun liittyvään ryhmään**

- 0 en
- 1 kyllä
- 2 en osaa sanoa

**86. Onko oppilaitoksesi taholta opintoihisi saamasi ohjaus ja neuvonta viimeksi kuluneen vuoden (12 kk) aikana ollut ?**

- 0 täysin riittämätöntä
- 1 jonkin verran vajavaista
- 2 kohtuullista
- 3 hyvää
- 4 erittäin hyvää
- 5 vaihtelevaa

**87. Tiedätkö, kenen puheille oppilaitoksessasi voit mennä tarvitessasi opintoihisi liittyviä neuvoja?**

- 0 en
- 1 epämääräisesti
- 2 kyllä

**88. Keneltä olet viimeksi kuluneen vuoden (12 kk) aikana saanut opintoihisi liittyvää tukea (apua opintojen suunnitteluun, neuvoja ainevalinnoissa, töiden ohjausta yms.) ?**  
Mainitse 2 tärkeintä henkilöä.

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**89. Ansiotyössä käynti viimeksi kuluneen vuoden (12 kk) aikana**

**kokopäivätyö**

- 0 ei lainkaan
- 1 0-3 kk
- 2 3-6 kk
- 3 yli 6 kk

**osapäivä- tai osa-aikatyö**

- 0 ei lainkaan
- 1 0-3 kk
- 2 3-6 kk
- 3 6-9 kk
- 4 yli 9 kk

**”keikkatyö”**

- 0 ei lainkaan
- 1 satunnaisesti
- 2 usein

**90. Arvioi taloudellista tilannettasi viimeisen vuoden (12 kk) aikana**

	ei	kyllä	en osaa sanoa
minun oli käytävä töissä toimeentuloni takaamiseksi	0	1	2
sain vanhemmiltani tai sukulaisiltani taloudellista tukea rahana, tavarana tms.	0	1	2
asumismenoni veivät yli puolet käytössäni olleista varoista	0	1	2

**91. Miten käytettävissäsi olevat rahat riittivät?**

- 1 erittäin hyvin
- 2 tulin hyvin toimeen
- 3 tulin toimeen, kun elin säästäväisesti
- 4 toimeentuloni oli erittäin niukka ja epävarma

**92. Oletko tyytyväinen nykyiseen asuntoosi?**

- 1 kyllä
- 2 en, koska

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## TERVEYSASENTEET JA TERVEYSTIEDON LÄHTEET

### 93. Miten tärkeänä pidät, että lainsäädännöllä säädellään seuraavia asioita?

	ei lainkaan tärkeänä	vain vähän tärkeänä	melko tärkeänä	erittäin tärkeänä
tupakointia työpaikoilla	1	2	3	4
tupakointia julkisissa tiloissa	1	2	3	4
kannabiksen käyttöä	1	2	3	4
huumeongelmanuoren 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 terveydenhuoltohenkilöstä viimeksi kuluneen vuoden (12 kk) aikana suositellut Sinua muuttamaan elintapojasi sairautesi, ongelmiasi tai oireesi vuoksi?**

- 0 ei
- 1 kyllä
- 2 en ole käyttänyt terveydenhuollon palveluja tänä aikana

**95. Onko lääkärin antamilla ohjeilla vaikutusta elintapoihisi?**

- 0 ei ollenkaan
- 1 ei kovinkaan paljon
- 2 melko paljon
- 3 hyvin paljon
- 4 en osaa sanoa

**96. Oletko tutustunut YTHS:n www-sivuihin internetissä?**

- 0 en
- 1 kyllä

**97. Mistä olet saanut mielestäsi tärkeimpiä terveyteen liittyviä tietoja viimeksi kuluneen vuoden aikana?**

Valitse kustakin laatikosta mielestäsi tärkein tietolähde.

1. televisio, radio
2. sanomalehdet
3. aikakauslehdet
4. kirjat, terveydenhuollon erikoislehdet
5. internet

6. perheenjäsenet, sukulaiset
7. ystävät, työ- tai opiskelutoverit
8. lääkäri, hammaslääkäri, psykiatri
9. muu terveydenhoitohenkilöstö
10. muu henkilö

11. koulu tai opiskelu
12. armeija
13. potilasohjelehtiset
14. julisteet, ilmoitustaulut, näyttelyt
15. kurssit, messut tms. tapahtumat

16. muu, mahdollinen tietolähde, mikä?



## TERVEYSPALVELUT

### 98. Oletko käyttänyt seuraavia palveluja viimeksi kuluneen vuoden (12 kk) aikana?

(Vastaa kaikkiin kohtiin.)

	en	kerran	2– 5 kertaa	yli 5 kertaa
<b>TERVEYDENHOITAJA</b>				
Ylioppilaiden terveydenhoitosäätiö	0	1	2	3
terveyskeskus, äitiysneuvola	0	1	2	3
työterveyshuolto	0	1	2	3
armeija	0	1	2	3
<b>FYSIOTERAPEUTTI</b>				
Ylioppilaiden terveydenhoitosäätiö	0	1	2	3
terveyskeskus	0	1	2	3
työterveyshuolto	0	1	2	3
armeija	0	1	2	3
yksityissektori	0	1	2	3
<b>YLEISLÄÄKÄRI</b>				
Ylioppilaiden terveydenhoitosäätiö	0	1	2	3
terveyskeskus, ensiapupoliklinikka	0	1	2	3
työterveyshuolto	0	1	2	3
armeija	0	1	2	3
yksityissektori	0	1	2	3
<b>ERIKOISLÄÄKÄRI</b>				
Ylioppilaiden terveydenhoitosäätiö	0	1	2	3
terveyskeskus	0	1	2	3
sairaalan poliklinikka	0	1	2	3
työterveyshuolto	0	1	2	3
armeija	0	1	2	3
yksityissektori	0	1	2	3
<b>HAMMASHOITAJA</b>				
Ylioppilaiden terveydenhoitosäätiö	0	1	2	3
terveyskeskus	0	1	2	3
armeija tai muu	0	1	2	3
<b>HAMMASLÄÄKÄRI</b>				
Ylioppilaiden terveydenhoitosäätiö	0	1	2	3
terveyskeskus	0	1	2	3
armeija	0	1	2	3
yksityissektori	0	1	2	3
<b>PSYKOLOGI</b>				
Ylioppilaiden terveydenhoitosäätiö	0	1	2	3
mielenterveystoimisto	0	1	2	3
armeija	0	1	2	3
yksityissektori	0	1	2	3
<b>PSYKIATRI</b>				
Ylioppilaiden terveydenhoitosäätiö	0	1	2	3
mielenterveystoimisto	0	1	2	3
armeija	0	1	2	3
yksityissektori	0	1	2	3

**99. Jos olet käyttänyt muita kuin YTHS:n palveluja, syy siihen:**

(Tarvittaessa voit ympyröidä useitakin kohtia.)

- 1 en ole kuulunut koko vuotta YTHS:n piiriin
- 2 olen ollut töissä / armeijassa / raskaana
- 3 olen saanut läheteen muualle
- 4 minulla on entuudestaan hoitosuhde muualla
- 5 olen tarvinnut apua paikkakunnalla, jossa ei ole YTHS:n palveluja
- 6 olen tarvinnut apua päivystysaikaan
- 7 YTHS ei tarjoa tarvitsemaani palvelua
- 8 en ole päässyt tarpeeksi nopeasti YTHS:ään hoitoon
- 9 en ole ollut tyytyväinen YTHS:n palveluihin
- 10 muu syy, mikä? \_\_\_\_\_

**100. Kun viimeksi käytit YTHS:n palveluja, millaiseksi koit saamasi palvelun?**

	täysin samaa mieltä	jokseenkin samaa mieltä	hiukan eri mieltä	täysin eri mieltä
sain selvyuden minua huolestuttaneisiin asioihin	1	2	3	4
minua kuultiin ja tunsin tulevani ymmärretyksi	1	2	3	4
henkilökunta oli kiinnostunut minusta myös ihmisenä	1	2	3	4
henkilökunta käytti riittävästi aikaa keskusteluun kanssani	1	2	3	4
henkilökunta oli ystävällistä	1	2	3	4

**101. Kun viimeksi käytit YTHS:n palveluja, miten hoidon suunnittelu ja opastus toteutui?**

	täysin samaa mieltä	jokseenkin samaa mieltä	hiukan eri mieltä	täysin eri mieltä
sain riittävästi tietoa sairaudestani	1	2	3	4
sain riittävästi tietoa hoitovaihtoehdoista	1	2	3	4
mielipiteeni otettiin huomioon hoidon suunnittelussa	1	2	3	4
sain riittävästi neuvoja kotihoitoon	1	2	3	4
sain selkeät ohjeet jatkotoimenpiteistä	1	2	3	4

**102. Oletko osallistunut / aiotko osallistua YTHS:n ensimmäisen vuoden opiskelijoille suuntaamaan terveystarkastukseen tai hammastarkastukseen?**

- 0 en kumpaankaan
- 1 kyllä molempiin
- 2 kyllä vain terveystarkastukseen
- 3 kyllä vain hammastarkastukseen
- 4 en tiedä vielä osallistunko/ en muista osallistuinko

**103. Ellet osallistunut / aio osallistua terveystarkastukseen, syy siihen?**

- 1 olen hiljattain ollut terveystarkastuksessa
- 2 ei ole ongelmia
- 3 terveystarkastukset ovat mielestäni turhia
- 4 tiedän muutenkin ongelmani
- 5 en halua muiden puuttuvan asioihini
- 6 muu syy, mikä \_\_\_\_\_

**104. Haluaisitko terveydenhuoltopalvelujen apua, esim. yksilöllistä neuvontaa, ryhmäkokoontumisia, kursseja, luentoja tms. seuraavissa asioissa (Vastaa kaikkiin kohtiin.)**

	en	en osaa sanoa	kyllä	minkälaista ?
allergia-asioissa, ihon hoidossa	0	1	2	
tupakoinnin lopettamisessa	0	1	2	
alkoholinkäytön hallinnassa	0	1	2	
painonhallinnassa	0	1	2	
syömisongelmissa	0	1	2	
ravitsemusasioissa	0	1	2	
liikuntaan liittyvissä asioissa	0	1	2	
ergonomia-asioissa	0	1	2	
jännittämisoongelmissa	0	1	2	
ihmissuhde- tai itsetuntoasioissa	0	1	2	
stressinhallinnassa	0	1	2	
muissa ongelmassa	0	1	2	

**Terveisiä, toiveita, kommentteja ym. YTHS:lle:**

**KIITÄMME KYSELYYN VASTAAMISESTA!**

Osoitetiedot: YTHS:n opiskelijarekisteri, Töölönkatu 37 A, 00260 Helsinki

# **Appendix B**

## **Questionnaire in Swedish**

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KYSELYLOMAKE

Tämä kyselylomake on osa Yhteiskuntatieteelliseen tietoaarkistoon arkistoitua tutkimusaineistoa

FSD2051 Korkeakouluopiskelijoiden terveystutkimus 2000

Kyselylomaketta hyödyntävien tulee viitata siihen asianmukaisesti lähdeviitteellä.

Lisätiedot: <http://www.fsd.uta.fi/>

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QUESTIONNAIRE

This questionnaire is part of the following dataset, archived at the Finnish Social Science Data Archive:

FSD2051 University Student Health Survey 2000

If this questionnaire is used or referred to in any publication, the source must be acknowledged by means of an appropriate bibliographic citation.

More information: <http://www.fsd.uta.fi/>

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# UNDERSÖKNING AV STUDENTERNAS HÄLSA

Bästa studerande

Studenternas hälsovårdsstiftelse (SHVS) ansvarar för högskolestuderandenas hälso- och sjukvård i Finland. För att kunna utveckla sina hälsovårdstjänster behöver SHVS aktuell information om faktorer som är viktiga för hälsan.

I enkäten ingår vid sidan av traditionella frågor om hälsa och hälsobeteende även frågor som kartlägger andra sådana områden i livet som vi av erfarenhet vet att är av betydelse då det gäller studenternas hälsa och förmåga att orka studera.

Undersökningen är riksomfattande och inbegriper samtliga högskoleorter i Finland. Alla uppgifter som du lämnar behandlas konfidentiellt och kommer endast att utnyttjas av forskare. Forskningsresultaten behandlas som statistiska helheter; enskilda personer kan inte identifieras.

**För att undersökningen skall lyckas är det av största vikt att också du deltar. Vänligen gör dig litet besvär och svara!** Sänd in blanketten till Studenternas hälsovårdsstiftelse i det bifogade kuvertet. Mottagaren betalar portot.

Frågor som gäller undersökningen besvaras av med. dr. Kristina Kunttu, tfn (02) 2747 200, e-post kristina.kunttu@yths.fi.

Med tack för visat samarbete

## Studenternas hälsovårdsstiftelse

*Utlottning bland dem som svarat:*

*Bland dem som svarar på enkäten lottar vi ut 60 seriebiljetter för 5 filmer på Finnkino. Om du vill delta i utlottningen skall du fylla den bifogade kupongen och sända in den tillsammans med svarsblanketten.*

*Lottdragningen sker 31.3.2000. I utlottningen deltar alla kuponger som före nämnda datum har sänts in tillsammans med de ifyllda blanketterna.*

*Priserna tillsänds vinnarna direkt.*

Anvisningar:

Ringa in siffran på det alternativ som bäst motsvarar ditt svar eller skriv svaret i det utrymme som reserverats.

Ringa in endast en siffra, om det inte sägs något annat.

Om inget annat sägs, vill vi veta hur du agerar i allmänhet.

Läs hela frågan innan du besvarar den.



## HÄLSOTILLSTÄND

1. Har någon läkare, tandläkare eller psykolog ställt dig en diagnos på någon kronisk, långvarig eller ofta återkommande sjukdom, defekt eller kroppsskada som har gett symptom och krävt vård under det senaste året (12 mån.)?  
(Besvara alla punkter.)

	ja	nej
1. Diabetes	0	1
2. Sköldkörtelsjukdom	0	1
3. Blodtryckssjukdom, förhöjt blodtryck	0	1
4. Rytmrubbningar (arytmi) eller annan hjärtsjukdom	0	1
5. Ledgångsreumatism, spondylos	0	1
6. Annan sjukdom i rörelseapparaten	0	1
7. Astma eller annan lungsjukdom	0	1
8. Allergisk snuva eller ögoninflammation	0	1
9. Atopiskt eksem	0	1
10. Annan hudsjukdom, besvärlig akne	0	1
11. Laktosintolerans	0	1
12. Annan mag- eller tarmsjukdom	0	1
13. Återkommande urinvägsinfektion, njursjukdom	0	1
14. Sjukdom i de manliga könsorganen	0	1
15. Gynekologisk sjukdom	0	1
16. Synfel (glasögon)	0	1
17. Ögonsjukdom	0	1
18. Öron-, näs- eller halssjukdom	0	1
19. Karies (hål i tänderna)	0	1
20. Inflammerad visdomstand	0	1
21. Migrän	0	1
22. Epilepsi, annan neurologisk sjukdom	0	1
23. Ätstörningar (anorexi, bulimi, hetsätning)	0	1
24. Ängestneuros (panikstörningar, rädsla för sociala situationer osv.)	0	1
25. Depression	0	1
26. Annan psykisk störning	0	1
27. Annat, vad?	0	1

**2. Hurdant anser du ditt hälsotillstånd vara?**

- 1 gott
- 2 rätt bra
- 3 medelmåttigt
- 4 rätt svagt
- 5 svagt

**3. Vilket av följande alternativ upplever du som det största hotet mot din hälsa?**

- 1 miljöförstörelsen
- 2 eventuellt ohälsosamma levnadsvanor
- 3 våld eller olycksfall
- 4 psykisk stress
- 5 ärftliga faktorer
- 6 annat, vad? \_\_\_\_\_
- 7 vet inte

**4. Använder du läkarordinerade läkemedel?**

(Vid behov kan du ringa in flera punkter.)

- 0 nej, inga alls
- 1 ja, regelbunden medicinering för sjukdom
- 2 ja, läkemedel efter behov
- 3 ja, hudkrämer regelbundet eller efter behov
- 4 ja, p-piller

**5. Använder du receptfria läkemedel?**

- 0 inte alls eller mycket sällan
- 1 en eller ett par gånger per månad
- 2 varje vecka
- 3 dagligen eller nästan dagligen

**6. Använder du naturmediciner (vitaminer, mineralämnen eller andra naturmedel) eller s.k. hälsokostprodukter?**

- 0 nej
- 1 ibland
- 2 regelbundet eller ofta

**7. Har du använt eller använder du preparat som förbättrar idrotts-, motions- eller styrkeprestationer?**

- 0 aldrig
- 1 jag har tidigare använt
- 2 jag använder för tillfället

**8. Längd |\_\_|\_\_|\_\_| cm**

**9. Vikt |\_\_|\_\_|\_\_| kg**

**10. Har din vikt förändrats under det senaste året (12 mån.)?**

- 1 Vikten har minskat |\_\_|\_\_| kg
- 2 Vikten är oförändrad
- 3 Vikten har ökat |\_\_|\_\_| kg

**11. Vad anser du om din vikt? Ange vilket alternativ som beskriver din vikt bäst.**

- 1 mycket undervikt
- 2 i viss mån undervikt
- 3 lämplig vikt
- 4 i viss mån övervikt
- 5 mycket övervikt

**12. Förhåller du dig normalt till mat?**

- 0 nej
- 1 ja
- 2 vet inte

**13. Har du någon gång bantat kraftigt?**

- 0 nej
- 1 ja, bantningen var planerad och kontrollerad
- 2 ja, men jag förlorade kontrollen över bantningen

**14. Har du haft följande symptom under den senaste månaden (30 dagar)?**  
(Besvara alla punkter.)

	inte alls	ibland	varje vecka	dagligen eller nästan dagligen
1. huvudvärk	0	1	2	3
2. yrsel	0	1	2	3
3. trötthet eller kraftlöshet	0	1	2	3
4. besvär i övre ryggen eller nacken	0	1	2	3
5. besvär i undre ryggen	0	1	2	3
6. smärta i armar, ben eller leder	0	1	2	3
7. magont, halsbränna	0	1	2	3
8. illamående eller uppkastningar	0	1	2	3
9. gasbesvär eller uppsvälldhet	0	1	2	3
10. förstoppning eller diarré	0	1	2	3
11. hjärtklappning, arytm	0	1	2	3
12. hudproblem	0	1	2	3
13. röstproblem	0	1	2	3
14. snuva eller tilltäpplighet	0	1	2	3
15. halsbesvär (ont, slem)	0	1	2	3
16. långvarig hosta eller andnöd	0	1	2	3
17. blödande tandkött eller tandköttproblem	0	1	2	3
18. tandproblem (ilning, värk)	0	1	2	3
19. besvär av visdomständerna	0	1	2	3
20. bettbesvär	0	1	2	3
21. insomningssvårigheter eller uppvakning på natten	0	1	2	3
22. koncentrationssvårigheter	0	1	2	3
23. spändhet eller nervositet	0	1	2	3
24. depression eller nedstämdhet	0	1	2	3
25. ångest	0	1	2	3
26. annat, vad?	0	1	2	3

**15. Har du under det senaste halvåret (6 mån.) haft följande besvär:**  
(Vid behov kan du ringa in flera punkter.)

**Gynekologiska besvär?**

- 0 nej
- 1 menstruationssmärtor som kräver mediciner
- 2 menstruationsrubbingar
- 3 onormal vitflytning
- 4 samlagssmärtor
- 5 annat, vad? \_\_\_\_\_

**Andrologiska besvär, dvs. sådana som uppträder hos män?**

- 0 nej
- 1 problem med förhuden (infektioner, trånghet osv.)
- 2 flytningar från eller sveda i urinröret
- 3 erektionsstörningar, potensproblem
- 4 prostatabesvär
- 5 annat, vad? \_\_\_\_\_

**16. Hur har du under den senaste tiden kunnat koncentrera dig på dina uppgifter?**

- 1 bättre än vanligt
- 2 lika bra som vanligt
- 3 sämre än vanligt
- 4 mycket sämre än vanligt

**17. Har du under den senaste tiden vakat mycket på grund av bekymmer?**

- 1 inte alls
- 2 inte mer än vanligt
- 3 något mer än vanligt
- 4 mycket mer än vanligt

**18. Har du under den senaste tiden tyckt att du i olika sammanhang har varit till ?**

- 1 större nytta än vanligt
- 2 samma nytta som vanligt
- 3 mindre nytta än vanligt
- 4 mycket mindre nytta än vanligt

**19. Har du under den senaste tiden tyckt att din förmåga att fatta beslut varit ?**

- 1 bättre än vanligt
- 2 lika god som vanligt
- 3 sämre än vanligt
- 4 mycket sämre än vanligt

**20. Har du under den senaste tiden tyckt att du ständigt är överansträngd?**

- 1 inte alls
- 2 lite mer än vanligt
- 3 något mer än vanligt
- 4 mycket mer än vanligt

**21. Har du under den senaste tiden haft en känsla av att du inte klarar av dina svårigheter?**

- 1 inte alls
- 2 lite mer än vanligt
- 3 något mer än vanligt
- 4 mycket mer än vanligt

**22. Har du under den senaste tiden kunnat njuta av dina vanliga dagliga förhållanden?**

- 1 mer än vanligt
- 2 lika mycket som vanligt
- 3 mindre än vanligt
- 4 mycket mindre än vanligt

**23. Har du under den senaste tiden kunnat möta dina svårigheter ?**

- 1 bättre än vanligt
- 2 lika bra som vanligt
- 3 sämre än vanligt
- 4 mycket sämre än vanligt

**24. Har du känt dig olycklig och nedstämd under den senaste tiden?**

- 1 inte alls
- 2 inte mer än vanligt
- 3 något mer än vanligt
- 4 mycket mer än vanligt

**25. Har du under den senaste tiden förlorat ditt självförtroende?**

- 1 inte alls
- 2 inte mer än vanligt
- 3 något mer än vanligt
- 4 mycket mer än vanligt

**26. Har du under den senaste tiden känt dig värdelös som mänska?**

- 1 inte alls
- 2 inte mer än vanligt
- 3 något mer än vanligt
- 4 mycket mer än vanligt

**27. Har du under den senaste tiden på det hela taget känt dig rätt lycklig?**

- 1 mer än vanligt
- 2 lika som vanligt
- 3 mindre än vanligt
- 4 mycket mindre än vanligt

## 28. Hur bedömer du nedan nämnda faktorer för tillfället?

att få grepp om studierna	- 2	- 1	0	+ 1	+ 2	?
att uppträda, t.ex. hålla föredrag	- 2	- 1	0	+ 1	+ 2	?
att skapa kontakt med studiekompisar och människor i allmänhet	- 2	- 1	0	+ 1	+ 2	?
att få kontakt med det motsatta könet	- 2	- 1	0	+ 1	+ 2	?
min sexualitet	- 2	- 1	0	+ 1	+ 2	?
mitt förhållande till föräldrarna	- 2	- 1	0	+ 1	+ 2	?
planeringen av framtiden	- 2	- 1	0	+ 1	+ 2	?
mina egen styrka och förmåga	- 2	- 1	0	+ 1	+ 2	?
min sinnesstämning i allmänhet	- 2	- 1	0	+ 1	+ 2	?

### Svarsalternativ:

- 2	- 1	0	+ 1	+ 2	?
ETT VERKLIGT PROBLEM, som på ett avgörande sätt försvårar mitt liv just nu	ETT TYDLIGT PROBLEM, som dock inte besvärar mig ständigt och/eller särskilt kraftigt	jag har inte haft orsak att fästa särskild uppmärksamhet vid frågan	vanligen POSITIVA UPPLEVELSER	något som verkligen ger mig TILLFREDSSTÄLLELSE	svårt att säga

## HÄLSOBETEENDE

### Tobak och snus

#### 29. Röker du för tillfället?

- 0 inte alls (forts. till fråga 32)
- 1 ja, mindre än en gång per vecka
- 2 ja, varje vecka, men inte varje dag
- 3 ja, varje dag

#### 31. Skulle du vilja sluta röka?

- 0 nej
- 1 ja
- 2 vet inte

#### 30. Hur mycket röker du i medeltal per dag?

- \_\_\_|\_\_\_| cigaretter
- \_\_\_|\_\_\_| cigarrer
- \_\_\_|\_\_\_| pipor

#### 32. Använder du snus (portionssnus, lössnus eller tuggtobak)?

- 0 inte alls
- 1 ibland
- 2 regelbundet

## Droger

### 33. Har du provat eller använt narkotika, läkemedel eller läkemedel + alkohol för att bli berusad?

(Svara på alla punkter.)

	nej	en gång	2 - 4 gånger	oftare
cannabis (hasis eller marijuana)	0	1	2	3
intravenös narkotika	0	1	2	3
annan narkotika, vad? _____	0	1	2	3
läkemedel i berusningssyfte	0	1	2	3
läkemedel och alkohol tillsammans i berusningssyfte	0	1	2	3

## Alkohol

En portion alkohol =

en flaska (33 cl) mellanöl, cider, long drink  
ett glas (12 cl) vin  
ett glas (8 cl) starkvin  
ett glas (4 cl) starksprit

### 34. Hur många glas eller flaskor alkohol dricker du i medeltal per vecka?

(Skriv 0 för de alkoholdrycker som du inte alls dricker.

Besvara varje punkt.)

mellanöl           |\_|\_|\_| flaskor

A-öl               |\_|\_|\_| flaskor

cider              |\_|\_|\_| flaskor

long drink       |\_|\_|\_| flaskor

vin                |\_|\_|\_| glas

starksprit       |\_|\_|\_| glas

### 35. Upplever du det som om du på grund av dina kompisars inflytande måste dricka mera alkohol än du egentligen skulle vilja?

- 1 nej
- 2 ibland
- 3 ofta

### 36. Om du deltar i fester eller träffar där det bjuds på alkohol serveras då även alkoholfria alternativ?

- 1 nästan alltid
- 2 ibland
- 3 knappast någonsin

### 37. Om någon i ditt sällskap väljer ett alkoholfritt alternativ, väcker detta andras uppmärksamhet?

- 1 vanligen inte
- 2 ibland
- 3 nästan alltid

**38. Hur ofta dricker du alkohol?**

- 0 aldrig
- 1 en gång i månaden eller mera sällan
- 2a 2 - 3 gånger i månaden
- 2b en gång i veckan
- 3 2 - 3 gånger i veckan
- 4 fyra gånger eller mera i veckan

**39. Hur många portioner dricker du vanligen de dagar du dricker?**

- 0 1 - 2 portioner
- 1 3 - 4 portioner
- 2 5 - 6 portioner
- 3 7 - 9 portioner
- 4 10 portioner eller mera

**40. Hur ofta dricker du 6 portioner eller mera per gång?**

- 0 aldrig
- 1 mindre än en gång per månad
- 2 en gång i månaden
- 3 en gång i veckan
- 4 nästan dagligen

**41. Hur ofta under det senaste året har det hänt att du inte kunnat sluta dricka när du en gång börjat?**

- 0 inte en enda
- 1 mindre än en gång per månad
- 2 en gång i månaden
- 3 en gång i veckan
- 4 nästan dagligen

**42. Hur ofta under det senaste året har du på grund av ditt drickande inte klarat av att göra det som du planerat?**

- 0 inte en enda
- 1 mindre än en gång i månaden
- 2 en gång i månaden
- 3 en gång i veckan
- 4 nästan dagligen

**43. Hur ofta har du under det senaste året varit i behov av en återställare?**

- 0 aldrig
- 1 mindre än en gång i månaden
- 2 en gång i månaden
- 3 en gång i veckan
- 4 nästan dagligen

**44. Hur ofta har du under det senaste året känt skuld eller ånger efter att ha druckit?**

- 0 aldrig
- 1 mindre än en gång i månaden
- 2 en gång i månaden
- 3 en gång i veckan
- 4 nästan dagligen

**45. Hur ofta under det senaste året har det hänt att du på grund av ditt drickande inte kan minnas vad som hänt föregående kväll?**

- 0 aldrig
- 1 mindre än en gång i månaden
- 2 en gång i månaden
- 3 en gång i veckan
- 4 nästan dagligen

**46. Har du någonsin på grund av ditt drickande orsakat olycksfall som drabbat dig själv eller ditt sällskap?**

- 0 nej
- 2 ja, men inte under det senaste året
- 4 ja, under det senaste året

**47. Har någon släkting, vän, läkare eller annan person varit bekymrad över ditt alkoholbruk och föreslagit att du borde minska på eller sluta drickandet?**

- 0 nej
- 2 ja, men inte under det senaste året
- 4 ja, under det senaste året

Föda

**48. Tänker du på hur hälsosam maten är då du skaffar den?**

- 0 aldrig eller mycket sällan
- 1 ibland
- 2 ofta

**49. Var äter du oftast ditt huvudmål?**

- 1 student- eller personalmatsal
- 2 på annan allmän matservering (pizzeria, restaurang osv.)
- 3 hos mina föräldrar
- 4 hemma i min bostad
- 5 annanstans, var? \_\_\_\_\_

**50. Hur många koppar (en kopp=1,5 dl) kaffe eller te dricker du vanligen per dag?**

(Skriv 0, om du inte alls dricker kaffe eller te. Besvara vardera punkten.)

**kaffe**       |\_|\_| koppar

**te**           |\_|\_| koppar

**51. Hurdant matfett breder du oftast på brödet?**

- 0 inget alls
- 1 lättmargarin med 25 – 65 % fett (t.ex. Kevyempi Flora, Kevyt linja, Kevyt ja Maukas)
- 2 bordsmargarin med 70 - 80 % fett (t.ex. Flora, Becel, Keiju)
- 3 smör
- 4 smältost

**52. Hur ofta tillsätter du salt i färdig mat?**

- 0 nästan aldrig
- 1 en gång i veckan eller mera sällan
- 2 någon gång i veckan
- 3 nästan varje dag

**53. Hur många glas mjölk eller surmjölk (1 glas = 2 dl) dricker du vanligen per dag?**

Räkna också med den mjölk som du använder tillsammans med flingor, mysli, gröt och i kakao.  
(Skriv 0, om du inte alls använder mjölk eller surmjölk.)

|\_|\_| glas

**54. Hur många burkar yoghurt eller fil (1,5 eller 2 dl) äter du vanligen per vecka?**

(Skriv 0, om du inte äter dessa produkter varje vecka.)

|\_|\_| burkar

**55. Hur många skivor bröd äter du vanligen per dag?**

(Skriv 0, om du inte äter bröd alls. Besvara alla punkter.)

**mörkt bröd** (råg-, knäckebröd osv.)

|\_|\_| skivor

**bland-, jäst-, graham- eller havrebröd**

|\_|\_| skivor

**franskbröd, batong**

|\_|\_| skivor

**56. Hur ofta äter du vanligen följande? (Besvara varje punkt.)**

	2 gånger i veckan eller mera sällan	3-5 gånger i veckan	ca en gång per dag	2 gånger per dag	3 gånger per dag eller oftare
frukt eller bär	0	1	2	3	4
färska grönsaker	0	1	2	3	4
tillredda grönsaker	0	1	2	3	4
kokad potatis	0	1	2	3	4
ris / pasta	0	1	2	3	4



**57. Hur ofta har du ätit följande under den senaste veckan (7 dagar)?**  
(Besvara alla punkter.)

	Inte alls	1 - 2 dagar	3 – 5 dagar	6 - 7 dagar
gröt, mysl, flingor	0	1	2	3
ost	0	1	2	3
pommes frites	0	1	2	3
chips osv.	0	1	2	3
hamburgare, hot dogs	0	1	2	3
korv	0	1	2	3
pizza	0	1	2	3
köttpiroger, -pastejer	0	1	2	3
söta bakverk	0	1	2	3
sötsaker, choklad	0	1	2	3
glass	0	1	2	3
läskedrycker	0	1	2	3

**58. Följer du för tillfället någon specialdiet?**

- 0 nej
- 1 ja, hurdan? (Vid behov kan du ringa in flera alternativ.)
  - 1 laktosfri diet
  - 2 glutenfri diet för celiakipatienter
  - 3 diet för bantare
  - 4 specialdiet på grund av födoämnesallergi
  - 5 diet för diabetiker eller kolesterolsänkande eller blodtryckssänkande diet
  - 6 diet med grönsaker, mjölkprodukter samt ägg, höns eller fisk
  - 7 laktovegetarisk diet (vegetarisk diet + mjölkprodukter)
  - 8 diet för veganer (endast vegetariska produkter)
  - 9 levande föda
  - 10 annan, hurdan? \_\_\_\_\_

**Tandvård**

**59. Hur ofta borstar du tänderna?**

- 0 mindre än en gång per dag
- 1 en gång per dag
- 2 oftare än en gång per dag

**60. Använder du tandpetare eller tandtråd?**

- 0 inte alls
- 1 ibland
- 2 varje dag

**61. Använder du xylitoluggummi eller andra produkter som sötats med xylitol?**

- 0 nej
- 1 ibland
- 2 en gång per dag
- 3 minst två gånger per dag

## Kondition

### 62. Hur anser du din fysiska kondition vara?

- 1 god
- 2 rätt bra
- 3 medelmåttig
- 4 rätt dålig
- 5 dålig

### 63. Hur ofta fritidsmotionerar du minst ½ timme i gången så att du blir åtminstone lindrigt andfådd eller svettig (t.ex. jogging, cykelåkning, skidåkning, gymnastik, simning, bollspel)?

- 0 inte alls eller mycket sällan
- 1 1 - 3 gånger i månaden
- 2 ca en gång i veckan
- 3 2 - 3 gånger i veckan
- 4 4 - 6 gånger i veckan
- 5 dagligen

### 64. Hur många minuter nyttig motion idkar du i form av promenader eller cykelåkning per dag (färderna till läroinrättningen, till hobbyer, arbete osv.)?

- 0 mindre än 15 minuter per dag
- 1 15 - 30 minuter per dag
- 2 30 - 60 minuter per dag
- 3 över en timme per dag

### 65. Hur ofta idkar du lätt motion minst ½ timme i gången eller rör dig i anslutning till någon annan hobby (t.ex. promenader, vandring i naturen, dans, hundpromenader, trädgårdsskötsel, hemsysslor) ?

- 0 högst 3 gånger i månaden
- 1 1 - 2 gånger per vecka
- 2 3 - 4 gånger per vecka
- 3 dagligen eller nästan dagligen

### 66. Idkar du kraftsporter?

- 0 nej
- 1 ja, 1 - 2 gånger i veckan
- 2 ja, 3 - 4 gånger i veckan
- 3 ja, 5 gånger eller mera i veckan

### 67. Vem arrangerar den motionsverksamhet som du deltar i?

(Vid behov kan du ringa in flera alternativ.)

- 0 jag motionerar inte alls
- 1 jag motionerar på egen hand
- 2 jag motionerar tillsammans med en vän eller i kompisars sällskap
- 3 universitetet
- 4 ämnesförening osv.
- 5 idrottsförening (andra än universitetets)
- 6 annan organisation
- 7 privata motionsinrättningar
- 8 kommunala motionsinrättningar

### 68. Varför motionerar du?

(Ange de två viktigaste orsakerna så att siffran 1 anger den viktigaste och siffran 2 den näst viktigaste orsaken)

- 0 jag motionerar inte alls
- 1 \_\_\_\_\_ för eget nöje, omväxling och stimulans
- 2 \_\_\_\_\_ "för att se bra ut"
- 3 \_\_\_\_\_ för att upprätthålla eller förbättra konditionen eller hälsan
- 4 \_\_\_\_\_ för vård av sjukdom eller kroppsskada
- 5 \_\_\_\_\_ för att få vara ensam
- 6 \_\_\_\_\_ för att träffa vänner
- 7 \_\_\_\_\_ för att ta avstånd från vardagen, få utlopp för stress
- 8 \_\_\_\_\_ annan orsak, vilken?

**69. Vilken av följande motionsformer passar dig bäst?**

- 1 frisksport, motion utomhus
- 2 träning på gym, styrketräning, orientaliska kampgrenar
- 3 gymnastik, aerobic, dans
- 4 simning, vattenmotion
- 5 bollgrenar
- 6 nyttomotion (t.ex. färder under vilka du uträttar ärenden, städning, gående i trappor)
- 7 motion som följer av annan hobby (t.ex. trädgårdsskötsel, hundpromenader, svampplockning)
- 8 annan motion, vilken? \_\_\_\_\_

**70. Tycker du att du har tillräcklig med möjligheter att idka lämplig motion?**

- 1 ja  
0 nej, varför inte?  
Ringa in de två viktigaste orsakerna:

- 1 tidsbrist
- 2 penningbrist
- 3 brist på motionslokaler
- 4 dåliga trafikförbindelser till motionsinrättningarna
- 5 avsaknad av lämplig motionsform
- 6 avsaknad av handledning
- 7 avsaknad av lämplig grupp
- 8 annan orsak, vilken? \_\_\_\_\_

**Olycksfall och trafiksäkerhet**

**71. Har du under det senaste året råkat ut för olycksfall som krävt läkarvård?**

- 0 nej  
1 ja, hurdant? (Vid behov kan du ringa in flera punkter.)
- 1 trafikolycka med motorfordon
  - 2 annan trafikolycka (som fotgängare, cyklist)
  - 3 olycksfall i arbetet (inte olycksfall på vägen till arbetet)
  - 4 olycksfall inom ramen för studier, hurdant
- 
- 5 olycksfall i hemmet (hemma eller på gården)
  - 6 idrottsolycksfall (vid motions- eller tävlingsidrott)
  - 7 annat fritidsolycksfall
  - 8 annat olycksfall

**72. Använder du bilbälte då du kör eller är passagerare i en bil?**

- 0 aldrig  
1 ibland  
2 vanligen alltid

**73. Använder du reflex då du rör dig utomhus efter mörkrets inbrott?**

- 0 aldrig  
1 ibland  
2 vanligen alltid

**74. Använder du hjälm då du cyklar?**

- 0 aldrig  
1 ibland  
2 vanligen alltid  
3 jag cyklar aldrig

**75. Använder du cykel som fortskaffningsmedel eller motionsredskap?**

- 0 nästan aldrig  
1 ibland under den varma tiden  
2 vanligen under vår, sommar och höst  
3 nästan året runt

## MÄNNISKORELATIONER

### 76. Civilstånd

- 1 ogift
- 2 sambo
- 3 gift
- 4 skild eller änka/änkling

### 77. Hur många barn försörjer du?

(Skriv 0, om du inte försörjer något barn)

\_\_\_\_ barn

### 78. Hur ofta är du tillsammans med din vän eller dina vänner på din fritid?

- 0 egentligen aldrig
- 1 mera sällan en gång per månad
- 2 1 - 3 gånger i månaden
- 3 ca en gång i veckan
- 4 2 - 3 gånger i veckan
- 5 nästan varje dag

### 79. Kan du - om du så vill - med någon närstående öppet diskutera dina angelägenheter och problem?

- 0 aldrig
- 1 mycket sällan
- 2 ibland eller vissa saker
- 3 ofta
- 4 alltid eller för det mesta

### 80. Hur ofta har du under det senaste året (12 mån.) deltagit i verksamhet som ordnats av någon förening eller något sällskap (t.ex. idrottsförening, musikkår, vetenskaplig eller religiös förening, ämnesförening eller studentkår, scouterna osv.)?

- 0 mycket sällan eller inte alls
- 1 några gånger per år
- 2 1 - 3 gånger i månaden
- 3 en gång i veckan eller oftare

### 81. Känner du dig ensam?

- 0 nej
- 1 ja, ibland
- 2 ja, ofta
- 3 vet inte

### 82. En människas närmaste krets inverkar på hur hon mår och klarar av stressituationer. Den närmaste kretsen kan omfatta ett fåtal eller ett stort antal personer.

Med följande schema vill vi kartlägga din närmaste krets.

#### Svarsanvisningar:

Skriv i den innersta ovalen initialerna på de personer som står dig allra närmast, dvs. de personer som du svårligen skulle klara dig utan.

Skriv i den mittersta ovalen initialerna på de personer som är mycket viktiga för dig, men inte lika närstående som ovan nämnda.

Skriv i den yttersta ovalen initialerna på de personer som inte är lika närstående som ovan nämnda, men som hör till din närmaste krets och som du har regelbunden kontakt med.

## STUDIER, EKONOMI OCH BOENDE

**83. Tycker du att du studerar inom rätt område?**

- 0 nej
- 1 ja
- 2 vet inte

**84. Hur många år tror du att du kommer att studera ännu?**

\_\_\_\_|\_\_\_\_| år

**85. Upplever du dig höra till någon grupp som ansluter sig till studierna?**

- 0 nej
- 1 ja
- 2 vet inte

**86. Hur skulle du beskriva den handledning och rådgivning du fått från läroinrättningens sida under det senaste året (12 mån.)?**

- 0 alldeles otillräcklig
- 1 något bristfällig
- 2 måttlig
- 3 bra
- 4 utmärkt
- 5 varierande

**87. Vet du vem på läroinrättningen du kan vända dig till om du behöver råd angående studierna?**

- 0 nej
- 1 vagt
- 2 ja

**88. Vem har under det senaste året (12 mån.) gett dig stöd angående dina studier** (hjälp med planeringen av studierna, råd i ämnesval, handledning i uppgifterna osv.)?  
Näm de 2 viktigaste personerna.

**89. Förvärvsarbete under det senaste året (12 mån.):**

**Heldagsarbete**

- 0 Inte alls
- 1 0 - 3 mån.
- 2 3 - 6 mån.
- 3 över 6 mån.

**Halvdags- eller deltidsarbete**

- 0 Inte alls
- 1 0 - 3 mån.
- 2 3 - 6 mån.
- 3 6 - 9 mån.
- 4 över 9 mån.

**Ströjobb**

- 0 inte alls
- 1 ibland
- 2 ofta

**90. Bedöm din ekonomi under det senaste året (12 mån.)**

	nej	ja	vet inte
jag var tvungen att arbeta för att trygga min utkomst	0	1	2
jag fick ekonomiskt stöd av mina föräldrar eller släktingar i form av pengar, varor osv.	0	1	2
boendeutgifterna tog över hälften av mina disponibla medel	0	1	2

**91. I vilken mån räckte dina pengar till?**

- 1 utmärkt
- 2 bra
- 3 jag klarade mig eftersom jag levde sparsamt.
- 4 min utkomst var mycket knapp och osäker.

**92. Är du nöjd med din nuvarande bostad?**

- 1 ja
- 2 nej, därför att \_\_\_\_\_

## HÄLSOATTITYDER OCH HÄLSOKUNSKAPSKÄLLOR

### 93. Hur viktigt tycker du det är att man genom lagstiftning reglerar följande?

	inte alls viktigt	rätt oviktigt	rätt viktigt	mycket viktigt
rökning på arbetsplatserna	1	2	3	4
rökning i offentliga utrymmen	1	2	3	4
användning av cannabis	1	2	3	4
tvångsvård av unga med narkotikaproblem	1	2	3	4
alkoholförsäljning i deltaljhandeln	1	2	3	4
förtäring av alkohol på offentliga platser	1	2	3	4
tillsatsämnen i födan	1	2	3	4

### 94. Har någon inom vårdpersonalen under det senaste året (12 mån.) rekommenderat att du skall ändra din livsstil på grund av sjukdom, problem eller symptom?

- 0 nej
- 1 ja
- 2 jag har inte anlitat någon hälsovårdsservice under det senaste året.

### 95. Hur inverkar läkarordinationer på din livsstil?

- 0 inte alls
- 1 knappast alls
- 2 rätt mycket
- 3 mycket
- 4 vet inte

### 96. Har du tittat på SHVS:s webbsidor?

- 0 nej
- 1 ja

### 97. Var har du fått den viktigaste hälso-relaterade informationen under det senaste året?

Ringa in den viktigaste källan i varje låda.

- 1. TV, radio
- 2. tidningar
- 3. tidskrifter
- 4. böcker, specialtidningar inom hälso- och sjukvård
- 5. internet

- 6. familjemedlemmar, släktingar
- 7. vänner, arbets- eller studiekamrater
- 8. läkare, tandläkare, psykiater
- 9. annan vårdpersonal
- 10. annan person

- 11. skola eller studier
- 12. militären
- 13. skriftliga patientanvisningar
- 14. affischer, anslagstavlor, utställningar
- 15. kurser, mässor o.dyl. evenemang

16. annan eventuell informationskälla, vilken?

\_\_\_\_\_

## HÄLSOSERVICE

**98. Har du under det senaste året (12 mån.) anlitat följande service?**  
(Besvara alla punkter.)

	nej	en gång	2 - 5 gånger	över 5 gånger
<b>HÄLSOVÅRDARE</b>				
Studenternas hälsovårdsstiftelse	0	1	2	3
hälsocentral, moderskapsrådgivning	0	1	2	3
företagshälsovård	0	1	2	3
militären	0	1	2	3
<b>FYSIOTERAPEUT</b>				
Studenternas hälsovårdsstiftelse	0	1	2	3
hälsocentral	0	1	2	3
företagshälsovård	0	1	2	3
militären	0	1	2	3
den privata sektorn	0	1	2	3
<b>ALLMÄNPRAKTISERANDE LÄKARE</b>				
Studenternas hälsovårdsstiftelse	0	1	2	3
hälsocentral, akutmottagning på sjukhus	0	1	2	3
företagshälsovård	0	1	2	3
militären	0	1	2	3
den privata sektorn	0	1	2	3
<b>SPECIALISTLÄKARE</b>				
Studenternas hälsovårdsstiftelse	0	1	2	3
hälsocentral	0	1	2	3
poliklinik på sjukhus	0	1	2	3
företagshälsovård	0	1	2	3
militären	0	1	2	3
den privata sektorn	0	1	2	3
<b>TANDVÅRDARE</b>				
Studenternas hälsovårdsstiftelse	0	1	2	3
hälsocentral	0	1	2	3
militären eller annan inrättning	0	1	2	3
<b>TANDLÄKARE</b>				
Studenternas hälsovårdsstiftelse	0	1	2	3
hälsocentral	0	1	2	3
militären	0	1	2	3
den privata sektorn	0	1	2	3
<b>PSYKOLOG</b>				
Studenternas hälsovårdsstiftelse	0	1	2	3
mentalvårdsbyrå	0	1	2	3
militären	0	1	2	3
den privata sektorn	0	1	2	3
<b>PSYKIATER</b>				
Studenternas hälsovårdsstiftelse	0	1	2	3
mentalvårdsbyrå	0	1	2	3
militären	0	1	2	3
den privata sektorn	0	1	2	3

**99. Om du har utnyttjat andra än SHVS:s tjänster, varför?**  
(Vid behov kan du ringa in flera punkter.)

- 1 jag har inte omfattats av SHVS hela året.
- 2 jag har arbetat/varit i militären/varit gravid.
- 3 jag har fått remiss annanstans.
- 4 jag har vårdförhållande annanstans sedan tidigare.
- 5 jag har behövt hjälp på en ort där SHVS:s tjänster inte finns att tillgå.
- 6 jag har behövt hjälp under jourtid.
- 7 SHVS erbjuder inte den service som jag har behövt.
- 8 jag har inte fått vård på SHVS tillräckligt snabbt.
- 9 jag har inte varit nöjd med SHVS:s tjänster.
- 10 annan orsak, vilken? \_\_\_\_\_

### 100. Hur upplevde du vården då du senast anlidade SHVS:s tjänster?

	helt av samma åsikt	nästan av samma åsikt	av litet annan åsikt	helt av annan åsikt
jag fick klarhet i de frågor som bekymrade mig.	1	2	3	4
man lyssnade på mig och jag tyckte man förstod mig.	1	2	3	4
personalen visade intresse för mig även som människa.	1	2	3	4
personalen gav sig tillräckligt med tid att diskutera med mig.	1	2	3	4
personalen var vänlig.	1	2	3	4

### 101. Hur fungerade planeringen av vården och vårdinstruktionen då du senast anlidade SHVS?

	helt av samma åsikt	nästan av sam- ma åsikt	av litet annan åsikt	helt av annan åsikt
jag fick tillräckligt med information om min sjukdom.	1	2	3	4
jag fick tillräckligt med information om behandlingsalternativen.	1	2	3	4
mina åsikter beaktades i planeringen av vården.	1	2	3	4
jag fick tillräckligt med råd för hemvård.	1	2	3	4
jag fick tydliga instruktioner för fortsatta åtgärder.	1	2	3	4

### 102. Har du deltagit eller tänker du delta i SHVS:s hälso- eller tandkontroll för första årets studerande?



- 0 nej, inte i någondera
- 1 ja, i vardera
- 2 ja, men enbart i hälsokontrollen
- 3 ja, men enbart i tandkontrollen
- 4 jag vet inte ännu./Jag kommer inte ihåg om jag har deltagit.

**103. Om du inte deltog eller tänker delta i hälsokontrollen, varför?**

- 1 jag har nyss deltagit i en hälsokontroll.
- 2 jag har inga problem.
- 3 jag tycker att hälsokontroller är onödiga.
- 4 jag känner till mina problem ändå.
- 5 jag vill inte att någon blandar sig i mina angelägenheter.
- 6 annan orsak, vilken? \_\_\_\_\_

**104. Skulle du önska hälsovårdsservicens hjälp i form av t.ex. individuell rådgivning, gruppsammanskomster, kurser, föreläsningar o.dyl. i följande frågor:**  
(Besvara alla punkter.)

	nej	vet inte	ja	hurdan hjälp?
allergifrågor, hudvård	0	1	2	
att sluta röka	0	1	2	
kontroll av alkoholkonsumtionen	0	1	2	
viktkontroll	0	1	2	
ätstörningar	0	1	2	
näringsfrågor	0	1	2	
motionsfrågor	0	1	2	
frågor som gäller ergonomi	0	1	2	
spänningsproblem	0	1	2	
frågor som gäller människorelationer eller självkänsla	0	1	2	
stresskontroll	0	1	2	
andra problem	0	1	2	

**Hälsningar, önskemål, kommentarer osv. till SHVS:**

**VI TACKAR FÖR ATT DU SVARADE PÅ ENKÄTEN!**

Adresskälla: SHVS:s register över studerande, Tölögatan 37 A, 00260 Helsingfors