

FSD2326

University Student Health Survey 2004

Codebook



FINNISH SOCIAL SCIENCE DATA ARCHIVE

The bibliographic citation for this codebook:

University Student Health Survey 2004 [codebook]. Finnish Social Science Data Archive [producer and distributor], 2021.

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

Finnish Social Science Data Archive
FIN-33014 University of Tampere

FSD User Services:
asiakaspalvelu.fsd@uta.fi
+358 40 190 1442

Aila Data Service Portal:
<https://services.fsd.uta.fi/>

Finnish Social Science Data Archive
<http://www.fsd.uta.fi/en/>

To the reader

This codebook is part of the data FSD2326 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 (Oy 4Pharma Ltd): University Student Health Survey 2004 [dataset]. Version 2.0 (2018-07-10). Finnish Social Science Data Archive [distributor]. <http://urn.fi/urn:nbn:fi:fsd:T-FSD2326>

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.

Contents

1	Study description	1
1.1	Titles	1
1.2	Subject description	1
1.3	Structure and collection of the data	3
1.4	Use of data	4
2	Variables	13
3	Indexes	157
3.1	Variables in the order of occurrence	157
3.2	Variables in alphabetical order	173
A	Questionnaire in Finnish	189

Chapter 1

Study description

1.1 Titles

Titles and data version: University Student Health Survey 2004

Titles and data version in Finnish: Yliopisto-opiskelijoiden terveystutkimus 2004

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

1.2 Subject description

Other material

More information on the research project¹

Authoring entity

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

Huttunen, Teppo (Oy 4Pharma Ltd)

Copyright statement for the data

In accordance with the agreement between FSD and the depositor.

Depositor

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

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

Date of deposit

26.2.2008

Keywords

accidents; alcohol use; dental health; diet and exercise; drinking behaviour; drug use; economic conditions; food and nutrition; health; health services; health status; interpersonal relations; lifestyle and health; living conditions; mental health; physical activities; sexual health; 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; Signs and symptoms; pathological conditions; 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. Main topics covered the respondents' general state of health, health behaviour, studying, relationships, working and living, use of health services, and sexual health.

Questions covered general state of health, possible illnesses and injuries, use of medication, contraception, dieting and slimming, and amount of sleep. The respondents were also asked whether they had any physical or mental symptoms, including areas such as sexual health, eating disorders and dental hygiene. A symptom index was formed based on the responses. Men's and women's diseases were canvassed separately. In addition, 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 dental hygiene, physical exercise, nutrition, smoking, drug and alcohol use, and accidents. The respondents were asked about their personal dental hygiene (e.g. use of toothpaste). They were also asked how often they exercised and why, and who organised the exercise. Nutritional habits were investigated with questions about the respondents' consumption of dairy and grain products, fruits, berries, vegetables, and sugary and fatty products. In addition, the respondents were also asked whether they were on a special diet. In relation to alcohol use, the respondents were asked how much and how often they drank alcohol, to what extent peer pressure influenced their alcohol use, and whether drinking had ever caused them problems. The questionnaire included an AUDIT-test (Alcohol Disorders Test). In relation to drug use, the respondents indicated whether they had used various drugs or medicine for recreational purposes. Accidents and road safety were charted by asking them whether they used seat belt or bike helmet. They were also asked questions about smoking and snuffing. Attitudes to health issues were charted by asking whether there should be legislation regulating smoking in public places, alcohol selling in retail shops, or cannabis use.

With regard to studies, the respondents assessed whether their area of study was right for them, when they were going to graduate, whether they had succeeded in their studies, who had given them study guidance, and how satisfied they had been with the guidance. Views on difficulties related to studies were also probed. Relationships were charted by questions on living circumstances, number of children, size of circle of acquaintances, and level of social interaction. The respondents' financial circumstances and participation in paid employment were also studied.

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

Finally, the respondents were presented with a set of questions on sexual health. Questions probed the frequency of sexual intercourse, potential problems with condom use, and whether the respondents had had chlamydia. The female respondents were also asked questions on emergency contraception and whether they had had an abortion.

Background variables included the respondent's gender, year of birth, mother tongue, location of university, area of study, and whether R had given feedback to the FSHS at the end of the questionnaire.

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: January 2004 – May 2004

1. Study description

Data collector(s): Kunttu, Kristina (Finnish Student Health Service); Huttunen, Teppo (Oy 4Pharma Ltd)

Data producer(s): Finnish Student Health Service; Ministry of Education

Mode of data collection: Self-administered questionnaire: Paper

Type of research instrument: Structured questionnaire

Time period covered: 2004

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

Response rate: 62.7

Number of variables and cases: The data contain 340 variables and 3153 cases.

Sampling procedure: Probability: Systematic random

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. The sample was stratified according to municipality so that the relative proportion of the target population was the same in each municipality.

Sample size was 5,030, out of which 2,300 were men and 2,730 women. Follow-up mailings were sent three times. 3,153 questionnaires were returned.

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

1.4 Use of data

Data appraisal

In question 3, the respondents were asked to select only one alternative. However, some of the respondents selected more than one, and the additional alternatives were originally coded as open-ended responses for the "Other, specify" variable following question 3. During the archival process, the double responses were recoded as dichotomic variables on the basis of the response categories (q3_1, q3_2, etc.). Original variable q3 contains only one response per respondent.

Related publications

Ala-Vennan S. (2015): Korkeakouluopiskelijoiden kuntoliikuntatottumukset ja opiskelu-uupumus, Pro gradu -tutkielma

Almonkari, Merja (2007). Jännittäminen opiskelun puheviestintätilanteissa. Jyväskylä: Jyväskylän yliopisto. Jyväskylä studies in humanities; 86. Väitöskirja.

Almonkari M.: Jännittäminen opiskelun puheviestintätilanteissa (väitöskirja). Jyväskylän yliopisto: Jyväskylä studies in humanities 86, 2007

Almonkari, M. & Kunttu, K. (2012). Korkeakouluopiskelijoiden jännittämiskokemusten yhteys opiskelukykyyn. Prologi. Puheviestinnän vuosikirja 2012:7-27.

Almonkari M, Kunttu K. Korkeakouluopiskelijoiden jännittämiskokemusten yhteys opiskelukykyyn. Prologi. Puheviestinnän vuosikirja 2012:7-27.

Almonkari M: Sosiaalinen jännittäminen opiskelutilanteissa. Julkaisussa Kunttu K, Komulainen A, Makkonen K, Pynnönen P. (toim.) Opiskeluterveys (online). Helsinki: Kustannus Oy Duodecim, 5.6.2017

Björklund, Katja (2010). Stalking and violence victimization among Finnish university students. Helsinki: University of Helsinki. Institute of Behavioural Sciences, Studies 65:2010.

Björklund, Katja & Häkkänen-Nyholm, Helinä & Huttunen, Teppo & Kunttu, Kristina (2010). Violence victimization among Finnish university students: prevalence, symptoms and health care usage. *Social Science & Medicine* 70(9), 1416-22.

Björklund K, Häkkänen-Nyholm H, Huttunen T, Kunttu K.: Violence victimization among Finnish university students: prevalence, symptoms and health care usage. *Social Science & Medicine* 2010 May;70(9):1416-22. Epub 2010 Feb 12.

Björklund K, Heiskanen M, Kokko M. Opiskelija internetissä - kuin kala vedessä vai kiinni verkossa. Korkeakouluopiskelijoiden rahapelaaminen ja internetin käyttö. YTHS ja THL. Terveyden ja hyvinvoinnin laitoksen raportteja 16/2011.

Björklund K.: Stalking and violence victimization among Finnish university students. (Dissertation) Helsinki: University of Helsinki, Institute of Behavioural Sciences, Studies in Psychology 65:2010. Tiivistelmä

Castren J, Huttunen T, Kunttu K.: Users and non-users of web-based health advice service among Finnish university students - chronic conditions and self-reported health status (a cross-sectional study). *BMC Medical Informatics and Decision Making* 2008, 8:8, Published: 31 January 2008, <http://www.biomedcentral.com/1472-6947/8/8>

Castrén J, Huttunen T, Kunttu K.: Yliopisto-opiskelijat ja sähköiset terveystalvet. *Suomen Lääkärilehti* 2007;62 (27-31): 2679-83.

Castrén, Johanna (2008). Sähköinen viestintä ja verkkoneuvontapalvelu osana yliopisto-opiskelijoiden terveydenhuoltoa. Tampere: Tampereen yliopisto. *Acta Universitatis Tamperensis*; 1367.

Castrén, Johanna & Huttunen, Teppo & Kunttu, Kristina (2007). Yliopisto-opiskelijat ja sähköiset terveystalvet. *Suomen Lääkärilehti* 62/2007, 2679-2683.

Castrén, Johanna & Huttunen, Teppo & Kunttu, Kristina (2008). Users and non-users of web-based health advice service among Finnish university students - chronic conditions and self-reported health status (a cross-sectional study). *BMC Medical Informatics and Decision Making* 2008, 8:8.

Castrén, Johanna & Virjo, Irma (2006). YTHS:n lääkärin asenteet sähköpostin käyttöön potilastyössä. *Suomen Lääkärilehti* 61/2006, 1487-1492.

Castren J.: Sähköinen viestintä ja verkkoneuvontapalvelu osana yliopisto-opiskelijoiden terveydenhuoltoa (väitöskirja). *Acta Universitatis Tamperensis* 1367. Tampereen yliopisto. Tampere: 2008.

Ebers, F. (2011). Die Gesundheit von Studierenden im internationalen Vergleich unter besonderer Berücksichtigung von körperlich-sportlicher Aktivität. Unpublished thesis. Paderborn.

Grénman M, Räikkönen J. (2017): Taking the first step - From Physical inactivity towards a healthier lifestyle through leisure walking. In the Routledge's International Handbook of Walk-

ing, M. Hall, Y. Ram, N. Shoval (Eds.). Routledge.

Håkans F, Laurén A.: Stress och förvärvsarbete bland universitetsstuderande. Avhandling pro gradu. Samhällsvetenskapliga fakultetsområdet, Åbo Akademi, 2010.

Håkans, Frida & Laurén, Anette (2010). Stress och förvärvsarbete bland universitetsstuderande. Vasa: Samhällsvetenskapliga fakultetsområdet vid Åbo Akademi i Vasa. Pro gradu -avhandling i socialpolitik.

Halme N, Kunttu K. (2018). Miltä suomalaisten opiskelijoiden opiskelukyky näyttää tutkimuksen valossa? Julkaisussa Kunttu K, Komulainen A, Makkonen K, Pynnönen P. (toim.) Opiskeluterveys (online). Helsinki: Kustannus Oy Duodecim. Saatavissa Internetissä, vaatii käyttäjätunnuksen. Artikkelin tunnus: ote00009 (003.004).

Halme, Sini-Tuulia & Jaatinen, Kaisu (2009). Pienin askelin kohti parempaa terveyttä. Terveyttä edistävä tapahtumasarja Kymenlaakson ammattikorkeakoulussa. Kotka: Kymenlaakson ammattikorkeakoulu. Hoitotyön koulutusohjelman opinnäytetyö.

Heiskanen H. (2013). Livelihood and physical activity among Finnish higher education students. Master's Thesis, University of Jyväskylä, Department of Sport Sciences.

Heiskanen H. Livelihood and physical activity among Finnish higher education students. Master's Thesis, University of Jyväskylä, Department of Sport Sciences, 2013.

Hentilä A. & Miettinen I. & Kunttu K. & Tammelin T. & Venojärvi, M. & Korpelainen R. (2015). Muutokset korkeakouluopiskelijoiden kunto- ja hyötyliikunnassa vuosina 2000-2012. Liikunta & Tiede 2015:52(1), 64-69.

Hentilä A., Miettinen I., Kunttu K., Tammelin T., Venojärvi M., Korpelainen R.: Muutokset korkeakouluopiskelijoiden kunto- ja hyötyliikunnassa vuosina 2000-2012. Liikunta & Tiede 2015:52(1), 64-69.

Huhtela O., Näpänkangas R., Joensuu T., Raustia A., Kunttu K., Sipilä K.: Self -raported bruxism and symptoms of temporomandibular disorders in Finnish university students J Oral Facial Pain Headache. 2016. Tutkielma.

Jauhiainen J, Korkeaaja L, Lavikainen E, Niemelä A, Penttilä J (2009): Silmäyksiä perheellisten korkeakouluopiskelijoiden tilanteeseen. Opiskelijajärjestöjen tutkimussäätiö Otus rs 32/

Julin, Veera (2021) Sänkta priser och bättre tillgänglighet - ökade konsumtionen? : En empirisk studie av hur finska universitetsstuderande påverkats av alkoholpolitiska åtgärder i början av millennieskiftet. Pro gradu -tutkielma. <http://urn.fi/URN:NBN:fi-fe2021051730170>.

Keskitalo S. (2016): Opiskelu-uupumuksen ja opiskeluinnon yhteys yliopisto-opiskelijoiden työssäkäyntiin ja opintojen etenemiseen. Pro Gradu -tutkielma.

Kleemola L. (2005). Korkeakouluopiskelijoiden psyykinen hyvinvointi ja päihteiden käyttö. Tampereen yliopisto, psykologian laitos, Seminaarityö

Kleemola L.: Korkeakouluopiskelijoiden psyykinen hyvinvointi ja päihteiden käyttö. Tampereen yliopisto, psykologian laitos, Seminaarityö 2005.

Koski, M & Lusenius, M & Viiri, E (2005). Yliopisto-opiskelijoiden ruokatottumuksia 2000 ja 2004. Turku: Turun ammattikorkeakoulu. Hoitotyön koulutusohjelma. Opinnäytetyö.

Koski M, Lusenius M, Viiri E.: Yliopisto-opiskelijoiden ruokatottumuksia 2000 ja 2004. Turun ammattikorkeakoulu, hoitotyön koulutusohjelma, opinnäytetyö 2005.

- Kuitunen E. (2015): Univaikeuksien trendit ja yhteys psyykkisiin häiriöihin korkeakouluopiskelijoilla vuosina 2000-2012, Pro gradu -tutkielma
- Kuitunen, Elina (2015). Univaikeuksien trendit ja yhteys psyykkisiin häiriöihin korkeakouluopiskelijoilla vuosina 2000-2012. Turku: Turun yliopisto. Psykologian pro gradu -tutkielma.
- Kunttu K. (2004). Vapaaehtoista juomista? Opiskelijoiden alkoholinkäyttötottumukset. www.health.fi
- Kunttu K, Almonkari M, Kylmälä M, Huttunen T.: Yliopisto-opiskelijoiden esiintymisvarmuus ja esiintymisjännitys opiskeluterveydenhuollon näkökulmasta. *Sosiaalilääketieteellinen Aikakauslehti* 2006;43-320-330.
- Kunttu K, Huttunen T.: Korkeakouluopiskelijoiden terveystutkimus 2000. Kansaneläkelaitos, Sosiaali- ja terveysturvan katsauksia. 45, Helsinki 2001.
- Kunttu K, Huttunen T.: Korkeakouluopiskelijoiden terveystutkimus 2008. Helsinki: Ylioppilaiden terveydenhoitosäätiön tutkimuksia 45, 2009.
- Kunttu K, Huttunen T.: Turun ammattikorkeakoulun opiskelijaterveystutkimus 2000. Turun ammattikorkeakoulun raportteja 3, Turku 2001.
- Kunttu K, Huttunen T.: Yliopisto-opiskelijoiden terveystutkimus 2004. Helsinki: Ylioppilaiden terveydenhoitosäätiön tutkimuksia 40 , 2005. Liitetaulukot
- Kunttu K.: Kaad liiveihis ryypp... Myötäote, *Elämäntapaliiton mielipidelehti* 2005; (3): 8 - 9. Taustatietona YOTT2000 ja 2004 ym.
- Kunttu K, Makkonen K. (2018). Opiskelijoiden sairaudet ja koettu terveys. Julkaisussa Kunttu K, Komulainen A, Makkonen K, Pynnönen P. (toim.) *Opiskeluterveys* (online). Helsinki: kustannus Oy Duodecim. Saatavilla Internetissä, vaatii käyttäjätunnuksen. Artikkelin tunnus ote00059 (014.001).
- Kunttu K, Martin M, Almonkari M.: Nykyopiskelijakin jännittää esiintymistä, mikä avuksi? *Suomen Lääkärilehti* 2006; 61 (44): 4585 - 4588. Taustatietona YOTT2004 ym.
- Kunttu K.: Opintojen ohjaus ja opiskelijan hyvinvointi. Julkaisussa Hukari A. toim. *Opettajatutorin opas*, Teknillinen korkeakoulu, 2005: 29 - 33. Taustatietona YOTT2004.
- Kunttu K, Pesonen T, Saari J. (2017): Korkeakouluopiskelijoiden terveystutkimus 2016. Student Health Survey 2016. A national survey among Finnish university students. *Ylioppilaiden terveydenhoitosäätiön julkaisuja* 48, Helsinki.
- Kunttu, Kristina (2004). Opiskelijakulttuuri suosii alkoholinkäyttöä. *Dialogi: Sosiaali- ja terveysalan tutkimus- ja kehittämiskeskuksen lehti* 14/2004, 46-49.
- Kunttu, Kristina (2005). Kaad liiveihis ryypp... Myötäote, *Elämäntapaliiton mielipidelehti* 3/2005, 8-9.
- Kunttu, Kristina (2005). Opintojen ohjaus ja opiskelijan hyvinvointi. Teoksessa: *Opettajatutorin opas* (toim. Hukari, Anniina), 29-33. Espoo: Teknillinen korkeakoulu.
- Kunttu, Kristina & Almonkari, Merja & Kylmälä, Mervi & Huttunen, Teppo (2006). Yliopisto-opiskelijoiden esiintymisvarmuus ja esiintymisjännitys opiskeluterveydenhuollon näkökulmasta. *Sosiaalilääketieteellinen Aikakauslehti* 43(4), 320-330.
- Kunttu, Kristina & Huttunen, Teppo (2005). Yliopisto-opiskelijoiden terveystutkimus 2004. Helsinki: Ylioppilaiden terveydenhoitosäätiön tutkimuksia; 40.
- Kunttu, Kristina & Martin, Minna & Almonkari, Merja (2006). Nykyopiskelijakin jännittää

1. Study description

esiintymistä, mikä avuksi? Suomen Lääkärilehti 61/2006, 4585-4588.

Kunttu, Kristina & Virtala, Aira (2005). Opiskelijaterveydenhuolto. Teoksessa: Yleislääketiede (toim. Esko Kumpusalo, Merja Ahto, Kari Eskola, Sirkka Keinänen-Kiukaanniemi, Elise Kosunen, Ilkka Kunnamo & Jouni Lohi), 328-336. Helsinki: Kustannus Oy Duodecim.

Kunttu K. (toim.): Oireilevan opiskelijan viesti? Tutkimuksia Korkeakouluopiskelijoiden terveystudkimus 2000-aineistosta. Sosiaali- ja terveysturvan katsauksia 63, Kela. Helsinki 2004.

Kunttu K, Virtala A.: Opiskelijaterveydenhuolto, julkaisussa Yleislääketiede, Kustannus Oy Duodecim, 2005:328 - 336. Taustatietona YOTT2000 ja 2004.

Kurri, Eero (2006). Opintojen pitkittymisen dilemma. Tutkimus opintojen sujumattomuustekijöistä yliopistoissa ja niihin vaikuttamisen keinoista. Helsinki: Opiskelijajärjestöjen tutkimussäätiö Otus rs. Otus; 27/2006.

Laaksonen, Elina (2005). Yliopisto-opiskelijoiden psyykinen oireilu ja siihen yhteydessä olevat tekijät. Helsinki: Ylioppilaiden terveydenhoitosäätiö. Ylioppilaiden terveydenhoitosäätiön tutkimuksia; 38/2005.

Laaksonen E.: Yliopisto- opiskelijoiden psyykinen oireilu ja siihen yhteydessä olevat tekijät. Ylioppilaiden terveydenhoitosäätiön tutkimuksia 38, Helsinki 2005.

Lagström, H. (2011). Opiskelijoiden ruokatottumukset. Kirjassa Kunttu K, Komulainen A., Makkonen K, Pynnönen P. (toim.) Opiskeluterveys. Kustannus Oy Duodecim, 2011:190-194.

Lagström H, Luoto S, Mäkelä J, Iirola J, Kunttu K.: Terveyttä edistävään ruokavalioon yhteydessä olevat tekijät korkeakouluopiskelijoilla. Sosiaalilääk. Aikak. 2017; 54 (2): 104120.

Lagström H. Opiskelijoiden ruokatottumukset. Kirjassa Kunttu K, Komulainen A., Makkonen K, Pynnönen P. (toim.) Opiskeluterveys. Kustannus Oy Duodecim, 2011:190-194.

Lehtonen K, Hakonen H. (2013). Basic information on civic activity in Finnish sports: Participation and volunteer work in sports clubs. English summary. LIKES -Research Center for Sport and Health Sciences, Jyväskylä, Finland. Liikunnan kansalaistoiminnan tietopohja, Liikunnan harrastaminen ja vapaaehtoistyö urheiluseuroissa

Mannisenmäki, Eija & Valtari, Maarit (2005). Valmistumisen vallihaudalla. Opintojen kesto 2000-luvun hyvinvointivaltiossa. Helsinki: Edita Publishing Oy. Sitra; 274.

Mannisenmäki E, Valtari M.: Valmistumisen vallihaudalla - Opintojen kesto 2000-luvun hyvinvointivaltiossa (Sitra 274) Edita Publishing Oy 2005.

Miettinen, I. & Kunttu, K. (2011). Korkeakouluopiskelijoiden liikunta. Kirjassa Kunttu K, Komulainen A., Makkonen K, Pynnönen P. (toim.) Opiskeluterveys. Kustannus Oy Duodecim, 2011: 198-201.

Miettinen I, Kunttu K. Korkeakouluopiskelijoiden liikunta. Kirjassa Kunttu K, Komulainen A., Makkonen K, Pynnönen P. (toim.) Opiskeluterveys. Kustannus Oy Duodecim, 2011: 198-201.

Nieminen A. A comparative analysis of questionnaires assessing mental health, stress and burnout. Master thesis, Hogeschool Universiteit Brussel, May 2011.

Nieminen, Anna (2011). A comparative analysis of questionnaires assessing mental health, stress and burnout. Brussels: Hogeschool Universiteit Brussel. Master thesis.

Oksanen A, Laimi K, Björklund K, Löyttyniemi E, Kunttu K.: A 12-year trend of psychological distress: National study of Finnish university students. Cent Eur J Public Health 2017;

25(2):113-119.

Oksanen, A.-M. & Laimi, K. & Löyttyniemi, E. & Kunttu, K. (2014). Trends of weekly musculoskeletal pain from 2000 to 2012: National study of Finnish university students. *European Journal of Pain* 2014; Early view Online 30 MAR 2014. DOI: 10.1002/j.1532-2149.2014.492.x

Oksanen AM, Laimi K, Löyttyniemi E, Kunttu K. Trends of weekly musculoskeletal pain from 2000 to 2012: National study of Finnish university students. *European Journal of Pain* 2014; Early view Online 30 MAR 2014. <http://onlinelibrary.wiley.com/doi/10.1002/ejp.2014.18.issue-9/issuetoc>

Opiskeluterveydenhuollon opas (2006). Helsinki: Yliopistopaino. Sosiaali- ja terveysministeriön julkaisuja; 12/2006.

Opiskeluterveys (2011). Toim. Kunttu, Kristina & Komulainen, Anne & Makkonen, Katri & Pynnönen, Päivi. Helsinki: Duodecim.

Opiskeluyhteisön terveydeksi (2007). Kunttu K. (toim). Ylioppilaiden terveydenhoitosäätiön oppaita 2, 2007.

Paajanen, Pirjo & Kunttu, Kristiina & Rönnemaa, Anna-Maija & Huttunen, Teppo (2015). Astmaa sairastavien korkeakouluopiskelijoiden hoitotasapaino sekä lääkkeiden ja palvelujen käyttö. *Yleislääkäri* 30(7), 29-34.

Piha, J. & Kunttu, K. & Hurme, S. (2008). Premature ejaculation among 1,110 university students. *Sexologies* 2008;17:129-130.

Piha J, Kunttu K, Hurme S.: Premature ejaculation among 1,110 university students. *Sexologies* 2008;17:129-130.

Pirskanen, M. & Pietilä, A.-M. (2011). Päihteiden käyttö ja päihteettömyyden edistäminen. Kirjassa Kunttu K, Komulainen A., Makkonen K, Pynnönen P. (toim.) *Opiskeluterveys*. Kustannus Oy Duodecim, 2011: 179-88.

Pirskanen M, Pietilä A-M. Päihteiden käyttö ja päihteettömyyden edistäminen. Kirjassa Kunttu K, Komulainen A., Makkonen K, Pynnönen P. (toim.) *Opiskeluterveys*. Kustannus Oy Duodecim, 2011: 179-88.

Pohjola V., Rekola A., Kunttu K., Virtanen J.I.: Association between dental fear and oral health habits and treatment need among university students in Finland: a national study, *BMC Oral Health*. 2016. 16:26, DOI:10.1186/s12903-016-0179-y

Pörhölä M. (2011). Kouluaikaisten kiusaamiskokemusten vaikutus nuoren aikuisen hyvinvointiin ja ihmissuhteisiin. Kirjassa Kunttu K, Komulainen A., Makkonen K, Pynnönen P. (toim.) *Opiskeluterveys*. Kustannus Oy Duodecim, 2011: 46-48.

Pörhölä, Maili (2016). Do the roles of bully and victim remain stable from school to university? Theoretical considerations. In *Bullying Among University Students : Cross-national perspectives* (eds. Helen Cowie & Carrie Anne Myers), 35-46. Abingdon: Routledge.

Pörhölä, M. & Cvancara, K. & Kaal, E. & Tampere, K. & Torres, B. (2016). Cross-cultural comparisons of bullying among university students: perspectives from Argentina, Estonia, Finland and United States. In *Bullying among university students : cross-national perspectives* (eds. H. Cowie & C.-A. Myers), 127-142. Abingdon: Routledge.

Pörhölä M., Cvancara K., Kaal E., Tampere K., Torres B.: Cross-cultural comparisons of bullying among university students: perspectives from Argentina, Estonia, Finland and United States.

1. Study description

Kirjassa Cowie Helen, Myers Carrie Anne (toim.) *Bullying Among University Students. Cross-national perspectives*, Routledge 2015

Pörhölä M.: Kiusaaminen opiskelijoiden keskuudessa. Julkaisussa Kunttu K, Komulainen A, Makkonen K, Pynnönen P. (toim.) *Opiskeluterveys* (online). Helsinki: Kustannus Oy Duodecim, 2017 (ote00046).

Pörhölä M. Kouluaikeisten kiusaamiskokemusten vaikutus nuoren aikuisen hyvinvointiin ja ihmissuhteisiin. Kirjassa Kunttu K, Komulainen A., Makkonen K, Pynnönen P. (toim.) *Opiskeluterveys*. Kustannus Oy Duodecim, 2011: 46-48.

Puusniekka, R. & Kunttu, K. (2011). Miltä opiskelukyky näyttää tutkimusten valossa? Kirjassa Kunttu K, Komulainen A., Makkonen K, Pynnönen P. (toim.) *Opiskeluterveys*. Kustannus Oy Duodecim, 2011: 36-40.

Puusniekka R, Kunttu K. Miltä opiskelukyky näyttää tutkimusten valossa? Kirjassa Kunttu K, Komulainen A., Makkonen K, Pynnönen P. (toim.) *Opiskeluterveys*. Kustannus Oy Duodecim, 2011: 36-40.

Rönnemaa, A.-M. (2011). Rokotukset ja matkailuneuvonta. Kirjassa Kunttu K, Komulainen A., Makkonen K, Pynnönen P. (toim.) *Opiskeluterveys*. Kustannus Oy Duodecim, 2011: 117-119.

Rönnemaa A.-M. Rokotukset ja matkailuneuvonta. Kirjassa Kunttu K, Komulainen A., Makkonen K, Pynnönen P. (toim.) *Opiskeluterveys*. Kustannus Oy Duodecim, 2011: 117-119.

Rousku, M (2005). Yliopisto-opiskelijoiden terveystiettyminen. Tutkimus sukupuolten välisistä terveystiettyistä. Jyväskylä: Jyväskylän yliopisto. Yhteiskuntapolitiikan seminaarityö.

Rousku M.: Yliopisto-opiskelijoiden terveystiettyminen. Tutkimus sukupuolten välisistä terveystiettyistä. Jyväskylän yliopisto, yhteiskuntapolitiikka, seminaarityö 2005.

Saari M.: Alkoholi osana seurallista yhdessäoloa vai stressin lievittäjänä? Stressin, sukupuolen ja sosiaalisten suhteiden yhteydet yliopisto-opiskelijoiden alkoholinkäyttöön. Sosiaalipsykologian pro gradu -tutkielma, Sosiaalipsykologian laitos, Helsingin yliopisto, 2006.

Saari, Minna (2006). Alkoholi osana seurallista yhdessäoloa vai stressin lievittäjänä? Stressin, sukupuolen ja sosiaalisten suhteiden yhteydet yliopisto-opiskelijoiden alkoholinkäyttöön. Helsinki: Helsingin yliopisto. Sosiaalipsykologian pro gradu -tutkielma.

Saarinen P.: Korkeakoulukiusaamisen yhteys opiskelijan opiskelukykyyn ja opintomenestykseen, Puheviestinnän pro gradu -tutkielma, Jyväskylän yliopiston julkaisuarkisto 2016.

Salmela-Aro K, Kunttu K.: Study burnout and engagement in higher education. *Unterrichtswissenschaft* 2010; 38(4):318 - 333.

Salmela-Aro K.: Opiskelu-uupumusmittari SBI-9 yliopisto- ja ammattikorkeakouluopiskelijoille. Ylioppilaiden terveydenhoitosäätiön tutkimuksia 46, Helsinki 2009.

Salmela-Aro K, Read S.: Study engagement and burnout profile in higher education. *Burnout Research* 2017; 7: 21-28.

Salminen E.: Korkeakouluopiskelun ja vanhempien yhteensovittaminen Suomessa: hyvinvointia ja haasteita. Yhteiskuntatutkimuksen pro gradu -tutkielma. Tampereen yliopisto 2017

Tossavainen, M. (2015). Kun aikuisen internetin käyttö on haitallista. *Suomen Lääkärilehti* 2015: 70 (6); 324-325.

Tossavainen, Marjo (2015). Rahapeliongelmiä riskit ja erityispiirteet korkeakouluopiskelijoilla.

- Teoksessa Rahapeli-riippuvuus (toim. Hannu Alho & Pekka Heinälä & Kalervo Kiiänmaa & Tuuli Lahti & Antti Murto). Helsinki: Kustannus Oy Duodecim.
- Tossavainen, Marjo & Kunttu, Kristiina & Pesonen, Tommi & Lintonen, Tomi & Raisamo, Susanna (2015). Rahapeliongelmät ja psyykinen oireilu korkeakouluopiskelijoilla. *Sosiaalilääketieteellinen Aikakauslehti* 52(3), 224-236.
- Tossavainen M.: Haitallinen netinkäyttö ja rahapelaaminen julkaisussa Kunttu K, Komulainen A, Makkonen K, Pynnönen P. (toim.) *Opiskeluterveys* (online). Kustannus Oy Duodecim 7.4.2017
- Tossavainen M.: Kun aikuisen internetin käyttö on haitallista. *Suomen Lääkärilehti* 2015: 70 (6); 324-325.
- Tossavainen M.: Raising up or overbearing down - a bidirectional effect of internet on students' wellbeing. 1st International-Anatolian Congress on Sexual Health and Disorders 1.-3.5.2015.
- Virtala A.: Family planning among university students in Finland (Yliopisto-opiskelijoiden perhesuunnittelu Suomessa). *Acta Universitatis Tamperensis*; 1218, Tampereen yliopisto, Tampere 2007.
- Virtala, Aira (2007). Family planning among university students in Finland (Yliopisto-opiskelijoiden perhesuunnittelu Suomessa). Tampere: Tampereen yliopisto. *Acta Universitatis Tamperensis*; 1218.
- Virtala, Aira & Kunttu, Kristina (2006). Jäävätkö yliopisto-opiskelijoiden toiveet lasten saamisesta haaveeksi? *Suomen Lääkärilehti* 61/2007, 27-32.
- Virtala, Aira & Kunttu, Kristina & Huttunen, Teppo & Virjo, Irma (2006). Childbearing and the desire to have children among university students in Finland. *Acta Obstetrica et Gynecologica* 85(3), 312 - 316.
- Virtala, Aira & Kunttu, Kristina & Huttunen, Teppo & Virjo, Irma (2007). Sexual intercourse and current contraceptive use among university students in Finland. *European Journal of Obstetrics and Gynecology* 135(1), 104-110.
- Virtala, A. & Kunttu, K. & Huttunen, T. & Virjo, I. (2006). Childbearing and the desire to have children among university students in Finland. *Acta Obstetrica et Gynecologica* 2006; 85:312-316.
- Virtala A, Kunttu K, Huttunen T, Virjo I.: Childbearing and the desire to have children among university students in Finland. *Acta Obstetrica et Gynecologica* 2006; 85:312-316.
- Virtala A, Kunttu K, Huttunen T, Virjo I.: Sexual intercourse and current contraceptive use among university students in Finland. *European Journal of Obstetrics & Gynecology and Reproductive Biology*. Feb.8;2007.
- Virtala A, Kunttu K.: Jäävätkö yliopisto-opiskelijoiden toiveet lasten saamisesta haaveeksi? *Suomen Lääkärilehti* 2006; 61;27-32.
- Virtala, A. & Vilksa, S. & Huttunen, T. & Kunttu, K. (2011). Childbearing, the desire to have children, and awareness about the impact of age on female fertility among Finnish university students. *The European Journal of Contraception and Reproductive Health Care* April 2011;16: 108-115.
- Virtala, A. & Vilksa, S. & Huttunen, T. & Kunttu, K. (2012). The desire for children and awareness about the impact of age on female fertility. *Gynaecology Forum* Vol. 17, No. 3, 2012.
- Virtala A, Vilksa S, Huttunen T, Kunttu K. Childbearing, the desire to have children, and aware-

1. Study description

ness about the impact of age on female fertility among Finnish university students. The European Journal of Contraception and Reproductive Health Care, 2011; Early Online, 1-8. pdf

Virtala A, Vilksa S, Huttunen T, Kunttu K. Childbearing, the desire to have children, and awareness about the impact of age on female fertility among Finnish university students. The European Journal of Contraception and Reproductive Health Care April 2011;16: 108-115.

Virtala A, Vilksa S, Huttunen T, Kunttu K. The desire for children and awareness about the impact of age on female fertility. Gynaecology Forum Vol. 17, No. 3, 2012.

Vuorinen A, Kunttu K, Tipuri M, Kokko M, Pesonen T. Oral health behaviour determinants among internet heavyusers of university students. European Association of Dental Public Health EADPH-Congress 12.-13.6.2014, Göteborg.

Updated list of publications in the study description at

https://services.fsd.uta.fi/catalogue/FSD2326?lang=en&study_language=en

Related studies

FSD2098 Turku Polytechnic Student Health Survey 2000

FSD2051 University Student Health Survey 2000

Related material

Kunttu, Kristina & Huttunen, Teppo (2004). Yliopisto-opiskelijoiden terveystutkimus 2004. Helsinki: Ylioppilaiden terveydenhoitosäätiön tutkimuksia; 40.

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. 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	3153
minimum	2326.00
maximum	2326.00
mean	2326.00
standard deviation	0.00

[FSD_VR] FSD edition number

Question

FSD edition number

Descriptive statistics

statistic	value
number of valid cases	3153
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	3153
minimum	1.00
maximum	3153.00
mean	1577.00
standard deviation	910.34

[Q1_1] Have you ever been diagnosed by a doctor/dentist/psychologist with 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 diagnosed by a doctor/dentist/psychologist with 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	3071	97.4	99.3
Yes	1	21	0.7	0.7
System missing (SYSMIS)	.	61	1.9	–
		3153	100.0	100.0

[Q1_2] Have you ever been diagnosed by a doctor/dentist/psychologist with 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 diagnosed by a doctor/dentist/psychologist with 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	3066	97.2	99.0
Yes	1	31	1.0	1.0
System missing (SYSMIS)	.	56	1.8	–
		3153	100.0	100.0

[Q1_3] Have you ever been diagnosed by a doctor/dentist/psychologist with 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 diagnosed by a doctor/dentist/psychologist with 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	3042	96.5	98.2
Yes	1	55	1.7	1.8
System missing (SYSMIS)	.	56	1.8	–
		3153	100.0	100.0

[Q1_4] Have you ever been diagnosed by a doctor/dentist/psychologist with 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 diagnosed by a doctor/dentist/psychologist with 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	3059	97.0	98.8
Yes	1	38	1.2	1.2

(continued on next page)

2. Variables

(cont. from previous page)

label	value	n	%	v. %
System missing (SYSMIS)	.	56	1.8	–
		3153	100.0	100.0

[Q1_5] Have you ever been diagnosed by a doctor/dentist/psychologist with 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 diagnosed by a doctor/dentist/psychologist with 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	3089	98.0	99.7
Yes	1	8	0.3	0.3
System missing (SYSMIS)	.	56	1.8	–
		3153	100.0	100.0

[Q1_6] Have you ever been diagnosed by a doctor/dentist/psychologist with 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 diagnosed by a doctor/dentist/psychologist with 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	2944	93.4	95.2
Yes	1	150	4.8	4.8
System missing (SYSMIS)	.	59	1.9	–

(continued on next page)

(cont. from previous page)

label	value	n	%	v. %
		3153	100.0	100.0

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

Question

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

Frequencies

label	value	n	%	v. %
No	0	2951	93.6	95.3
Yes	1	146	4.6	4.7
System missing (SYSMIS)	.	56	1.8	—
		3153	100.0	100.0

[Q1_8] Have you ever been diagnosed by a doctor/dentist/psychologist with 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 diagnosed by a doctor/dentist/psychologist with 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	2567	81.4	82.9
Yes	1	530	16.8	17.1
System missing (SYSMIS)	.	56	1.8	—

(continued on next page)

2. Variables

(cont. from previous page)

label	value	n	%	v. %
		3153	100.0	100.0

[Q1_9] Have you ever been diagnosed by a doctor/dentist/psychologist with 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 diagnosed by a doctor/dentist/psychologist with 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	2792	88.6	90.2
Yes	1	302	9.6	9.8
System missing (SYSMIS)	.	59	1.9	—
		3153	100.0	100.0

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

Question

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

Frequencies

label	value	n	%	v. %
No	0	2871	91.1	92.7
Yes	1	225	7.1	7.3
System missing (SYSMIS)	.	57	1.8	—
		3153	100.0	100.0

[Q1_11] Have you ever been diagnosed by a doctor/dentist/psychologist with 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 diagnosed by a doctor/dentist/psychologist with 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	2906	92.2	93.8
Yes	1	191	6.1	6.2
System missing (SYSMIS)	.	56	1.8	—
		3153	100.0	100.0

[Q1_12] Have you ever been diagnosed by a doctor/dentist/psychologist with 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 diagnosed by a doctor/dentist/psychologist with 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	2966	94.1	95.8
Yes	1	130	4.1	4.2
System missing (SYSMIS)	.	57	1.8	—
		3153	100.0	100.0

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

Question

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

Frequencies

label	value	n	%	v. %
No	0	3007	95.4	97.1
Yes	1	89	2.8	2.9
System missing (SYSMIS)	.	57	1.8	—
		3153	100.0	100.0

[Q1_14] Have you ever been diagnosed by a doctor/dentist/psychologist with 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 diagnosed by a doctor/dentist/psychologist with 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	1093	34.7	98.7
Yes	1	14	0.4	1.3
System missing (SYSMIS)	.	2046	64.9	—
		3153	100.0	100.0

[Q1_15] Have you ever been diagnosed by a doctor/dentist/psychologist with 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 diagnosed by a doctor/dentist/psychologist with 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	1832	58.1	92.1
Yes	1	157	5.0	7.9
System missing (SYSMIS)	.	1164	36.9	—
		3153	100.0	100.0

[Q1_16] Have you ever been diagnosed by a doctor/dentist/psychologist with 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 diagnosed by a doctor/dentist/psychologist with 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	2213	70.2	71.5
Yes	1	883	28.0	28.5
System missing (SYSMIS)	.	57	1.8	—
		3153	100.0	100.0

[Q1_17] Have you ever been diagnosed by a doctor/dentist/psychologist with 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 diagnosed by a doctor/dentist/psychologist with 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	3062	97.1	98.9
Yes	1	35	1.1	1.1
System missing (SYSMIS)	.	56	1.8	–
		3153	100.0	100.0

[Q1_18] Have you ever been diagnosed by a doctor/dentist/psychologist with 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 diagnosed by a doctor/dentist/psychologist with 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	2873	91.1	92.8
Yes	1	222	7.0	7.2
System missing (SYSMIS)	.	58	1.8	–
		3153	100.0	100.0

[Q1_19] Have you ever been diagnosed by a doctor/dentist/psychologist with 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 diagnosed by a doctor/dentist/psychologist with 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	2223	70.5	71.8
Yes	1	871	27.6	28.2
System missing (SYSMIS)	.	59	1.9	—
		3153	100.0	100.0

[Q1_20] Have you ever been diagnosed by a doctor/dentist/psychologist with 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 diagnosed by a doctor/dentist/psychologist with 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	2878	91.3	93.0
Yes	1	218	6.9	7.0
System missing (SYSMIS)	.	57	1.8	—
		3153	100.0	100.0

[Q1_21] Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Other mouth or dental disorder

Question

Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Other mouth or dental disorder

Frequencies

label	value	n	%	v. %
No	0	2946	93.4	95.2
Yes	1	149	4.7	4.8
System missing (SYSMIS)	.	58	1.8	–
		3153	100.0	100.0

[Q1_22] Have you ever been diagnosed by a doctor/dentist/psychologist with 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 diagnosed by a doctor/dentist/psychologist with 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	2901	92.0	93.7
Yes	1	196	6.2	6.3
System missing (SYSMIS)	.	56	1.8	–
		3153	100.0	100.0

[Q1_23] Have you ever been diagnosed by a doctor/dentist/psychologist with 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 diagnosed by a doctor/dentist/psychologist with 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	3089	98.0	99.7
Yes	1	8	0.3	0.3
System missing (SYSMIS)	.	56	1.8	—
		3153	100.0	100.0

[Q1_24] Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Eating disorder (anorexia, bulimia)

Question

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

Frequencies

label	value	n	%	v. %
No	0	3065	97.2	99.0
Yes	1	31	1.0	1.0
System missing (SYSMIS)	.	57	1.8	—
		3153	100.0	100.0

[Q1_25] Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Anxiety disorder (e.g. panic attacks)

Question

Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Anxiety disorder (e.g. panic attacks)

Frequencies

label	value	n	%	v. %
No	0	2996	95.0	96.8
Yes	1	98	3.1	3.2
System missing (SYSMIS)	.	59	1.9	–
		3153	100.0	100.0

[Q1_26] Have you ever been diagnosed by a doctor/dentist/psychologist with 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 diagnosed by a doctor/dentist/psychologist with 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	2944	93.4	95.1
Yes	1	153	4.9	4.9
System missing (SYSMIS)	.	56	1.8	–
		3153	100.0	100.0

[Q1_27] Have you ever been diagnosed by a doctor/dentist/psychologist with 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 diagnosed by a doctor/dentist/psychologist with 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	3040	96.4	98.2
Yes	1	55	1.7	1.8
System missing (SYSMIS)	.	58	1.8	–
		3153	100.0	100.0

[Q1_28] Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Something else

Question

Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Something else

Frequencies

label	value	n	%	v. %
No	0	2922	92.7	96.7
Yes	1	99	3.1	3.3
System missing (SYSMIS)	.	132	4.2	–
		3153	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	1549	49.1	49.3
Fairly good	2	1131	35.9	36.0
Average	3	407	12.9	12.9
Fairly poor	4	52	1.6	1.7
Poor	5	6	0.2	0.2
System missing (SYSMIS)	.	8	0.3	–
		3153	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	55	1.7	1.8
My own unhealthy habits	2	1004	31.8	32.4
Violence or accident	3	378	12.0	12.2
Mental stress	4	862	27.3	27.8
Hereditary factors	5	335	10.6	10.8
Something else	6	117	3.7	3.8
Can't say	7	346	11.0	11.2
System missing (SYSMIS)	.	56	1.8	–
		3153	100.0	100.0

[Q3_1] Which of the following do you see as the greatest threat to your own health: Environmental damage**Question**

Which of the following do you see as the greatest threat to your own health: Environmental damage

Frequencies

label	value	n	%	v. %
Not mentioned	0	3068	97.3	98.0
Mentioned	1	63	2.0	2.0
System missing (SYSMIS)	.	22	0.7	–
		3153	100.0	100.0

[Q3_2] Which of the following do you see as the greatest threat to your own health: Own unhealthy habits

Question

Which of the following do you see as the greatest threat to your own health: Own unhealthy habits

Frequencies

label	value	n	%	v. %
Not mentioned	0	2084	66.1	66.6
Mentioned	1	1047	33.2	33.4
System missing (SYSMIS)	.	22	0.7	–
		3153	100.0	100.0

[Q3_3] Which of the following do you see as the greatest threat to your own health: Violence or accident

Question

Which of the following do you see as the greatest threat to your own health: Violence or accident

Frequencies

label	value	n	%	v. %
Not mentioned	0	2744	87.0	87.6
Mentioned	1	387	12.3	12.4
System missing (SYSMIS)	.	22	0.7	–
		3153	100.0	100.0

[Q3_4] Which of the following do you see as the greatest threat to your own health: Mental stress

Question

Which of the following do you see as the greatest threat to your own health: Mental stress

2. Variables

Frequencies

label	value	n	%	v. %
Not mentioned	0	2222	70.5	71.0
Mentioned	1	909	28.8	29.0
System missing (SYSMIS)	.	22	0.7	–
		3153	100.0	100.0

[Q3_5] Which of the following do you see as the greatest threat to your own health: Hereditary factors

Question

Which of the following do you see as the greatest threat to your own health: Hereditary factors

Frequencies

label	value	n	%	v. %
Not mentioned	0	2772	87.9	88.5
Mentioned	1	359	11.4	11.5
System missing (SYSMIS)	.	22	0.7	–
		3153	100.0	100.0

[Q3_6] Which of the following do you see as the greatest threat to your own health: Something else

Question

Which of the following do you see as the greatest threat to your own health: Something else

Frequencies

label	value	n	%	v. %
Not mentioned	0	3013	95.6	96.2
Mentioned	1	118	3.7	3.8
System missing (SYSMIS)	.	22	0.7	–
		3153	100.0	100.0

[Q3_7] Which of the following do you see as the greatest threat to your own health: Can't say

Question

Which of the following do you see as the greatest threat to your own health: Can't say

Frequencies

label	value	n	%	v. %
Not mentioned	0	2785	88.3	88.9
Mentioned	1	346	11.0	11.1
System missing (SYSMIS)	.	22	0.7	–
		3153	100.0	100.0

[Q4_0] Are you taking any drugs or medicines prescribed by a doctor (excluding contraceptive pills unless taken for an illness): No

Question

Are you taking any drugs or medicines prescribed by a doctor (excluding contraceptive pills unless taken for an illness): No

Frequencies

label	value	n	%	v. %
Not mentioned	0	1061	33.7	33.9
Mentioned	1	2071	65.7	66.1
System missing (SYSMIS)	.	21	0.7	–
		3153	100.0	100.0

[Q4_1] Are you taking any drugs or medicines prescribed by a doctor (excluding contraceptive pills unless taken for an illness): Regular medication for an illness/condition

Question

Are you taking any drugs or medicines prescribed by a doctor (excluding contraceptive pills unless taken for an illness): Regular medication for an illness/condition

Frequencies

2. Variables

label	value	n	%	v. %
Not mentioned	0	2729	86.6	87.1
Mentioned	1	403	12.8	12.9
System missing (SYSMIS)	.	21	0.7	–
		3153	100.0	100.0

[Q4_2] Are you taking any drugs or medicines prescribed by a doctor (excluding contraceptive pills unless taken for an illness): Medicine that is taken when necessary

Question

Are you taking any drugs or medicines prescribed by a doctor (excluding contraceptive pills unless taken for an illness): Medicine that is taken when necessary

Frequencies

label	value	n	%	v. %
Not mentioned	0	2539	80.5	81.1
Mentioned	1	593	18.8	18.9
System missing (SYSMIS)	.	21	0.7	–
		3153	100.0	100.0

[Q4_3] Are you taking any drugs or medicines prescribed by a doctor (excluding contraceptive pills unless taken for an illness): Use creams/lotions/ointments regularly or when necessary

Question

Are you taking any drugs or medicines prescribed by a doctor (excluding contraceptive pills unless taken for an illness): Use creams/lotions/ointments regularly or when necessary

Frequencies

label	value	n	%	v. %
Not mentioned	0	2823	89.5	90.1
Mentioned	1	309	9.8	9.9
System missing (SYSMIS)	.	21	0.7	–
		3153	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. %
Do not use or use very seldom	0	1511	47.9	48.0
Once or twice a month	1	1314	41.7	41.8
Weekly	2	258	8.2	8.2
Daily or almost daily	3	62	2.0	2.0
System missing (SYSMIS)	.	8	0.3	—
		3153	100.0	100.0

[Q6] Are you taking any vitamins, minerals, herbal products or other supplements?**Question**

Are you taking any vitamins, minerals, herbal products or other supplements?

Frequencies

label	value	n	%	v. %
No	0	1084	34.4	34.5
Yes, occasionally	1	1084	34.4	34.5
Yes, regularly or often	2	975	30.9	31.0
System missing (SYSMIS)	.	10	0.3	—
		3153	100.0	100.0

[Q7_0] What form of contraception do you use: Nothing**Question**

What form of contraception do you use: Nothing

Frequencies

(continued on next page)

2. Variables

(cont. from previous page)

label	value	n	%	v. %
label	value	n	%	v. %
Not mentioned	0	2304	73.1	73.8
Mentioned	1	816	25.9	26.2
System missing (SYSMIS)	.	33	1.0	–
		3153	100.0	100.0

[Q7_1] What form of contraception do you use: Hormonal contraception (the pill, patch, vaginal ring, implant)

Question

What form of contraception do you use: Hormonal contraception (the pill, patch, vaginal ring, implant)

Frequencies

label	value	n	%	v. %
Not mentioned	0	1914	60.7	61.3
Mentioned	1	1206	38.2	38.7
System missing (SYSMIS)	.	33	1.0	–
		3153	100.0	100.0

[Q7_2] What form of contraception do you use: Intra-uterine device (the coil)

Question

What form of contraception do you use: Intra-uterine device (the coil)

Frequencies

label	value	n	%	v. %
Not mentioned	0	3074	97.5	98.5
Mentioned	1	46	1.5	1.5
System missing (SYSMIS)	.	33	1.0	–
		3153	100.0	100.0

[Q7_3] What form of contraception do you use: Condom**Question***What form of contraception do you use: Condom***Frequencies**

label	value	n	%	v. %
Not mentioned	0	1967	62.4	63.0
Mentioned	1	1153	36.6	37.0
System missing (SYSMIS)	.	33	1.0	–
		3153	100.0	100.0

[Q7_4] What form of contraception do you use: Something else**Question***What form of contraception do you use: Something else***Frequencies**

label	value	n	%	v. %
Not mentioned	0	3080	97.7	98.7
Mentioned	1	40	1.3	1.3
System missing (SYSMIS)	.	33	1.0	–
		3153	100.0	100.0

[Q8A] (Males) Respondent's height (cm)**Question***(Males) Respondent's height (cm)***Descriptive statistics**

statistic	value
number of valid cases	1125
minimum	169.00
maximum	191.00
mean	179.78
standard deviation	5.88

[Q8B] (Females) Respondent's height (cm)

Question

(Females) Respondent's height (cm)

Descriptive statistics

statistic	value
number of valid cases	2016
minimum	154.00
maximum	181.00
mean	166.78
standard deviation	5.80

[Q9A] (Males) Respondent's weight (kg)

Question

(Males) Respondent's weight (kg)

Descriptive statistics

statistic	value
number of valid cases	1125
minimum	59.00
maximum	111.00
mean	77.37
standard deviation	10.76

[Q9B] (Females) Respondent's weight (kg)

Question

(Females) Respondent's weight (kg)

Descriptive statistics

statistic	value
number of valid cases	2000
minimum	49.00

(continued on next page)

(cont. from previous page)

statistic	value
maximum	101.00
mean	62.12
standard deviation	9.61

[Q10] What do you think of your weight?**Question***What do you think of your weight?***Frequencies**

label	value	n	%	v. %
I'm seriously underweight	1	14	0.4	0.4
I'm somewhat underweight	2	182	5.8	5.8
I'm just the right weight	3	1960	62.2	62.4
I'm somewhat overweight	4	892	28.3	28.4
I'm seriously overweight	5	94	3.0	3.0
System missing (SYSMIS)	.	11	0.3	–
		3153	100.0	100.0

[Q11] Is your relationship to food normal?**Question***Is your relationship to food normal?***Frequencies**

label	value	n	%	v. %
No	0	246	7.8	7.8
Yes	1	2647	84.0	84.1
Can't say	2	253	8.0	8.0
System missing (SYSMIS)	.	7	0.2	–
		3153	100.0	100.0

[Q12] Have you ever lost a lot of weight through dieting?**Question***Have you ever lost a lot of weight through dieting?*

2. Variables

Frequencies

label	value	n	%	v. %
No	0	2352	74.6	74.8
Yes, dieting was planned and controlled	1	589	18.7	18.7
Yes, dieting got out of control	2	202	6.4	6.4
System missing (SYSMIS)	.	10	0.3	–
		3153	100.0	100.0

[Q13] How many hours a night do you sleep?

Question

How many hours a night do you sleep?

Descriptive statistics

statistic	value
number of valid cases	3137
minimum	2.00
maximum	12.00
mean	7.88
standard deviation	0.94

[Q14] Do you feel you sleep enough?

Question

Do you feel you sleep enough?

Frequencies

label	value	n	%	v. %
Yes, nearly always	1	969	30.7	30.8
Yes, often	2	1622	51.4	51.6
Seldom or hardly ever	3	439	13.9	14.0
Can't say	4	114	3.6	3.6
System missing (SYSMIS)	.	9	0.3	–
		3153	100.0	100.0

**[Q15_1] Have you experienced any the following during the past month:
Headache**

Question

Have you experienced any the following during the past month: Headache

Frequencies

label	value	n	%	v. %
No	0	804	25.5	25.6
Occasionally	1	1863	59.1	59.4
Weekly	2	389	12.3	12.4
Daily or almost daily	3	79	2.5	2.5
System missing (SYSMIS)	.	18	0.6	–
		3153	100.0	100.0

**[Q15_2] Have you experienced any the following during the past month:
Dizziness**

Question

Have you experienced any the following during the past month: Dizziness

Frequencies

label	value	n	%	v. %
No	0	2166	68.7	69.3
Occasionally	1	826	26.2	26.4
Weekly	2	98	3.1	3.1
Daily or almost daily	3	34	1.1	1.1
System missing (SYSMIS)	.	29	0.9	–
		3153	100.0	100.0

**[Q15_3] Have you experienced any the following during the past month:
Exhaustion, lethargy**

Question

Have you experienced any the following during the past month: Exhaustion, lethargy

Frequencies

2. Variables

label	value	n	%	v. %
No	0	529	16.8	16.9
Occasionally	1	1656	52.5	52.9
Weekly	2	683	21.7	21.8
Daily or almost daily	3	264	8.4	8.4
System missing (SYSMIS)	.	21	0.7	–
		3153	100.0	100.0

[Q15_4] Have you experienced any the following during the past month: Shoulder or neck pain/discomfort

Question

Have you experienced any the following during the past month: Shoulder or neck pain/discomfort

Frequencies

label	value	n	%	v. %
No	0	1154	36.6	36.8
Occasionally	1	1135	36.0	36.2
Weekly	2	549	17.4	17.5
Daily or almost daily	3	299	9.5	9.5
System missing (SYSMIS)	.	16	0.5	–
		3153	100.0	100.0

[Q15_5] Have you experienced any the following during the past month: Lower back pain or discomfort

Question

Have you experienced any the following during the past month: Lower back pain or discomfort

Frequencies

label	value	n	%	v. %
No	0	1891	60.0	60.3
Occasionally	1	866	27.5	27.6
Weekly	2	239	7.6	7.6
Daily or almost daily	3	140	4.4	4.5
System missing (SYSMIS)	.	17	0.5	–
		3153	100.0	100.0

**[Q15_6] Have you experienced any the following during the past month:
Pain in the limbs or joints**

Question

Have you experienced any the following during the past month: Pain in the limbs or joints

Frequencies

label	value	n	%	v. %
No	0	2141	67.9	68.4
Occasionally	1	704	22.3	22.5
Weekly	2	174	5.5	5.6
Daily or almost daily	3	110	3.5	3.5
System missing (SYSMIS)	.	24	0.8	–
		3153	100.0	100.0

**[Q15_7] Have you experienced any the following during the past month:
Stomach pain, heartburn/acid indigestion**

Question

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

Frequencies

label	value	n	%	v. %
No	0	1566	49.7	49.9
Occasionally	1	1178	37.4	37.5
Weekly	2	271	8.6	8.6
Daily or almost daily	3	124	3.9	4.0
System missing (SYSMIS)	.	14	0.4	–
		3153	100.0	100.0

**[Q15_8] Have you experienced any the following during the past month:
Nausea or vomiting**

Question

Have you experienced any the following during the past month: Nausea or vomiting

Frequencies

2. Variables

label	value	n	%	v. %
No	0	2714	86.1	86.5
Occasionally	1	375	11.9	12.0
Weekly	2	38	1.2	1.2
Daily or almost daily	3	11	0.3	0.4
System missing (SYSMIS)	.	15	0.5	–
		3153	100.0	100.0

[Q15_9] Have you experienced any the following during the past month: Flatulence or swelling

Question

Have you experienced any the following during the past month: Flatulence or swelling

Frequencies

label	value	n	%	v. %
No	0	1154	36.6	36.8
Occasionally	1	1234	39.1	39.3
Weekly	2	502	15.9	16.0
Daily or almost daily	3	249	7.9	7.9
System missing (SYSMIS)	.	14	0.4	–
		3153	100.0	100.0

[Q15_10] Have you experienced any the following during the past month: Constipation or diarrhea

Question

Have you experienced any the following during the past month: Constipation or diarrhea

Frequencies

label	value	n	%	v. %
No	0	2164	68.6	68.9
Occasionally	1	720	22.8	22.9
Weekly	2	206	6.5	6.6
Daily or almost daily	3	52	1.6	1.7
System missing (SYSMIS)	.	11	0.3	–
		3153	100.0	100.0

**[Q15_11] Have you experienced any the following during the past month:
Binge eating/overeating**

Question

Have you experienced any the following during the past month: Binge eating/overeating

Frequencies

label	value	n	%	v. %
No	0	2663	84.5	84.8
Occasionally	1	365	11.6	11.6
Weekly	2	86	2.7	2.7
Daily or almost daily	3	25	0.8	0.8
System missing (SYSMIS)	.	14	0.4	–
		3153	100.0	100.0

**[Q15_12] Have you experienced any the following during the past month:
Heart palpitations, irregular heartbeat**

Question

Have you experienced any the following during the past month: Heart palpitations, irregular heartbeat

Frequencies

label	value	n	%	v. %
No	0	2559	81.2	81.5
Occasionally	1	469	14.9	14.9
Weekly	2	88	2.8	2.8
Daily or almost daily	3	24	0.8	0.8
System missing (SYSMIS)	.	13	0.4	–
		3153	100.0	100.0

**[Q15_13] Have you experienced any the following during the past month:
Skin problems**

Question

Have you experienced any the following during the past month: Skin problems

Frequencies

2. Variables

label	value	n	%	v. %
No	0	1856	58.9	59.1
Occasionally	1	742	23.5	23.6
Weekly	2	229	7.3	7.3
Daily or almost daily	3	311	9.9	9.9
System missing (SYSMIS)	.	15	0.5	–
		3153	100.0	100.0

[Q15_14] Have you experienced any the following during the past month: Voice problems

Question

Have you experienced any the following during the past month: Voice problems

Frequencies

label	value	n	%	v. %
No	0	2845	90.2	90.7
Occasionally	1	233	7.4	7.4
Weekly	2	41	1.3	1.3
Daily or almost daily	3	19	0.6	0.6
System missing (SYSMIS)	.	15	0.5	–
		3153	100.0	100.0

[Q15_15] Have you experienced any the following during the past month: Rhinitis, stuffy nose

Question

Have you experienced any the following during the past month: Rhinitis, stuffy nose

Frequencies

label	value	n	%	v. %
No	0	973	30.9	31.0
Occasionally	1	1482	47.0	47.2
Weekly	2	418	13.3	13.3
Daily or almost daily	3	267	8.5	8.5
System missing (SYSMIS)	.	13	0.4	–
		3153	100.0	100.0

**[Q15_16] Have you experienced any the following during the past month:
Throat problems (sore throat, phlegm)**

Question

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

Frequencies

label	value	n	%	v. %
No	0	1793	56.9	57.1
Occasionally	1	1083	34.3	34.5
Weekly	2	187	5.9	6.0
Daily or almost daily	3	79	2.5	2.5
System missing (SYSMIS)	.	11	0.3	–
		3153	100.0	100.0

**[Q15_17] Have you experienced any the following during the past month:
Persistent cough or shortness of breath**

Question

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

Frequencies

label	value	n	%	v. %
No	0	2754	87.3	87.8
Occasionally	1	277	8.8	8.8
Weekly	2	60	1.9	1.9
Daily or almost daily	3	47	1.5	1.5
System missing (SYSMIS)	.	15	0.5	–
		3153	100.0	100.0

**[Q15_18] Have you experienced any the following during the past month:
Bleeding gums or other gum problems**

Question

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

Frequencies

label	value	n	%	v. %
No	0	2522	80.0	80.3
Occasionally	1	524	16.6	16.7
Weekly	2	68	2.2	2.2
Daily or almost daily	3	28	0.9	0.9
System missing (SYSMIS)	.	11	0.3	–
		3153	100.0	100.0

**[Q15_19] Have you experienced any the following during the past month:
Dental problems (sensitive teeth, toothache)**

Question

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

Frequencies

label	value	n	%	v. %
No	0	2298	72.9	73.2
Occasionally	1	677	21.5	21.6
Weekly	2	119	3.8	3.8
Daily or almost daily	3	47	1.5	1.5
System missing (SYSMIS)	.	12	0.4	–
		3153	100.0	100.0

**[Q15_20] Have you experienced any the following during the past month:
Wisdom tooth problems**

Question

Have you experienced any the following during the past month: Wisdom tooth problems

Frequencies

label	value	n	%	v. %
No	0	2797	88.7	89.0
Occasionally	1	287	9.1	9.1
Weekly	2	40	1.3	1.3

(continued on next page)

(cont. from previous page)

label	value	n	%	v. %
Daily or almost daily	3	18	0.6	0.6
System missing (SYSMIS)	.	11	0.3	–
		3153	100.0	100.0

**[Q15_21] Have you experienced any the following during the past month:
Problems with chewing or biting**

Question

Have you experienced any the following during the past month: Problems with chewing or biting

Frequencies

label	value	n	%	v. %
No	0	2830	89.8	90.2
Occasionally	1	187	5.9	6.0
Weekly	2	52	1.6	1.7
Daily or almost daily	3	69	2.2	2.2
System missing (SYSMIS)	.	15	0.5	–
		3153	100.0	100.0

**[Q15_22] Have you experienced any the following during the past month:
Waking up during the night or difficulty in falling asleep**

Question

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

Frequencies

label	value	n	%	v. %
No	0	1324	42.0	42.1
Occasionally	1	1113	35.3	35.4
Weekly	2	505	16.0	16.1
Daily or almost daily	3	200	6.3	6.4
System missing (SYSMIS)	.	11	0.3	–
		3153	100.0	100.0

**[Q15_23] Have you experienced any the following during the past month:
Difficulty concentrating**

Question

Have you experienced any the following during the past month: Difficulty concentrating

Frequencies

label	value	n	%	v. %
No	0	1514	48.0	48.2
Occasionally	1	1087	34.5	34.6
Weekly	2	385	12.2	12.2
Daily or almost daily	3	157	5.0	5.0
System missing (SYSMIS)	.	10	0.3	–
		3153	100.0	100.0

**[Q15_24] Have you experienced any the following during the past month:
Nervous tension/nervousness**

Question

Have you experienced any the following during the past month: Nervous tension/nervousness

Frequencies

label	value	n	%	v. %
No	0	1431	45.4	45.6
Occasionally	1	1123	35.6	35.8
Weekly	2	449	14.2	14.3
Daily or almost daily	3	138	4.4	4.4
System missing (SYSMIS)	.	12	0.4	–
		3153	100.0	100.0

**[Q15_25] Have you experienced any the following during the past month:
Depression or feeling low**

Question

Have you experienced any the following during the past month: Depression or feeling low

Frequencies

label	value	n	%	v. %
No	0	1590	50.4	50.7
Occasionally	1	1055	33.5	33.6
Weekly	2	344	10.9	11.0
Daily or almost daily	3	150	4.8	4.8
System missing (SYSMIS)	.	14	0.4	–
		3153	100.0	100.0

**[Q15_26] Have you experienced any the following during the past month:
Anxiety**

Question

Have you experienced any the following during the past month: Anxiety

Frequencies

label	value	n	%	v. %
No	0	2006	63.6	63.9
Occasionally	1	760	24.1	24.2
Weekly	2	262	8.3	8.3
Daily or almost daily	3	110	3.5	3.5
System missing (SYSMIS)	.	15	0.5	–
		3153	100.0	100.0

**[Q15_27] Have you experienced any the following during the past month:
Something else**

Question

Have you experienced any the following during the past month: Something else

Frequencies

label	value	n	%	v. %
No	0	2357	74.8	96.8
Occasionally	1	22	0.7	0.9
Weekly	2	18	0.6	0.7
Daily or almost daily	3	37	1.2	1.5
System missing (SYSMIS)	.	719	22.8	–
		3153	100.0	100.0

[Q16_1_0] 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	1280	40.6	63.6
Mentioned	1	734	23.3	36.4
System missing (SYSMIS)	.	1139	36.1	—
		3153	100.0	100.0

[Q16_1_1] 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	1206	38.2	59.9
Mentioned	1	808	25.6	40.1
System missing (SYSMIS)	.	1139	36.1	—
		3153	100.0	100.0

[Q16_1_2] 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	1714	54.4	85.1
Mentioned	1	300	9.5	14.9
System missing (SYSMIS)	.	1139	36.1	–
		3153	100.0	100.0

[Q16_1_3] Have you experienced any of the following women’s health issues during the past 6 months: Abnormal vaginal discharge

Question

*Have you experienced any of the following women’s health issues during the past 6 months:
Abnormal vaginal discharge*

Frequencies

label	value	n	%	v. %
Not mentioned	0	1745	55.3	86.6
Mentioned	1	269	8.5	13.4
System missing (SYSMIS)	.	1139	36.1	–
		3153	100.0	100.0

[Q16_1_4] 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	1728	54.8	85.8
Mentioned	1	286	9.1	14.2
System missing (SYSMIS)	.	1139	36.1	–
		3153	100.0	100.0

[Q16_1_5] Have you experienced any of the following women's health issues during the past 6 months: Something else

Question

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

Frequencies

label	value	n	%	v. %
Not mentioned	0	1881	59.7	93.4
Mentioned	1	133	4.2	6.6
System missing (SYSMIS)	.	1139	36.1	—
		3153	100.0	100.0

[Q16_2_0] Have you experienced any of the following men's health issues during the past 6 months: No

Question

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

Frequencies

label	value	n	%	v. %
Not mentioned	0	219	6.9	19.7
Mentioned	1	891	28.3	80.3
System missing (SYSMIS)	.	2043	64.8	—
		3153	100.0	100.0

[Q16_2_1] Have you experienced any of the following men's health issues during the past 6 months: Foreskin problems

Question

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

Frequencies

label	value	n	%	v. %
Not mentioned	0	1070	33.9	96.4
Mentioned	1	40	1.3	3.6
System missing (SYSMIS)	.	2043	64.8	–
		3153	100.0	100.0

[Q16_2_2] 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	1085	34.4	97.7
Mentioned	1	25	0.8	2.3
System missing (SYSMIS)	.	2043	64.8	–
		3153	100.0	100.0

[Q16_2_3] 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	1052	33.4	94.7
Mentioned	1	59	1.9	5.3
System missing (SYSMIS)	.	2042	64.8	–
		3153	100.0	100.0

[Q16_2_3B] Have you experienced any of the following men's health issues during the past 6 months: Erection problems. How often?

Question

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

Frequencies

label	value	n	%	v. %
Always	1	2	0.1	3.7
Often	2	6	0.2	11.1
Occasionally	3	46	1.5	85.2
System missing (SYSMIS)	.	3099	98.3	–
		3153	100.0	100.0

[Q16_2_4] Have you experienced any of the following men's health issues during the past 6 months: Premature ejaculation

Question

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

Frequencies

label	value	n	%	v. %
Not mentioned	0	1020	32.4	91.9
Mentioned	1	90	2.9	8.1
System missing (SYSMIS)	.	2043	64.8	–
		3153	100.0	100.0

[Q16_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	1089	34.5	98.1
Mentioned	1	21	0.7	1.9
System missing (SYSMIS)	.	2043	64.8	–
		3153	100.0	100.0

[Q16_2_6] Have you experienced any of the following men's health issues during the past 6 months: Something else

Question

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

Frequencies

label	value	n	%	v. %
Not mentioned	0	1087	34.5	97.9
Mentioned	1	23	0.7	2.1
System missing (SYSMIS)	.	2043	64.8	–
		3153	100.0	100.0

[Q17] 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	150	4.8	4.8
Same as usual	2	2175	69.0	69.2
Less than usual	3	734	23.3	23.3
Much less than usual	4	85	2.7	2.7
System missing (SYSMIS)	.	9	0.3	–
		3153	100.0	100.0

[Q18] Have you recently lost sleep over worry?

Question

Have you recently lost sleep over worry?

Frequencies

label	value	n	%	v. %
Not at all	1	1068	33.9	34.0
No more than usual	2	1392	44.1	44.3
Rather more than usual	3	593	18.8	18.9
Much more than usual	4	91	2.9	2.9
System missing (SYSMIS)	.	9	0.3	–
		3153	100.0	100.0

[Q19] Have you recently felt you have been playing a useful part in things?**Question**

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

Frequencies

label	value	n	%	v. %
More so than usual	1	365	11.6	11.6
About the same as usual	2	2288	72.6	72.8
Less so than usual	3	408	12.9	13.0
Much less than usual	4	82	2.6	2.6
System missing (SYSMIS)	.	10	0.3	–
		3153	100.0	100.0

[Q20] Have you recently felt capable of making decisions?**Question**

Have you recently felt capable of making decisions?

Frequencies

label	value	n	%	v. %
More so than usual	1	286	9.1	9.1
About the same as usual	2	2459	78.0	78.3
Less so than usual	3	352	11.2	11.2
Much less than usual	4	45	1.4	1.4
System missing (SYSMIS)	.	11	0.3	–
		3153	100.0	100.0

[Q21] Have you recently felt constantly under strain?**Question**

Have you recently felt constantly under strain?

Frequencies

label	value	n	%	v. %
Not at all	1	689	21.9	21.9
No more than usual	2	1298	41.2	41.3
Rather more than usual	3	983	31.2	31.3
Much more than usual	4	173	5.5	5.5
System missing (SYSMIS)	.	10	0.3	–
		3153	100.0	100.0

[Q22] 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	1329	42.2	42.3
No more than usual	2	1246	39.5	39.6
Rather more than usual	3	479	15.2	15.2
Much more than usual	4	89	2.8	2.8
System missing (SYSMIS)	.	10	0.3	–
		3153	100.0	100.0

[Q23] 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

2. Variables

label	value	n	%	v. %
More so than usual	1	343	10.9	10.9
About the same as usual	2	2192	69.5	69.7
Less so than usual	3	552	17.5	17.6
Much less than usual	4	57	1.8	1.8
System missing (SYSMIS)	.	9	0.3	–
		3153	100.0	100.0

[Q24] Have you recently been able to face up to problems?

Question

Have you recently been able to face up to problems?

Frequencies

label	value	n	%	v. %
More so than usual	1	263	8.3	8.4
About the same as usual	2	2493	79.1	79.3
Less so than usual	3	346	11.0	11.0
Much less than usual	4	40	1.3	1.3
System missing (SYSMIS)	.	11	0.3	–
		3153	100.0	100.0

[Q25] Have you recently been feeling unhappy or distressed?

Question

Have you recently been feeling unhappy or distressed?

Frequencies

label	value	n	%	v. %
Not at all	1	957	30.4	30.4
No more than usual	2	1290	40.9	41.0
Rather more than usual	3	741	23.5	23.6
Much more than usual	4	155	4.9	4.9
System missing (SYSMIS)	.	10	0.3	–
		3153	100.0	100.0

[Q26] 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	1414	44.8	45.0
No more than usual	2	1159	36.8	36.9
Rather more than usual	3	474	15.0	15.1
Much more than usual	4	97	3.1	3.1
System missing (SYSMIS)	.	9	0.3	–
		3153	100.0	100.0

[Q27] Have you recently been thinking yourself as a worthless person?**Question**

Have you recently been thinking yourself as a worthless person?

Frequencies

label	value	n	%	v. %
Not at all	1	1816	57.6	57.8
No more than usual	2	905	28.7	28.8
Rather more than usual	3	320	10.1	10.2
Much more than usual	4	102	3.2	3.2
System missing (SYSMIS)	.	10	0.3	–
		3153	100.0	100.0

[Q28] Have you recently been feeling reasonably happy, all things considered?**Question**

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

Frequencies

2. Variables

label	value	n	%	v. %
More so than usual	1	589	18.7	18.8
About the same as usual	2	2017	64.0	64.2
Less so than usual	3	460	14.6	14.6
Much less than usual	4	75	2.4	2.4
System missing (SYSMIS)	.	12	0.4	–
		3153	100.0	100.0

[Q29_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	280	8.9	8.9
Clearly a problem but not always and/or not a very bad problem	4	885	28.1	28.3
No cause for concern	5	625	19.8	20.0
Have generally a positive feeling about this	6	881	27.9	28.1
Something that gives me great satisfaction	7	409	13.0	13.1
Difficult to say	8	51	1.6	1.6
System missing (SYSMIS)	.	22	0.7	–
		3153	100.0	100.0

[Q29_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	147	4.7	4.7

(continued on next page)

(cont. from previous page)

label	value	n	%	v. %
Clearly a problem but not always and/or not a very bad problem	4	769	24.4	24.5
No cause for concern	5	993	31.5	31.6
Have generally a positive feeling about this	6	950	30.1	30.3
Something that gives me great satisfaction	7	242	7.7	7.7
Difficult to say	8	39	1.2	1.2
System missing (SYSMIS)	.	13	0.4	–
		3153	100.0	100.0

[Q29_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	61	1.9	1.9
Clearly a problem but not always and/or not a very bad problem	4	343	10.9	10.9
No cause for concern	5	574	18.2	18.3
Have generally a positive feeling about this	6	1324	42.0	42.2
Something that gives me great satisfaction	7	817	25.9	26.0
Difficult to say	8	21	0.7	0.7
System missing (SYSMIS)	.	13	0.4	–
		3153	100.0	100.0

[Q29_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

2. Variables

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	264	8.4	8.4
No cause for concern	5	741	23.5	23.6
Have generally a positive feeling about this	6	1108	35.1	35.3
Something that gives me great satisfaction	7	885	28.1	28.2
Difficult to say	8	44	1.4	1.4
System missing (SYSMIS)	.	13	0.4	–
		3153	100.0	100.0

[Q29_5] How do you see the following in your case at present: My sexuality

Question

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

Frequencies

label	value	n	%	v. %
A real problem which makes my life definitely more difficult	3	57	1.8	1.8
Clearly a problem but not always and/or not a very bad problem	4	334	10.6	10.6
No cause for concern	5	753	23.9	24.0
Have generally a positive feeling about this	6	1163	36.9	37.0
Something that gives me great satisfaction	7	789	25.0	25.1
Difficult to say	8	46	1.5	1.5
System missing (SYSMIS)	.	11	0.3	–
		3153	100.0	100.0

[Q29_6] How do you see the following in your case at present: Relationship with parents

Question

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

Frequencies

label	value	n	%	v. %
A real problem which makes my life definitely more difficult	3	51	1.6	1.6
Clearly a problem but not always and/or not a very bad problem	4	240	7.6	7.6
No cause for concern	5	540	17.1	17.2
Have generally a positive feeling about this	6	1437	45.6	45.7
Something that gives me great satisfaction	7	851	27.0	27.1
Difficult to say	8	22	0.7	0.7
System missing (SYSMIS)	.	12	0.4	–
		3153	100.0	100.0

[Q29_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	170	5.4	5.4
Clearly a problem but not always and/or not a very bad problem	4	521	16.5	16.6
No cause for concern	5	389	12.3	12.4
Have generally a positive feeling about this	6	1365	43.3	43.5
Something that gives me great satisfaction	7	632	20.0	20.1
Difficult to say	8	64	2.0	2.0
System missing (SYSMIS)	.	12	0.4	–
		3153	100.0	100.0

[Q29_8] How do you see the following in your case at present: Own strengths and skills

Question

How do you see the following in your case at present: Own strengths and skills

Frequencies

2. Variables

label	value	n	%	v. %
A real problem which makes my life definitely more difficult	3	114	3.6	3.6
Clearly a problem but not always and/or not a very bad problem	4	516	16.4	16.4
No cause for concern	5	639	20.3	20.4
Have generally a positive feeling about this	6	1462	46.4	46.6
Something that gives me great satisfaction	7	338	10.7	10.8
Difficult to say	8	70	2.2	2.2
System missing (SYSMIS)	.	14	0.4	–
		3153	100.0	100.0

[Q29_9] How do you see the following in your case at present: How you feel in general/Your general mood

Question

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

Frequencies

label	value	n	%	v. %
A real problem which makes my life definitely more difficult	3	149	4.7	4.7
Clearly a problem but not always and/or not a very bad problem	4	572	18.1	18.2
No cause for concern	5	633	20.1	20.2
Have generally a positive feeling about this	6	1468	46.6	46.8
Something that gives me great satisfaction	7	239	7.6	7.6
Difficult to say	8	77	2.4	2.5
System missing (SYSMIS)	.	15	0.5	–
		3153	100.0	100.0

[Q30] 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	52	1.6	1.7
Once a day	1	958	30.4	30.5
More often than once a day	2	2134	67.7	67.9
System missing (SYSMIS)	.	9	0.3	–
		3153	100.0	100.0

[Q31] Do you use tooth paste?

Question

Do you use tooth paste?

Frequencies

label	value	n	%	v. %
Less often than once a day	0	79	2.5	2.5
Once a day	1	952	30.2	30.3
More often than once a day	2	2114	67.0	67.2
System missing (SYSMIS)	.	8	0.3	–
		3153	100.0	100.0

[Q32] Do you floss your teeth?

Question

Do you floss your teeth?

Frequencies

label	value	n	%	v. %
Not at all	0	1184	37.6	37.7
Occasionally	1	1726	54.7	54.9
Daily	2	233	7.4	7.4
System missing (SYSMIS)	.	10	0.3	–
		3153	100.0	100.0

[Q33] 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	304	9.6	9.7
Occasionally	1	1651	52.4	52.5
Once a day	2	555	17.6	17.7
At least twice a day	3	634	20.1	20.2
System missing (SYSMIS)	.	9	0.3	–
		3153	100.0	100.0

[Q34] How often do you take more vigorous physical exercise at the minimum for 30 minutes at a time and becoming at least a bit out of breath and sweaty (e.g. jogging/fast walking, cycling, swimming, gymnastics, ball games)?

Question

How often do you take more vigorous physical exercise at the minimum for 30 minutes at a time and becoming at least a bit out of breath and sweaty (e.g. jogging/fast walking, cycling, swimming, gymnastics, ball games)?

Frequencies

label	value	n	%	v. %
Not at all or very seldom	0	237	7.5	7.6
1 - 3 times a month	1	369	11.7	11.8
Roughly once a week	2	553	17.5	17.6
2 - 3 times a week	3	1195	37.9	38.1
4 - 6 times a week	4	578	18.3	18.4
Daily	5	205	6.5	6.5
System missing (SYSMIS)	.	16	0.5	–
		3153	100.0	100.0

[Q35] IF YES: How many hours a week do you spend taking more vigorous physical exercise?

Question

IF YES: How many hours a week do you spend taking more vigorous physical exercise?

Descriptive statistics

statistic	value
number of valid cases	2809
minimum	0.00
maximum	40.00
mean	3.95
standard deviation	3.06

[Q36_1] 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. %
Less than 15 minutes a day	0	540	17.1	17.4
15 - 30 minutes a day	1	1473	46.7	47.4
30 - 60 minutes a day	2	913	29.0	29.4
Over an hour a day	3	180	5.7	5.8
System missing (SYSMIS)	.	47	1.5	—
		3153	100.0	100.0

[Q36_2] How many hours a week do you spend walking or cycling to get from one place to another (i.e. not for exercise)?

Question

How many hours a week do you spend walking or cycling to get from one place to another (i.e. not for exercise)?

Descriptive statistics

statistic	value
number of valid cases	2771
minimum	0.00
maximum	40.00
mean	3.69
standard deviation	2.95

[Q37] How often do you take light physical exercise at the minimum for 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 for 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	435	13.8	13.9
1 - 2 times a week	1	1522	48.3	48.6
3 - 4 times a week	2	557	17.7	17.8
Daily or almost daily	3	616	19.5	19.7
System missing (SYSMIS)	.	23	0.7	–
		3153	100.0	100.0

[Q38_0] Who organizes the physical exercise you take part in: Do not take physical exercise

Question

Who organizes the physical exercise you take part in: Do not take physical exercise

Frequencies

label	value	n	%	v. %
Not mentioned	0	3010	95.5	95.9
Mentioned	1	128	4.1	4.1
System missing (SYSMIS)	.	15	0.5	–
		3153	100.0	100.0

[Q38_1] 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	997	31.6	31.8
Mentioned	1	2141	67.9	68.2
System missing (SYSMIS)	.	15	0.5	–
		3153	100.0	100.0

[Q38_2] 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	1475	46.8	47.0
Mentioned	1	1663	52.7	53.0
System missing (SYSMIS)	.	15	0.5	–
		3153	100.0	100.0

[Q38_3] Who organizes the physical exercise you take part in: The university or the student union

Question

Who organizes the physical exercise you take part in: The university or the student union

Frequencies

label	value	n	%	v. %
Not mentioned	0	2382	75.5	75.9
Mentioned	1	756	24.0	24.1
System missing (SYSMIS)	.	15	0.5	–
		3153	100.0	100.0

[Q38_4] 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)

2. Variables

Frequencies

label	value	n	%	v. %
Not mentioned	0	3013	95.6	96.0
Mentioned	1	125	4.0	4.0
System missing (SYSMIS)	.	15	0.5	–
		3153	100.0	100.0

[Q38_5] Who organizes the physical exercise you take part in: A sports club (not connected to the university)

Question

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

Frequencies

label	value	n	%	v. %
Not mentioned	0	2651	84.1	84.5
Mentioned	1	487	15.4	15.5
System missing (SYSMIS)	.	15	0.5	–
		3153	100.0	100.0

[Q38_6] 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	3024	95.9	96.4
Mentioned	1	114	3.6	3.6
System missing (SYSMIS)	.	15	0.5	–
		3153	100.0	100.0

[Q38_7] 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	2413	76.5	76.9
Mentioned	1	725	23.0	23.1
System missing (SYSMIS)	.	15	0.5	–
		3153	100.0	100.0

[Q38_8] 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	2888	91.6	92.0
Mentioned	1	250	7.9	8.0
System missing (SYSMIS)	.	15	0.5	–
		3153	100.0	100.0

[Q39_0] Why do you take physical exercise (choose the two most important reasons): Do not take physical exercise

Question

Why do you take physical exercise (choose the two most important reasons): Do not take physical exercise

Frequencies

2. Variables

label	value	n	%	v. %
Not mentioned	0	3018	95.7	96.1
Mentioned	1	122	3.9	3.9
System missing (SYSMIS)	.	13	0.4	–
		3153	100.0	100.0

[Q39_1] Why do you take physical exercise (choose the two most important reasons): For my own pleasure

Question

Why do you take physical exercise (choose the two most important reasons): For my own pleasure

Frequencies

label	value	n	%	v. %
Not mentioned	0	1101	34.9	35.1
Mentioned	1	2039	64.7	64.9
System missing (SYSMIS)	.	13	0.4	–
		3153	100.0	100.0

[Q39_2] Why do you take physical exercise (choose the two most important reasons): To look good (appearance)

Question

Why do you take physical exercise (choose the two most important reasons): To look good (appearance)

Frequencies

label	value	n	%	v. %
Not mentioned	0	2435	77.2	77.5
Mentioned	1	705	22.4	22.5
System missing (SYSMIS)	.	13	0.4	–
		3153	100.0	100.0

[Q39_3] Why do you take physical exercise (choose the two most important reasons): To keep fit/healthy or as a remedy for illness

Question

Why do you take physical exercise (choose the two most important reasons): To keep fit/healthy or as a remedy for illness

Frequencies

label	value	n	%	v. %
Not mentioned	0	1252	39.7	39.9
Mentioned	1	1888	59.9	60.1
System missing (SYSMIS)	.	13	0.4	–
		3153	100.0	100.0

[Q39_4] Why do you take physical exercise (choose the two most important reasons): Desire to be alone

Question

Why do you take physical exercise (choose the two most important reasons): Desire to be alone

Frequencies

label	value	n	%	v. %
Not mentioned	0	3089	98.0	98.4
Mentioned	1	51	1.6	1.6
System missing (SYSMIS)	.	13	0.4	–
		3153	100.0	100.0

[Q39_5] Why do you take physical exercise (choose the two most important reasons): To be with friends

Question

Why do you take physical exercise (choose the two most important reasons): To be with friends

Frequencies

2. Variables

label	value	n	%	v. %
Not mentioned	0	2809	89.1	89.5
Mentioned	1	331	10.5	10.5
System missing (SYSMIS)	.	13	0.4	–
		3153	100.0	100.0

[Q39_6] Why do you take physical exercise (choose the two most important reasons): To get away from everyday worries, for stress-release

Question

Why do you take physical exercise (choose the two most important reasons): To get away from everyday worries, for stress-release

Frequencies

label	value	n	%	v. %
Not mentioned	0	2116	67.1	67.4
Mentioned	1	1024	32.5	32.6
System missing (SYSMIS)	.	13	0.4	–
		3153	100.0	100.0

[Q39_7] Why do you take physical exercise (choose the two most important reasons): Other reason

Question

Why do you take physical exercise (choose the two most important reasons): Other reason

Frequencies

label	value	n	%	v. %
Not mentioned	0	2874	91.2	91.5
Mentioned	1	266	8.4	8.5
System missing (SYSMIS)	.	13	0.4	–
		3153	100.0	100.0

[Q40_1] Have you used or do you use performance-enhancing substances: Permitted substances, for example, protein supplements

Question

Have you used or do you use performance-enhancing substances: Permitted substances, for example, protein supplements

Frequencies

label	value	n	%	v. %
Never	0	2705	85.8	86.3
Have used previously	1	221	7.0	7.1
Use presently	2	207	6.6	6.6
System missing (SYSMIS)	.	20	0.6	–
		3153	100.0	100.0

[Q40_2] Have you used or do you use performance-enhancing substances: Illegal substances (doping)**Question**

Have you used or do you use performance-enhancing substances: Illegal substances (doping)

Frequencies

label	value	n	%	v. %
Never	0	3057	97.0	99.4
Have used previously	1	14	0.4	0.5
Use presently	2	5	0.2	0.2
System missing (SYSMIS)	.	77	2.4	–
		3153	100.0	100.0

[Q41_1] What kind of meals do you normally eat on weekdays: At breakfast time?**Question**

What kind of meals do you normally eat on weekdays: At breakfast time?

Frequencies

label	value	n	%	v. %
Eat nothing	0	155	4.9	4.9
Only drink something	1	382	12.1	12.2
Cold meal (bread, salad, pastry, yoghurt, cereal etc)	2	2192	69.5	69.8
Warm meal (meat, fish, vegetarian food, porridge etc)	3	410	13.0	13.1
System missing (SYSMIS)	.	14	0.4	–
		3153	100.0	100.0

[Q41_2] What kind of meals do you normally eat on weekdays: At lunchtime?**Question**

What kind of meals do you normally eat on weekdays: At lunchtime?

Frequencies

label	value	n	%	v. %
Eat nothing	0	89	2.8	2.8
Only drink something	1	60	1.9	1.9
Cold meal (bread, salad, pastry, yoghurt, cereal etc)	2	520	16.5	16.6
Warm meal (meat, fish, vegetarian food, porridge etc)	3	2466	78.2	78.7
System missing (SYSMIS)	.	18	0.6	–
		3153	100.0	100.0

[Q41_3] What kind of meals do you normally eat on weekdays: At dinner-time?**Question**

What kind of meals do you normally eat on weekdays: At dinnertime?

Frequencies

label	value	n	%	v. %
Eat nothing	0	46	1.5	1.5
Only drink something	1	27	0.9	0.9
Cold meal (bread, salad, pastry, yoghurt, cereal etc)	2	1236	39.2	39.4
Warm meal (meat, fish, vegetarian food, porridge etc)	3	1826	57.9	58.2
System missing (SYSMIS)	.	18	0.6	–
		3153	100.0	100.0

[Q42] Do you follow a special diet?**Question**

Do you follow a special diet?

Frequencies

label	value	n	%	v. %
No	0	2422	76.8	77.1
Yes, because of diagnosed illness, allergy or overweight	1	313	9.9	10.0
Yes, for other reasons	2	407	12.9	13.0
System missing (SYSMIS)	.	11	0.3	–
		3153	100.0	100.0

[Q43] When buying/acquiring food, do you take health factors into account?

Question

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

Frequencies

label	value	n	%	v. %
Never or very seldom	0	218	6.9	6.9
Occasionally	1	1252	39.7	39.8
Often	2	1673	53.1	53.2
System missing (SYSMIS)	.	10	0.3	–
		3153	100.0	100.0

[Q44] 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	1659	52.6	53.0
At home	2	1287	40.8	41.1
At my parents	3	62	2.0	2.0
In other public restaurant	4	74	2.3	2.4
Somewhere else	5	49	1.6	1.6
System missing (SYSMIS)	.	22	0.7	–
		3153	100.0	100.0

[Q45] 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	2583	81.9	82.2
Once a week or less often	1	349	11.1	11.1
A few times a week	2	146	4.6	4.6
Practically every day	3	63	2.0	2.0
System missing (SYSMIS)	.	12	0.4	–
		3153	100.0	100.0

[Q46] How many glasses of milk or sour milk do you drink a day?**Question**

How many glasses of milk or sour milk do you drink a day?

Descriptive statistics

statistic	value
number of valid cases	3137
minimum	0.00
maximum	21.00
mean	1.90
standard deviation	1.69

[Q47_1] How many slices of bread do you eat a day: Dark/rye bread**Question**

How many slices of bread do you eat a day: Dark/rye bread

Descriptive statistics

statistic	value
number of valid cases	3109

(continued on next page)

(cont. from previous page)

statistic	value
minimum	0.00
maximum	23.00
mean	2.46
standard deviation	1.84

[Q47_2] How many slices of bread do you eat a day: Multigrain, yeast, barley, graham or oat bread

Question

How many slices of bread do you eat a day: Multigrain, yeast, barley, graham or oat bread

Descriptive statistics

statistic	value
number of valid cases	3056
minimum	0.00
maximum	29.00
mean	1.60
standard deviation	1.54

[Q47_3] How many slices of bread do you eat a day: White bread

Question

How many slices of bread do you eat a day: White bread

Descriptive statistics

statistic	value
number of valid cases	2792
minimum	0.00
maximum	30.00
mean	0.37
standard deviation	0.96

[Q48] 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. %
Nothing	0	610	19.3	19.4
Low-fat spread with less than 65% of fat content	1	1295	41.1	41.2
Reduced fat spread with 70-80% of fat content	2	753	23.9	24.0
Butter	3	145	4.6	4.6
Other low-fat spreads (cheese spreads etc.)	4	269	8.5	8.6
Other	5	68	2.2	2.2
System missing (SYSMIS)	.	13	0.4	–
		3153	100.0	100.0

**[Q49_1] How often have you eaten the following during the past week:
Fruit or berries**

Question

How often have you eaten the following during the past week: Fruit or berries

Frequencies

label	value	n	%	v. %
Not once	0	229	7.3	7.3
On 1 - 2 days	1	936	29.7	29.9
On 3 - 5 days	2	826	26.2	26.4
About once a day	3	715	22.7	22.8
2 times a day	4	331	10.5	10.6
3 times a day or more often	5	93	2.9	3.0
System missing (SYSMIS)	.	23	0.7	–
		3153	100.0	100.0

**[Q49_2] How often have you eaten the following during the past week:
Fresh vegetables**

Question

How often have you eaten the following during the past week: Fresh vegetables

Frequencies

label	value	n	%	v. %
Not once	0	174	5.5	5.6

(continued on next page)

(cont. from previous page)

label	value	n	%	v. %
On 1 - 2 days	1	610	19.3	19.5
On 3 - 5 days	2	908	28.8	29.0
About once a day	3	974	30.9	31.1
2 times a day	4	392	12.4	12.5
3 times a day or more often	5	72	2.3	2.3
System missing (SYSMIS)	.	23	0.7	–
		3153	100.0	100.0

**[Q49_3] How often have you eaten the following during the past week:
Cooked vegetables (excluding potatoes)**

Question

How often have you eaten the following during the past week: Cooked vegetables (excluding potatoes)

Frequencies

label	value	n	%	v. %
Not once	0	568	18.0	18.2
On 1 - 2 days	1	1174	37.2	37.7
On 3 - 5 days	2	768	24.4	24.6
About once a day	3	525	16.7	16.8
2 times a day	4	76	2.4	2.4
3 times a day or more often	5	7	0.2	0.2
System missing (SYSMIS)	.	35	1.1	–
		3153	100.0	100.0

[Q49_4] How often have you eaten the following during the past week: Porridge, muesli, cereal

Question

How often have you eaten the following during the past week: Porridge, muesli, cereal

Frequencies

label	value	n	%	v. %
Not once	0	903	28.6	28.8

(continued on next page)

2. Variables

(cont. from previous page)

label	value	n	%	v. %
On 1 - 2 days	1	784	24.9	25.0
On 3 - 5 days	2	554	17.6	17.7
About once a day	3	802	25.4	25.6
2 times a day	4	80	2.5	2.6
3 times a day or more often	5	10	0.3	0.3
System missing (SYSMIS)	.	20	0.6	–
		3153	100.0	100.0

[Q49_5] How often have you eaten the following during the past week: Yo-ghurt or sour milk products (portions of 1,5-2 dl)

Question

How often have you eaten the following during the past week: Yoghurt or sour milk products (portions of 1,5-2 dl)

Frequencies

label	value	n	%	v. %
Not once	0	619	19.6	19.8
On 1 - 2 days	1	757	24.0	24.2
On 3 - 5 days	2	815	25.8	26.0
About once a day	3	762	24.2	24.3
2 times a day	4	159	5.0	5.1
3 times a day or more often	5	20	0.6	0.6
System missing (SYSMIS)	.	21	0.7	–
		3153	100.0	100.0

[Q49_6] How often have you eaten the following during the past week: Ice cream

Question

How often have you eaten the following during the past week: Ice cream

Frequencies

label	value	n	%	v. %
Not once	0	1778	56.4	56.7

(continued on next page)

(cont. from previous page)

label	value	n	%	v. %
On 1 - 2 days	1	1204	38.2	38.4
On 3 - 5 days	2	131	4.2	4.2
About once a day	3	19	0.6	0.6
2 times a day	4	1	0.0	0.0
3 times a day or more often	5	1	0.0	0.0
System missing (SYSMIS)	.	19	0.6	–
		3153	100.0	100.0

**[Q49_7] How often have you eaten the following during the past week:
Candy, chocolate**

Question

How often have you eaten the following during the past week: Candy, chocolate

Frequencies

label	value	n	%	v. %
Not once	0	413	13.1	13.2
On 1 - 2 days	1	1522	48.3	48.6
On 3 - 5 days	2	873	27.7	27.9
About once a day	3	260	8.2	8.3
2 times a day	4	44	1.4	1.4
3 times a day or more often	5	21	0.7	0.7
System missing (SYSMIS)	.	20	0.6	–
		3153	100.0	100.0

[Q49_8] How often have you eaten the following during the past week: Sugary drinks

Question

How often have you eaten the following during the past week: Sugary drinks

Frequencies

label	value	n	%	v. %
Not once	0	1280	40.6	40.9
On 1 - 2 days	1	1164	36.9	37.2

(continued on next page)

2. Variables

(cont. from previous page)

label	value	n	%	v. %
On 3 - 5 days	2	443	14.1	14.1
About once a day	3	162	5.1	5.2
2 times a day	4	53	1.7	1.7
3 times a day or more often	5	31	1.0	1.0
System missing (SYSMIS)	.	20	0.6	–
		3153	100.0	100.0

[Q49_9] How often have you eaten the following during the past week: Sweet pastry

Question

How often have you eaten the following during the past week: Sweet pastry

Frequencies

label	value	n	%	v. %
Not once	0	1109	35.2	35.4
On 1 - 2 days	1	1528	48.5	48.8
On 3 - 5 days	2	394	12.5	12.6
About once a day	3	90	2.9	2.9
2 times a day	4	8	0.3	0.3
3 times a day or more often	5	4	0.1	0.1
System missing (SYSMIS)	.	20	0.6	–
		3153	100.0	100.0

[Q49_10] How often have you eaten the following during the past week: Chips/french fries

Question

How often have you eaten the following during the past week: Chips/french fries

Frequencies

label	value	n	%	v. %
Not once	0	2118	67.2	67.6
On 1 - 2 days	1	943	29.9	30.1
On 3 - 5 days	2	67	2.1	2.1

(continued on next page)

(cont. from previous page)

label	value	n	%	v. %
About once a day	3	6	0.2	0.2
2 times a day	4	1	0.0	0.0
3 times a day or more often	5	0	0.0	0.0
System missing (SYSMIS)	.	18	0.6	–
		3153	100.0	100.0

**[Q49_11] How often have you eaten the following during the past week:
Potato crisps etc.**

Question

How often have you eaten the following during the past week: Potato crisps etc.

Frequencies

label	value	n	%	v. %
Not once	0	2032	64.4	64.8
On 1 - 2 days	1	1033	32.8	32.9
On 3 - 5 days	2	60	1.9	1.9
About once a day	3	4	0.1	0.1
2 times a day	4	4	0.1	0.1
3 times a day or more often	5	3	0.1	0.1
System missing (SYSMIS)	.	17	0.5	–
		3153	100.0	100.0

**[Q49_12] How often have you eaten the following during the past week:
Cheese**

Question

How often have you eaten the following during the past week: Cheese

Frequencies

label	value	n	%	v. %
Not once	0	366	11.6	11.7
On 1 - 2 days	1	469	14.9	15.0
On 3 - 5 days	2	647	20.5	20.7
About once a day	3	804	25.5	25.7

(continued on next page)

2. Variables

(cont. from previous page)

label	value	n	%	v. %
2 times a day	4	651	20.6	20.8
3 times a day or more often	5	189	6.0	6.0
System missing (SYSMIS)	.	27	0.9	—
		3153	100.0	100.0

[Q49_13] How often have you eaten the following during the past week: Pizza

Question

How often have you eaten the following during the past week: Pizza

Frequencies

label	value	n	%	v. %
Not once	0	1703	54.0	54.3
On 1 - 2 days	1	1366	43.3	43.6
On 3 - 5 days	2	59	1.9	1.9
About once a day	3	4	0.1	0.1
2 times a day	4	0	0.0	0.0
3 times a day or more often	5	2	0.1	0.1
System missing (SYSMIS)	.	19	0.6	—
		3153	100.0	100.0

[Q50] 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	2716	86.1	86.4
Occasionally	2	398	12.6	12.7
Often	3	28	0.9	0.9
System missing (SYSMIS)	.	11	0.3	—

(continued on next page)

(cont. from previous page)

label	value	n	%	v. %
		3153	100.0	100.0

[Q51] 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	1504	47.7	48.1
Occasionally	2	978	31.0	31.3
Hardly ever	3	645	20.5	20.6
System missing (SYSMIS)	.	26	0.8	–
		3153	100.0	100.0

[Q52] 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	1704	54.0	54.5
Occasionally	2	1078	34.2	34.5
Almost always	3	345	10.9	11.0
System missing (SYSMIS)	.	26	0.8	–
		3153	100.0	100.0

[Q53_1] How many portions alcohol do you drink on an average week: Medium strength beer or lager (bottles)

Question

How many portions alcohol do you drink on an average week: Medium strength beer or lager (bottles)

Descriptive statistics

statistic	value
number of valid cases	3091
minimum	0.00
maximum	50.00
mean	1.89
standard deviation	3.62

[Q53_2] How many portions alcohol do you drink on an average week: Strong beer (bottles)

Question

How many portions alcohol do you drink on an average week: Strong beer (bottles)

Descriptive statistics

statistic	value
number of valid cases	2997
minimum	0.00
maximum	20.00
mean	0.11
standard deviation	0.73

[Q53_3] How many portions alcohol do you drink on an average week: Cider (bottles)

Question

How many portions alcohol do you drink on an average week: Cider (bottles)

Descriptive statistics

statistic	value
number of valid cases	3046
minimum	0.00
maximum	20.00
mean	0.65
standard deviation	1.25

**[Q53_4] How many portions alcohol do you drink on an average week:
Long drinks (bottles)**

Question

How many portions alcohol do you drink on an average week: Long drinks (bottles)

Descriptive statistics

statistic	value
number of valid cases	3007
minimum	0.00
maximum	6.00
mean	0.14
standard deviation	0.52

**[Q53_5] How many portions alcohol do you drink on an average week:
Wine (glasses)**

Question

How many portions alcohol do you drink on an average week: Wine (glasses)

Descriptive statistics

statistic	value
number of valid cases	3072
minimum	0.00
maximum	50.00
mean	1.04
standard deviation	1.79

[Q53_6] How many portions alcohol do you drink on an average week: Spirits (glasses)

Question

How many portions alcohol do you drink on an average week: Spirits (glasses)

Descriptive statistics

statistic	value
number of valid cases	3043
minimum	0.00
maximum	25.00
mean	0.47
standard deviation	1.32

[Q54] How often do you drink alcohol?

Question

How often do you drink alcohol?

Frequencies

label	value	n	%	v. %
Never	0	191	6.1	6.1
Monthly or less often	1	820	26.0	26.2
2 - 3 times a month	2	1045	33.1	33.3
Once a week	3	612	19.4	19.5
2 - 3 times a week	4	420	13.3	13.4
Four times a week or more often	5	46	1.5	1.5
System missing (SYSMIS)	.	19	0.6	—
		3153	100.0	100.0

[Q55] 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

label	value	n	%	v. %
1 - 2 portions	0	1029	32.6	34.9
3 - 4 portions	1	827	26.2	28.0
5 - 6 portions	2	557	17.7	18.9
7 - 9 portions	3	354	11.2	12.0
10 portions or more	4	183	5.8	6.2
System missing (SYSMIS)	.	203	6.4	—
		3153	100.0	100.0

[Q56] 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	514	16.3	17.4
Less often than monthly	1	1221	38.7	41.3
Monthly	2	894	28.4	30.3
Weekly	3	324	10.3	11.0
Almost daily	4	2	0.1	0.1
System missing (SYSMIS)	.	198	6.3	—
		3153	100.0	100.0

[Q57] 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	2506	79.5	84.8
Less often than monthly	1	364	11.5	12.3
Monthly	2	72	2.3	2.4
Weekly	3	14	0.4	0.5
Almost daily	4	0	0.0	0.0

(continued on next page)

2. Variables

(cont. from previous page)

label	value	n	%	v. %
System missing (SYSMIS)	.	197	6.2	–
		3153	100.0	100.0

[Q58] How often during the last year have you failed to do what was normally expected of you because of drinking?

Question

How often during the last year have you failed to do what was normally expected of you because of drinking?

Frequencies

label	value	n	%	v. %
Drinking never prevents me from carrying out my plans	0	1890	59.9	63.9
Less often than monthly	1	920	29.2	31.1
Monthly	2	129	4.1	4.4
Weekly	3	16	0.5	0.5
Almost daily	4	1	0.0	0.0
System missing (SYSMIS)	.	197	6.2	–
		3153	100.0	100.0

[Q59] 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	2755	87.4	93.2
Less often than monthly	1	177	5.6	6.0
Monthly	2	18	0.6	0.6
Weekly	3	6	0.2	0.2
Almost daily	4	0	0.0	0.0

(continued on next page)

(cont. from previous page)

label	value	n	%	v. %
System missing (SYSMIS)	.	197	6.2	–
		3153	100.0	100.0

[Q60] 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	1407	44.6	47.6
Less often than monthly	1	1254	39.8	42.4
Monthly	2	242	7.7	8.2
Weekly	3	51	1.6	1.7
Almost daily	4	2	0.1	0.1
System missing (SYSMIS)	.	197	6.2	–
		3153	100.0	100.0

[Q61] How often during the last year have you been unable to remember what happened the night before because of your drinking?

Question

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

Frequencies

label	value	n	%	v. %
I always remember what happened	0	1832	58.1	62.0
Less often than monthly	1	968	30.7	32.7
Monthly	2	137	4.3	4.6
Weekly	3	19	0.6	0.6
Almost daily	4	0	0.0	0.0
System missing (SYSMIS)	.	197	6.2	–
		3153	100.0	100.0

[Q62] Have you or someone else been injured because of your drinking?**Question**

Have you or someone else been injured because of your drinking?

Frequencies

label	value	n	%	v. %
No	0	2489	78.9	84.3
Yes, but not within the past year	2	325	10.3	11.0
Yes, within the past year	4	137	4.3	4.6
System missing (SYSMIS)	.	202	6.4	—
		3153	100.0	100.0

[Q63] Has a relative, friend, doctor or someone else been concerned about your drinking or suggested you cut down?**Question**

Has a relative, friend, doctor or someone else been concerned about your drinking or suggested you cut down?

Frequencies

label	value	n	%	v. %
No	0	2630	83.4	89.1
Yes, but not within the past year	2	149	4.7	5.0
Yes, within the past year	4	173	5.5	5.9
System missing (SYSMIS)	.	201	6.4	—
		3153	100.0	100.0

[Q64_1] Have you tried or used any drugs, medicine or medicine combined with alcohol for intoxication purposes?**Question**

Have you tried or used any drugs, medicine or medicine combined with alcohol for intoxication purposes?

Frequencies

label	value	n	%	v. %
Never	0	2452	77.8	78.8
Yes	1	659	20.9	21.2
System missing (SYSMIS)	.	42	1.3	–
		3153	100.0	100.0

[Q64_2_1] Have you tried or used for intoxication purposes: Cannabis

Question

Have you tried or used for intoxication purposes: Cannabis

Frequencies

label	value	n	%	v. %
Have used altogether 1 - 4 times	1	364	11.5	58.6
Have used altogether 5 times or more	2	170	5.4	27.4
Have used at least once within the past 6 months	3	75	2.4	12.1
	12	1	0.0	0.2
Have used 1 - 4 times, at least once within the past 6 months	13	1	0.0	0.2
Have used 5 times or more, at least once within the past 6 months	23	10	0.3	1.6
System missing (SYSMIS)	.	2532	80.3	–
		3153	100.0	100.0

[Q64_2_2] Have you tried or used for intoxication purposes: Glue, thinners or other inhalants

Question

Have you tried or used for intoxication purposes: Glue, thinners or other inhalants

Frequencies

label	value	n	%	v. %
Have used altogether 1 - 4 times	1	6	0.2	100.0
Have used altogether 5 times or more	2	0	0.0	0.0
Have used at least once within the past 6 months	3	0	0.0	0.0
Have used 1 - 4 times, at least once within the past 6 months	13	0	0.0	0.0

(continued on next page)

2. Variables

(cont. from previous page)

label	value	n	%	v. %
Have used 5 times or more, at least once within the past 6 months	23	0	0.0	0.0
System missing (SYSMIS)	.	3147	99.8	–
		3153	100.0	100.0

[Q64_2_3] Have you tried or used for intoxication purposes: Medicine and alcohol together

Question

Have you tried or used for intoxication purposes: Medicine and alcohol together

Frequencies

label	value	n	%	v. %
Have used altogether 1 - 4 times	1	66	2.1	78.6
Have used altogether 5 times or more	2	12	0.4	14.3
Have used at least once within the past 6 months	3	4	0.1	4.8
Have used 1 - 4 times, at least once within the past 6 months	13	1	0.0	1.2
Have used 5 times or more, at least once within the past 6 months	23	1	0.0	1.2
System missing (SYSMIS)	.	3069	97.3	–
		3153	100.0	100.0

[Q64_2_4] Have you tried or used for intoxication purposes: Medicine

Question

Have you tried or used for intoxication purposes: Medicine

Frequencies

label	value	n	%	v. %
Have used altogether 1 - 4 times	1	28	0.9	62.2
Have used altogether 5 times or more	2	11	0.3	24.4
Have used at least once within the past 6 months	3	5	0.2	11.1
Have used 1 - 4 times, at least once within the past 6 months	13	1	0.0	2.2

(continued on next page)

(cont. from previous page)

label	value	n	%	v. %
Have used 5 times or more, at least once within the past 6 months	23	0	0.0	0.0
System missing (SYSMIS)	.	3108	98.6	–
		3153	100.0	100.0

[Q64_2_5] Have you tried or used for intoxication purposes: Ecstasy**Question***Have you tried or used for intoxication purposes: Ecstasy***Frequencies**

label	value	n	%	v. %
Have used altogether 1 - 4 times	1	44	1.4	63.8
Have used altogether 5 times or more	2	20	0.6	29.0
Have used at least once within the past 6 months	3	4	0.1	5.8
Have used 1 - 4 times, at least once within the past 6 months	13	0	0.0	0.0
Have used 5 times or more, at least once within the past 6 months	23	1	0.0	1.4
System missing (SYSMIS)	.	3084	97.8	–
		3153	100.0	100.0

[Q64_2_6] Have you tried or used for intoxication purposes: Subutex or Temgesic**Question***Have you tried or used for intoxication purposes: Subutex or Temgesic***Frequencies**

label	value	n	%	v. %
Have used altogether 1 - 4 times	1	6	0.2	46.2
Have used altogether 5 times or more	2	3	0.1	23.1
Have used at least once within the past 6 months	3	2	0.1	15.4
Have used 1 - 4 times, at least once within the past 6 months	13	1	0.0	7.7

(continued on next page)

2. Variables

(cont. from previous page)

label	value	n	%	v. %
Have used 5 times or more, at least once within the past 6 months	23	1	0.0	7.7
System missing (SYSMIS)	.	3140	99.6	–
		3153	100.0	100.0

[Q64_2_7] Have you tried or used for intoxication purposes: Heroin, cocaine, amphetamine, LSD, GHB or GBL etc.

Question

Have you tried or used for intoxication purposes: Heroin, cocaine, amphetamine, LSD, GHB or GBL etc.

Frequencies

label	value	n	%	v. %
Have used altogether 1 - 4 times	1	53	1.7	63.9
Have used altogether 5 times or more	2	21	0.7	25.3
Have used at least once within the past 6 months	3	7	0.2	8.4
Have used 1 - 4 times, at least once within the past 6 months	13	0	0.0	0.0
Have used 5 times or more, at least once within the past 6 months	23	2	0.1	2.4
System missing (SYSMIS)	.	3070	97.4	–
		3153	100.0	100.0

[Q65_0] Have you had an accident requiring treatment of a doctor over the past year: No

Question

Have you had an accident requiring treatment of a doctor over the past year: No

Frequencies

label	value	n	%	v. %
Not mentioned	0	415	13.2	13.2
Mentioned	1	2725	86.4	86.8
System missing (SYSMIS)	.	13	0.4	–

(continued on next page)

(cont. from previous page)

label	value	n	%	v. %
		3153	100.0	100.0

[Q65_1] Have you had an accident requiring treatment of a doctor over the past year: Motor vehicle traffic accident

Question

Have you had an accident requiring treatment of a doctor over the past year: Motor vehicle traffic accident

Frequencies

label	value	n	%	v. %
Not mentioned	0	3115	98.8	99.2
Mentioned	1	25	0.8	0.8
System missing (SYSMIS)	.	13	0.4	–
		3153	100.0	100.0

[Q65_2] Have you had an accident requiring treatment of a doctor over the past year: Pedestrian traffic accident or cycling accident in traffic

Question

Have you had an accident requiring treatment of a doctor over the past year: Pedestrian traffic accident or cycling accident in traffic

Frequencies

label	value	n	%	v. %
Not mentioned	0	3077	97.6	98.0
Mentioned	1	63	2.0	2.0
System missing (SYSMIS)	.	13	0.4	–
		3153	100.0	100.0

[Q65_3] Have you had an accident requiring treatment of a doctor over the past year: At work (excluding travelling for work)

Question

Have you had an accident requiring treatment of a doctor over the past year: At work (excluding travelling for work)

2. Variables

Frequencies

label	value	n	%	v. %
Not mentioned	0	3110	98.6	99.0
Mentioned	1	30	1.0	1.0
System missing (SYSMIS)	.	13	0.4	–
		3153	100.0	100.0

[Q65_4] Have you had an accident requiring treatment of a doctor over the past year: In connection with studies

Question

Have you had an accident requiring treatment of a doctor over the past year: In connection with studies

Frequencies

label	value	n	%	v. %
Not mentioned	0	3130	99.3	99.7
Mentioned	1	10	0.3	0.3
System missing (SYSMIS)	.	13	0.4	–
		3153	100.0	100.0

[Q65_5] Have you had an accident requiring treatment of a doctor over the past year: At home (inside or outside)

Question

Have you had an accident requiring treatment of a doctor over the past year: At home (inside or outside)

Frequencies

label	value	n	%	v. %
Not mentioned	0	3093	98.1	98.5
Mentioned	1	47	1.5	1.5
System missing (SYSMIS)	.	13	0.4	–
		3153	100.0	100.0

[Q65_6] Have you had an accident requiring treatment of a doctor over the past year: In connection with recreational or competitive sport

Question

Have you had an accident requiring treatment of a doctor over the past year: In connection with recreational or competitive sport

Frequencies

label	value	n	%	v. %
Not mentioned	0	2969	94.2	94.6
Mentioned	1	171	5.4	5.4
System missing (SYSMIS)	.	13	0.4	–
		3153	100.0	100.0

[Q65_7] Have you had an accident requiring treatment of a doctor over the past year: In other spare time activities

Question

Have you had an accident requiring treatment of a doctor over the past year: In other spare time activities

Frequencies

label	value	n	%	v. %
Not mentioned	0	3056	96.9	97.3
Mentioned	1	84	2.7	2.7
System missing (SYSMIS)	.	13	0.4	–
		3153	100.0	100.0

[Q65_8] Have you had an accident requiring treatment of a doctor over the past year: Other accident

Question

Have you had an accident requiring treatment of a doctor over the past year: Other accident

Frequencies

2. Variables

label	value	n	%	v. %
Not mentioned	0	3123	99.0	99.5
Mentioned	1	17	0.5	0.5
System missing (SYSMIS)	.	13	0.4	–
		3153	100.0	100.0

[Q66] Do you use a mouthguard in contact sports or team games?

Question

Do you use a mouthguard in contact sports or team games?

Frequencies

label	value	n	%	v. %
Do not do such sports	0	2595	82.3	82.5
Never	1	433	13.7	13.8
Sometimes	2	77	2.4	2.4
Always	3	40	1.3	1.3
System missing (SYSMIS)	.	8	0.3	–
		3153	100.0	100.0

[Q67] 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	11	0.3	0.3
Sometimes	1	61	1.9	1.9
Generally always	2	3073	97.5	97.7
System missing (SYSMIS)	.	8	0.3	–
		3153	100.0	100.0

[Q68] 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	823	26.1	26.2
Sometimes	1	1483	47.0	47.2
Generally always	2	839	26.6	26.7
System missing (SYSMIS)	.	8	0.3	–
		3153	100.0	100.0

[Q69] Do you use a helmet when cycling?**Question**

Do you use a helmet when cycling?

Frequencies

label	value	n	%	v. %
Never	0	1925	61.1	61.2
Sometimes	1	522	16.6	16.6
Generally always	2	490	15.5	15.6
Do not ever cycle	3	209	6.6	6.6
System missing (SYSMIS)	.	7	0.2	–
		3153	100.0	100.0

[Q70] 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. %
Never	0	476	15.1	15.1
Sometimes during the warm season	1	860	27.3	27.4
Mostly during the spring, summer and autumn	2	1108	35.1	35.3
Almost the whole year round	3	699	22.2	22.2
System missing (SYSMIS)	.	10	0.3	–
		3153	100.0	100.0

[Q71] Do you smoke nowadays?**Question***Do you smoke nowadays?***Frequencies**

label	value	n	%	v. %
Do not smoke at all	0	2453	77.8	77.9
Yes, less often than once a week	1	290	9.2	9.2
Yes, weekly but not daily	2	169	5.4	5.4
Yes, daily	3	235	7.5	7.5
System missing (SYSMIS)	.	6	0.2	–
		3153	100.0	100.0

[Q72] Do you use snuff tobacco?**Question***Do you use snuff tobacco?***Frequencies**

label	value	n	%	v. %
Do not use snuff at all	0	2981	94.5	95.0
Yes, occasionally	1	101	3.2	3.2
Yes, regularly	2	26	0.8	0.8
Did use earlier but not anymore	3	30	1.0	1.0
System missing (SYSMIS)	.	15	0.5	–
		3153	100.0	100.0

[Q73_1] 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**

label	value	n	%	v. %
Not at all important	1	69	2.2	2.2
Not very important	2	238	7.5	7.6
Fairly important	3	925	29.3	29.5
Very important	4	1906	60.5	60.7
System missing (SYSMIS)	.	15	0.5	–
		3153	100.0	100.0

[Q73_2] 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	142	4.5	4.5
Not very important	2	433	13.7	13.8
Fairly important	3	778	24.7	24.8
Very important	4	1783	56.5	56.9
System missing (SYSMIS)	.	17	0.5	–
		3153	100.0	100.0

[Q73_3] 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	33	1.0	1.1
Not very important	2	189	6.0	6.0
Fairly important	3	1065	33.8	34.0
Very important	4	1846	58.5	58.9
System missing (SYSMIS)	.	20	0.6	–
		3153	100.0	100.0

[Q73_4] 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	474	15.0	15.1
Not very important	2	1051	33.3	33.5
Fairly important	3	1008	32.0	32.2
Very important	4	600	19.0	19.2
System missing (SYSMIS)	.	20	0.6	–
		3153	100.0	100.0

[Q73_5] 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	408	12.9	13.0
Not very important	2	1391	44.1	44.4
Fairly important	3	959	30.4	30.6
Very important	4	375	11.9	12.0
System missing (SYSMIS)	.	20	0.6	–
		3153	100.0	100.0

[Q73_6] 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

label	value	n	%	v. %
Not at all important	1	143	4.5	4.6
Not very important	2	686	21.8	21.9
Fairly important	3	1208	38.3	38.6
Very important	4	1096	34.8	35.0
System missing (SYSMIS)	.	20	0.6	–
		3153	100.0	100.0

[Q73_7] How important do you think it is that there is legal regulation concerning: Use of bike helmet

Question

How important do you think it is that there is legal regulation concerning: Use of bike helmet

Frequencies

label	value	n	%	v. %
Not at all important	1	362	11.5	11.6
Not very important	2	1075	34.1	34.3
Fairly important	3	1263	40.1	40.3
Very important	4	434	13.8	13.8
System missing (SYSMIS)	.	19	0.6	–
		3153	100.0	100.0

[Q74] For how many academic years have you been enrolled and registered for attendance at the university in connection with your present studies? (categorised)

Question

For how many academic years have you been enrolled and registered for attendance at the university in connection with your present studies? (categorised)

Frequencies

label	value	n	%	v. %
0 - 1.5 years	1	530	16.8	16.9
2.0 - 3.5 years	2	1017	32.3	32.5
4.0 - 5.5 years	3	867	27.5	27.7
6.0 years or more	4	714	22.6	22.8
System missing (SYSMIS)	.	25	0.8	–

(continued on next page)

2. Variables

(cont. from previous page)

label	value	n	%	v. %
		3153	100.0	100.0

[Q75] How many credit points have you gained by 31 January 2004 in connection with your present studies?

Question

How many credit points have you gained by 31 January 2004 in connection with your present studies?

Descriptive statistics

statistic	value
number of valid cases	3084
minimum	0.00
maximum	400.00
mean	94.67
standard deviation	60.93

[Q76] Do you see yourself as studying full-time or part-time?

Question

Do you see yourself as studying full-time or part-time?

Frequencies

label	value	n	%	v. %
Full-time	1	2242	71.1	71.4
Part-time	2	636	20.2	20.3
Other	3	260	8.2	8.3
System missing (SYSMIS)	.	15	0.5	—
		3153	100.0	100.0

[Q77] What year do you think you will graduate? Year 20|__|__|

Question

What year do you think you will graduate? Year 20|__|__|

Descriptive statistics

statistic	value
number of valid cases	2938
minimum	2004.00
maximum	2020.00
mean	2006.11
standard deviation	1.78

[Q78] Thinking of what you wanted to achieve, how has your study success been?**Question**

Thinking of what you wanted to achieve, how has your study success been?

Frequencies

label	value	n	%	v. %
More success than expected	1	406	12.9	12.9
Same level of success as expected	2	2105	66.8	67.0
Less success than expected	3	630	20.0	20.1
System missing (SYSMIS)	.	12	0.4	—
		3153	100.0	100.0

[Q79] Do you feel that your field of study is right for you?**Question**

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

Frequencies

label	value	n	%	v. %
No	0	275	8.7	8.7
Yes	1	2143	68.0	68.1
Can't say	2	729	23.1	23.2
System missing (SYSMIS)	.	6	0.2	—
		3153	100.0	100.0

[Q80] How has the work load connected to your studies been this academic year?

Question

How has the work load connected to your studies been this academic year?

Frequencies

label	value	n	%	v. %
Continuously too heavy	1	145	4.6	4.7
Fairly often too heavy	2	885	28.1	28.5
Just right	3	1772	56.2	57.1
Fairly often too light	4	195	6.2	6.3
Continuously too light	5	106	3.4	3.4
System missing (SYSMIS)	.	50	1.6	–
		3153	100.0	100.0

[Q81] Your opinion on the advice and counselling the university has given you for your studies over the past year

Question

Your opinion on the advice and counselling the university has given you for your studies over the past year

Frequencies

label	value	n	%	v. %
Totally insufficient	0	509	16.1	16.5
Somewhat insufficient	1	942	29.9	30.6
Reasonable or inconstant	2	980	31.1	31.8
Good	3	578	18.3	18.8
Very good	4	71	2.3	2.3
System missing (SYSMIS)	.	73	2.3	–
		3153	100.0	100.0

[Q82_1] When you have needed help, support or counselling in matters related to your studies, how often have you received it from: Teachers (professors, assistants,lecturers)

Question

When you have needed help, support or counselling in matters related to your studies, how often have you received it from: Teachers (professors, assistants,lecturers)

Frequencies

label	value	n	%	v. %
Have not sought help or support	0	745	23.6	23.8
Always or most of the time	1	1042	33.0	33.4
Often	2	582	18.5	18.6
Occasionally	3	623	19.8	19.9
Seldom or never	4	132	4.2	4.2
System missing (SYSMIS)	.	29	0.9	–
		3153	100.0	100.0

[Q82_2] When you have needed help, support or counselling in matters related to your studies, how often have you received it from: Student counsellors

Question

When you have needed help, support or counselling in matters related to your studies, how often have you received it from: Student counsellors

Frequencies

label	value	n	%	v. %
Have not sought help or support	0	1581	50.1	50.6
Always or most of the time	1	535	17.0	17.1
Often	2	253	8.0	8.1
Occasionally	3	441	14.0	14.1
Seldom or never	4	314	10.0	10.1
System missing (SYSMIS)	.	29	0.9	–
		3153	100.0	100.0

[Q82_3] When you have needed help, support or counselling in matters related to your studies, how often have you received it from: Student tutors

Question

When you have needed help, support or counselling in matters related to your studies, how often have you received it from: Student tutors

Frequencies

label	value	n	%	v. %
Have not sought help or support	0	1734	55.0	55.6
Always or most of the time	1	421	13.4	13.5
Often	2	244	7.7	7.8
Occasionally	3	354	11.2	11.3
Seldom or never	4	366	11.6	11.7
System missing (SYSMIS)	.	34	1.1	—
		3153	100.0	100.0

[Q82_4] When you have needed help, support or counselling in matters related to your studies, how often have you received it from: Other students and friends

Question

When you have needed help, support or counselling in matters related to your studies, how often have you received it from: Other students and friends

Frequencies

label	value	n	%	v. %
Have not sought help or support	0	224	7.1	7.2
Always or most of the time	1	1728	54.8	55.3
Often	2	824	26.1	26.4
Occasionally	3	304	9.6	9.7
Seldom or never	4	46	1.5	1.5
System missing (SYSMIS)	.	27	0.9	—
		3153	100.0	100.0

[Q82_5] When you have needed help, support or counselling in matters related to your studies, how often have you received it from: Family and other relatives

Question

When you have needed help, support or counselling in matters related to your studies, how often have you received it from: Family and other relatives

Frequencies

label	value	n	%	v. %
Have not sought help or support	0	1026	32.5	32.8
Always or most of the time	1	893	28.3	28.5
Often	2	498	15.8	15.9
Occasionally	3	477	15.1	15.2
Seldom or never	4	234	7.4	7.5
System missing (SYSMIS)	.	25	0.8	—
		3153	100.0	100.0

[Q83_1] Have you had difficulties with: Following and understanding lectures

Question

Have you had difficulties with: Following and understanding lectures

Frequencies

label	value	n	%	v. %
No at all	0	1374	43.6	43.9
Not very much	1	1365	43.3	43.7
Quite a lot	2	310	9.8	9.9
A lot	3	78	2.5	2.5
System missing (SYSMIS)	.	26	0.8	—
		3153	100.0	100.0

[Q83_2] Have you had difficulties with: Working in a group

Question

Have you had difficulties with: Working in a group

2. Variables

Frequencies

label	value	n	%	v. %
No at all	0	1910	60.6	61.0
Not very much	1	999	31.7	31.9
Quite a lot	2	196	6.2	6.3
A lot	3	24	0.8	0.8
System missing (SYSMIS)	.	24	0.8	–
		3153	100.0	100.0

[Q83_3] Have you had difficulties with: Finding study techniques that suit you

Question

Have you had difficulties with: Finding study techniques that suit you

Frequencies

label	value	n	%	v. %
No at all	0	1180	37.4	37.7
Not very much	1	1323	42.0	42.3
Quite a lot	2	503	16.0	16.1
A lot	3	123	3.9	3.9
System missing (SYSMIS)	.	24	0.8	–
		3153	100.0	100.0

[Q83_4] Have you had difficulties with: Starting or completing assignments that require independent work

Question

Have you had difficulties with: Starting or completing assignments that require independent work

Frequencies

label	value	n	%	v. %
No at all	0	746	23.7	23.9
Not very much	1	1293	41.0	41.4
Quite a lot	2	800	25.4	25.6

(continued on next page)

(cont. from previous page)

label	value	n	%	v. %
A lot	3	287	9.1	9.2
System missing (SYSMIS)	.	27	0.9	–
		3153	100.0	100.0

[Q83_5] Have you had difficulties with: Reading for exams**Question***Have you had difficulties with: Reading for exams***Frequencies**

label	value	n	%	v. %
No at all	0	646	20.5	20.7
Not very much	1	1484	47.1	47.4
Quite a lot	2	773	24.5	24.7
A lot	3	225	7.1	7.2
System missing (SYSMIS)	.	25	0.8	–
		3153	100.0	100.0

[Q83_6] Have you had difficulties with: Preparing assignments that require you to write something**Question***Have you had difficulties with: Preparing assignments that require you to write something***Frequencies**

label	value	n	%	v. %
No at all	0	1043	33.1	33.4
Not very much	1	1357	43.0	43.4
Quite a lot	2	560	17.8	17.9
A lot	3	167	5.3	5.3
System missing (SYSMIS)	.	26	0.8	–
		3153	100.0	100.0

[Q83_7] Have you had difficulties with: Doing other study tasks**Question***Have you had difficulties with: Doing other study tasks***Frequencies**

label	value	n	%	v. %
No at all	0	1135	36.0	36.4
Not very much	1	1655	52.5	53.0
Quite a lot	2	284	9.0	9.1
A lot	3	47	1.5	1.5
System missing (SYSMIS)	.	32	1.0	—
		3153	100.0	100.0

[Q83_8] Have you had difficulties with: Planning your studies**Question***Have you had difficulties with: Planning your studies***Frequencies**

label	value	n	%	v. %
No at all	0	1250	39.6	40.0
Not very much	1	1259	39.9	40.3
Quite a lot	2	490	15.5	15.7
A lot	3	127	4.0	4.1
System missing (SYSMIS)	.	27	0.9	—
		3153	100.0	100.0

[Q83_9] Have you had difficulties with: Interaction with teachers**Question***Have you had difficulties with: Interaction with teachers***Frequencies**

label	value	n	%	v. %
No at all	0	1877	59.5	60.0

(continued on next page)

(cont. from previous page)

label	value	n	%	v. %
Not very much	1	1061	33.7	33.9
Quite a lot	2	148	4.7	4.7
A lot	3	41	1.3	1.3
System missing (SYSMIS)	.	26	0.8	–
		3153	100.0	100.0

[Q84] Respondent's family composition and living arrangements

Question

Respondent's family composition and living arrangements

Frequencies

label	value	n	%	v. %
Living alone (or in a shared student flat)	1	1426	45.2	45.5
Living in a shared accommodation, sharing resources	2	209	6.6	6.7
Living with partner/spouse	3	1092	34.6	34.8
Living with partner/spouse and child/children	4	211	6.7	6.7
Living alone with child/children	5	15	0.5	0.5
Living with parents	6	134	4.2	4.3
Other	7	48	1.5	1.5
System missing (SYSMIS)	.	18	0.6	–
		3153	100.0	100.0

[Q85] How many children do you have? (categorised)

Question

How many children do you have? (categorised)

Frequencies

label	value	n	%	v. %
	0	2886	91.5	92.5
	1	141	4.5	4.5
2 or more	2	93	2.9	3.0
System missing (SYSMIS)	.	33	1.0	–
		3153	100.0	100.0

[Q86] How many children would you like to have?**Question**

How many children would you like to have?

Descriptive statistics

statistic	value
number of valid cases	3018
minimum	0.00
maximum	9.00
mean	2.22
standard deviation	1.19

[Q87] 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. %
Less often than once a month	0	147	4.7	4.7
1 - 3 times a month	1	507	16.1	16.2
About once a week	2	695	22.0	22.2
2 - 3 times a week	3	1012	32.1	32.3
Almost daily	4	771	24.5	24.6
System missing (SYSMIS)	.	21	0.7	—
		3153	100.0	100.0

[Q88] Do you feel lonely?**Question**

Do you feel lonely?

Frequencies

label	value	n	%	v. %
No	0	1957	62.1	62.4

(continued on next page)

(cont. from previous page)

label	value	n	%	v. %
Yes, at times	1	1043	33.1	33.3
Yes, often	2	136	4.3	4.3
System missing (SYSMIS)	.	17	0.5	–
		3153	100.0	100.0

[Q89] Do you feel you belong to some group related to your studies (e.g. same-year students of the same field, department club, thesis group, student association of the faculty/field of study)?

Question

Do you feel you belong to some group related to your studies (e.g. same-year students of the same field, department club, thesis group, student association of the faculty/field of study)?

Frequencies

label	value	n	%	v. %
No	0	946	30.0	30.1
Yes	1	1873	59.4	59.7
Can't say	2	319	10.1	10.2
System missing (SYSMIS)	.	15	0.5	–
		3153	100.0	100.0

[Q90] 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	39	1.2	1.2
Very seldom	1	97	3.1	3.1
Sometimes or about some issues	2	417	13.2	13.3
Often	3	765	24.3	24.4
Always or most of the time	4	1820	57.7	58.0

(continued on next page)

2. Variables

(cont. from previous page)

label	value	n	%	v. %
System missing (SYSMIS)	.	15	0.5	–
		3153	100.0	100.0

[Q91] 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. %
Very seldom or not at all	0	1049	33.3	33.5
A few times a year	1	665	21.1	21.2
1 - 3 times a month	2	549	17.4	17.5
Once a week or more often	3	872	27.7	27.8
System missing (SYSMIS)	.	18	0.6	–
		3153	100.0	100.0

[Q92_1] Number of people the respondent feels closest to; without whom he/she could not imagine being.

Question

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

Descriptive statistics

statistic	value
number of valid cases	2966
minimum	0.00
maximum	73.00
mean	4.52
standard deviation	3.00

[Q92_2] Number of people the respondent feels are very important to him/her but not as close as those mentioned above.

Question

Number of people the respondent feels are very important to him/her but not as close as those mentioned above.

Descriptive statistics

statistic	value
number of valid cases	2952
minimum	0.00
maximum	37.00
mean	5.60
standard deviation	3.66

[Q92_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 he/she 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 he/she has regular contact.

Descriptive statistics

statistic	value
number of valid cases	2871
minimum	0.00
maximum	99.00
mean	6.82
standard deviation	5.31

[Q93_1_1] Have you done any paid work over the past year: Full-time work (30 hours or more per week) - Months in total

Question

Have you done any paid work over the past year: Full-time work (30 hours or more per week) - Months in total

Descriptive statistics

statistic	value
number of valid cases	2788
minimum	0.00
maximum	12.00
mean	3.95
standard deviation	3.88

[Q93_1_2] Have you done any paid work over the past year: Full-time work (30 hours or more per week) - Months during the academic year (i.e. excluding holiday times)

Question

Have you done any paid work over the past year: Full-time work (30 hours or more per week) - Months during the academic year (i.e. excluding holiday times)

Descriptive statistics

statistic	value
number of valid cases	2423
minimum	0.00
maximum	12.00
mean	2.11
standard deviation	3.67

[Q93_1_3] Have you done any paid work over the past year: Full-time work (30 hours or more per week) - Was the work associated with own your field of study?

Question

Have you done any paid work over the past year: Full-time work (30 hours or more per week) - Was the work associated with own your field of study?

Frequencies

label	value	n	%	v. %
No	0	1045	33.1	48.3
Yes	1	1119	35.5	51.7

(continued on next page)

(cont. from previous page)

label	value	n	%	v. %
System missing (SYSMIS)	.	989	31.4	–
		3153	100.0	100.0

[Q93_2_1] Have you done any paid work over the past year: Regular part-time work - Hours per week

Question

Have you done any paid work over the past year: Regular part-time work - Hours per week

Descriptive statistics

statistic	value
number of valid cases	2434
minimum	0.00
maximum	40.00
mean	7.28
standard deviation	9.04

[Q93_2_2] Have you done any paid work over the past year: Regular part-time work - Months in total

Question

Have you done any paid work over the past year: Regular part-time work - Months in total

Descriptive statistics

statistic	value
number of valid cases	2119
minimum	0.00
maximum	12.00
mean	3.81
standard deviation	4.35

[Q93_2_3] Have you done any paid work over the past year: Regular part-time work - Months during the academic year (i.e. excluding holiday times)

Question

Have you done any paid work over the past year: Regular part-time work - Months during the academic year (i.e. excluding holiday times)

Descriptive statistics

statistic	value
number of valid cases	2057
minimum	0.00
maximum	12.00
mean	3.13
standard deviation	3.74

[Q93_2_4] Have you done any paid work over the past year: Regular part-time work - Was the work associated with your own field of study?

Question

Have you done any paid work over the past year: Regular part-time work - Was the work associated with your own field of study?

Frequencies

label	value	n	%	v. %
No	0	913	29.0	66.5
Yes	1	460	14.6	33.5
System missing (SYSMIS)	.	1780	56.5	—
		3153	100.0	100.0

[Q93_3_1] Have you done any paid work over the past year: Casual work during the academic year

Question

Have you done any paid work over the past year: Casual work during the academic year

Frequencies

label	value	n	%	v. %
Not at all	0	1461	46.3	58.2
Occasionally	1	887	28.1	35.4
Often	2	161	5.1	6.4
System missing (SYSMIS)	.	644	20.4	–
		3153	100.0	100.0

[Q93_3_2] Have you done any paid work over the past year: Casual work during the academic year - Was the work associated with your own field of study?

Question

Have you done any paid work over the past year: Casual work during the academic year - Was the work associated with your own field of study?

Frequencies

label	value	n	%	v. %
No	0	677	21.5	57.0
Yes	1	511	16.2	43.0
System missing (SYSMIS)	.	1965	62.3	–
		3153	100.0	100.0

[Q94_1] Your financial situation over the past year: I had to work to get money for my basic living expenses

Question

Your financial situation over the past year: I had to work to get money for my basic living expenses

Frequencies

label	value	n	%	v. %
No	0	968	30.7	31.5
Yes	1	1967	62.4	63.9
Can't say	2	142	4.5	4.6
System missing (SYSMIS)	.	76	2.4	–
		3153	100.0	100.0

[Q94_2] Your financial situation over the past year: I got financial support from my parents or relatives in form of money, goods etc.

Question

Your financial situation over the past year: I got financial support from my parents or relatives in form of money, goods etc.

Frequencies

label	value	n	%	v. %
No	0	876	27.8	28.8
Yes	1	2119	67.2	69.6
Can't say	2	48	1.5	1.6
System missing (SYSMIS)	.	110	3.5	—
		3153	100.0	100.0

[Q94_3] Your financial situation over the past year: Housing costs were higher than half my income

Question

Your financial situation over the past year: Housing costs were higher than half my income

Frequencies

label	value	n	%	v. %
No	0	1468	46.6	48.3
Yes	1	1339	42.5	44.1
Can't say	2	231	7.3	7.6
System missing (SYSMIS)	.	115	3.6	—
		3153	100.0	100.0

[Q95] Was your income sufficient for your needs over the past year?

Question

Was your income sufficient for your needs over the past year?

Frequencies

label	value	n	%	v. %
Very sufficient	1	507	16.1	16.2
Sufficient enough	2	1057	33.5	33.7
Sufficient when I lived frugally	3	1323	42.0	42.2
My means were meagre and insecure	4	250	7.9	8.0
System missing (SYSMIS)	.	16	0.5	–
		3153	100.0	100.0

[Q96_1_1] Have you used the following services over the past year: Public health nurse: Finnish Student Health Service (FSHS)

Question

Have you used the following services over the past year: Public health nurse: Finnish Student Health Service (FSHS)

Frequencies

label	value	n	%	v. %
No	0	1469	46.6	47.4
Once	1	869	27.6	28.0
2 - 5 times	2	700	22.2	22.6
Over 5 times	3	63	2.0	2.0
System missing (SYSMIS)	.	52	1.6	–
		3153	100.0	100.0

[Q96_1_2] Have you used the following services over the past year: Public health nurse: Other health service provider

Question

Have you used the following services over the past year: Public health nurse: Other health service provider

Frequencies

label	value	n	%	v. %
No	0	2234	70.9	74.0
Once	1	413	13.1	13.7
2 - 5 times	2	288	9.1	9.5
Over 5 times	3	82	2.6	2.7
System missing (SYSMIS)	.	136	4.3	–

(continued on next page)

2. Variables

(cont. from previous page)

label	value	n	%	v. %
		3153	100.0	100.0

[Q96_2_1] Have you used the following services over the past year: Physiotherapist: Finnish Student Health Service (FSHS)

Question

Have you used the following services over the past year: Physiotherapist: Finnish Student Health Service (FSHS)

Frequencies

label	value	n	%	v. %
No	0	2910	92.3	94.2
Once	1	94	3.0	3.0
2 - 5 times	2	62	2.0	2.0
Over 5 times	3	24	0.8	0.8
System missing (SYSMIS)	.	63	2.0	—
		3153	100.0	100.0

[Q96_2_2] Have you used the following services over the past year: Physiotherapist: Other health service provider

Question

Have you used the following services over the past year: Physiotherapist: Other health service provider

Frequencies

label	value	n	%	v. %
No	0	2752	87.3	90.5
Once	1	83	2.6	2.7
2 - 5 times	2	119	3.8	3.9
Over 5 times	3	87	2.8	2.9
System missing (SYSMIS)	.	112	3.6	—
		3153	100.0	100.0

[Q96_3_1] Have you used the following services over the past year: General practitioner: Finnish Student Health Service (FSHS)

Question

Have you used the following services over the past year: General practitioner: Finnish Student Health Service (FSHS)

Frequencies

label	value	n	%	v. %
No	0	1617	51.3	52.4
Once	1	784	24.9	25.4
2 - 5 times	2	622	19.7	20.2
Over 5 times	3	61	1.9	2.0
System missing (SYSMIS)	.	69	2.2	–
		3153	100.0	100.0

[Q96_3_2] Have you used the following services over the past year: General practitioner: Other health service provider

Question

Have you used the following services over the past year: General practitioner: Other health service provider

Frequencies

label	value	n	%	v. %
No	0	1780	56.5	58.6
Once	1	652	20.7	21.5
2 - 5 times	2	523	16.6	17.2
Over 5 times	3	82	2.6	2.7
System missing (SYSMIS)	.	116	3.7	–
		3153	100.0	100.0

[Q96_4_1] Have you used the following services over the past year: Specialist doctor: Finnish Student Health Service (FSHS)

Question

Have you used the following services over the past year: Specialist doctor: Finnish Student Health Service (FSHS)

2. Variables

Frequencies

label	value	n	%	v. %
No	0	2363	74.9	76.9
Once	1	467	14.8	15.2
2 - 5 times	2	221	7.0	7.2
Over 5 times	3	21	0.7	0.7
System missing (SYSMIS)	.	81	2.6	–
		3153	100.0	100.0

[Q96_4_2] Have you used the following services over the past year: Specialist doctor: Other health service provider

Question

Have you used the following services over the past year: Specialist doctor: Other health service provider

Frequencies

label	value	n	%	v. %
No	0	2228	70.7	73.2
Once	1	437	13.9	14.4
2 - 5 times	2	296	9.4	9.7
Over 5 times	3	84	2.7	2.8
System missing (SYSMIS)	.	108	3.4	–
		3153	100.0	100.0

[Q96_5_1] Have you used the following services over the past year: Dental hygienist: Finnish Student Health Service (FSHS)

Question

Have you used the following services over the past year: Dental hygienist: Finnish Student Health Service (FSHS)

Frequencies

label	value	n	%	v. %
No	0	2357	74.8	75.9
Once	1	535	17.0	17.2

(continued on next page)

(cont. from previous page)

label	value	n	%	v. %
2 - 5 times	2	206	6.5	6.6
Over 5 times	3	9	0.3	0.3
System missing (SYSMIS)	.	46	1.5	–
		3153	100.0	100.0

[Q96_5_2] Have you used the following services over the past year: Dental hygienist: Other health service provider

Question

Have you used the following services over the past year: Dental hygienist: Other health service provider

Frequencies

label	value	n	%	v. %
No	0	2851	90.4	93.9
Once	1	132	4.2	4.3
2 - 5 times	2	48	1.5	1.6
Over 5 times	3	6	0.2	0.2
System missing (SYSMIS)	.	116	3.7	–
		3153	100.0	100.0

[Q96_6_1] Have you used the following services over the past year: Dentist: Finnish Student Health Service (FSHS)

Question

Have you used the following services over the past year: Dentist: Finnish Student Health Service (FSHS)

Frequencies

label	value	n	%	v. %
No	0	1828	58.0	58.8
Once	1	702	22.3	22.6
2 - 5 times	2	503	16.0	16.2
Over 5 times	3	75	2.4	2.4
System missing (SYSMIS)	.	45	1.4	–

(continued on next page)

2. Variables

(cont. from previous page)

label	value	n	%	v. %
		3153	100.0	100.0

[Q96_6_2] Have you used the following services over the past year: Dentist: Other health service provider

Question

Have you used the following services over the past year: Dentist: Other health service provider

Frequencies

label	value	n	%	v. %
No	0	2602	82.5	86.2
Once	1	266	8.4	8.8
2 - 5 times	2	138	4.4	4.6
Over 5 times	3	14	0.4	0.5
System missing (SYSMIS)	.	133	4.2	—
		3153	100.0	100.0

[Q96_7_1] Have you used the following services over the past year: Specialised dentist: Finnish Student Health Service (FSHS)

Question

Have you used the following services over the past year: Specialised dentist: Finnish Student Health Service (FSHS)

Frequencies

label	value	n	%	v. %
No	0	2893	91.8	92.9
Once	1	134	4.2	4.3
2 - 5 times	2	72	2.3	2.3
Over 5 times	3	14	0.4	0.4
System missing (SYSMIS)	.	40	1.3	—
		3153	100.0	100.0

[Q96_7_2] Have you used the following services over the past year: Specialised dentist: Other health service provider

Question

Have you used the following services over the past year: Specialised dentist: Other health service provider

Frequencies

label	value	n	%	v. %
No	0	2984	94.6	97.8
Once	1	37	1.2	1.2
2 - 5 times	2	19	0.6	0.6
Over 5 times	3	12	0.4	0.4
System missing (SYSMIS)	.	101	3.2	–
		3153	100.0	100.0

[Q96_8_1] Have you used the following services over the past year: Psychologist: Finnish Student Health Service (FSHS)

Question

Have you used the following services over the past year: Psychologist: Finnish Student Health Service (FSHS)

Frequencies

label	value	n	%	v. %
No	0	2950	93.6	94.9
Once	1	34	1.1	1.1
2 - 5 times	2	73	2.3	2.3
Over 5 times	3	51	1.6	1.6
System missing (SYSMIS)	.	45	1.4	–
		3153	100.0	100.0

[Q96_8_2] Have you used the following services over the past year: Psychologist: Other health service provider

Question

Have you used the following services over the past year: Psychologist: Other health service provider

2. Variables

Frequencies

label	value	n	%	v. %
No	0	2954	93.7	96.7
Once	1	17	0.5	0.6
2 - 5 times	2	23	0.7	0.8
Over 5 times	3	60	1.9	2.0
System missing (SYSMIS)	.	99	3.1	–
		3153	100.0	100.0

[Q96_9_1] Have you used the following services over the past year: Psychiatrist: Finnish Student Health Service (FSHS)

Question

Have you used the following services over the past year: Psychiatrist: Finnish Student Health Service (FSHS)

Frequencies

label	value	n	%	v. %
No	0	3004	95.3	96.6
Once	1	39	1.2	1.3
2 - 5 times	2	37	1.2	1.2
Over 5 times	3	30	1.0	1.0
System missing (SYSMIS)	.	43	1.4	–
		3153	100.0	100.0

[Q96_9_2] Have you used the following services over the past year: Psychiatrist: Other health service provider

Question

Have you used the following services over the past year: Psychiatrist: Other health service provider

Frequencies

label	value	n	%	v. %
No	0	2984	94.6	97.7
Once	1	20	0.6	0.7

(continued on next page)

(cont. from previous page)

label	value	n	%	v. %
2 - 5 times	2	16	0.5	0.5
Over 5 times	3	35	1.1	1.1
System missing (SYSMIS)	.	98	3.1	–
		3153	100.0	100.0

[Q97_0] Reason for using other service provider than the Finnish Student Health Service: Have not used other service providers

Question

Reason for using other service provider than the Finnish Student Health Service: Have not used other service providers

Frequencies

label	value	n	%	v. %
Not mentioned	0	2094	66.4	67.9
Mentioned	1	991	31.4	32.1
System missing (SYSMIS)	.	68	2.2	–
		3153	100.0	100.0

[Q97_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	2782	88.2	90.2
Mentioned	1	303	9.6	9.8
System missing (SYSMIS)	.	68	2.2	–
		3153	100.0	100.0

[Q97_2] Reason for using other service provider than the Finnish Student Health Service: I have been working / in military service / pregnant

Question

Reason for using other service provider than the Finnish Student Health Service: I have been working / in military service / pregnant

Frequencies

label	value	n	%	v. %
Not mentioned	0	2557	81.1	82.9
Mentioned	1	528	16.7	17.1
System missing (SYSMIS)	.	68	2.2	–
		3153	100.0	100.0

[Q97_3] Reason for using other service provider than the Finnish Student Health Service: I was referred to somewhere else

Question

Reason for using other service provider than the Finnish Student Health Service: I was referred to somewhere else

Frequencies

label	value	n	%	v. %
Not mentioned	0	2778	88.1	90.0
Mentioned	1	307	9.7	10.0
System missing (SYSMIS)	.	68	2.2	–
		3153	100.0	100.0

[Q97_4] Reason for using other service provider than the Finnish Student Health Service: I have been treated elsewhere also previously

Question

Reason for using other service provider than the Finnish Student Health Service: I have been treated elsewhere also previously

Frequencies

label	value	n	%	v. %
Not mentioned	0	2681	85.0	86.9
Mentioned	1	404	12.8	13.1
System missing (SYSMIS)	.	68	2.2	–
		3153	100.0	100.0

[Q97_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

label	value	n	%	v. %
Not mentioned	0	2751	87.3	89.2
Mentioned	1	334	10.6	10.8
System missing (SYSMIS)	.	68	2.2	–
		3153	100.0	100.0

[Q97_6] Reason for using other service provider than the Finnish Student Health Service: I needed emergency care outside normal office hours

Question

Reason for using other service provider than the Finnish Student Health Service: I needed emergency care outside normal office hours

Frequencies

label	value	n	%	v. %
Not mentioned	0	2708	85.9	87.8
Mentioned	1	377	12.0	12.2
System missing (SYSMIS)	.	68	2.2	–
		3153	100.0	100.0

[Q97_7] Reason for using other service provider than the Finnish Student Health Service: FSHS 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: FSHS does not provide the service I want or I can no longer get it

Frequencies

label	value	n	%	v. %
Not mentioned	0	2809	89.1	91.1
Mentioned	1	276	8.8	8.9
System missing (SYSMIS)	.	68	2.2	–
		3153	100.0	100.0

[Q97_8] Reason for using other service provider than the Finnish Student Health Service: I could not get an appointment quickly enough at FSHS

Question

Reason for using other service provider than the Finnish Student Health Service: I could not get an appointment quickly enough at FSHS

Frequencies

label	value	n	%	v. %
Not mentioned	0	2720	86.3	88.2
Mentioned	1	365	11.6	11.8
System missing (SYSMIS)	.	68	2.2	–
		3153	100.0	100.0

[Q97_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	2933	93.0	95.1
Mentioned	1	152	4.8	4.9
System missing (SYSMIS)	.	68	2.2	–
		3153	100.0	100.0

[Q97_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

label	value	n	%	v. %
Not mentioned	0	2830	89.8	91.7
Mentioned	1	255	8.1	8.3
System missing (SYSMIS)	.	68	2.2	–
		3153	100.0	100.0

[Q98] 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. %
Will/did participate in neither	0	546	17.3	17.4
Yes, both in dental and general health examination	1	1879	59.6	60.1
Yes, only in general health examination	2	181	5.7	5.8
Yes, only in dental examination	3	348	11.0	11.1
Not know whether will participate/cannot remember if participated	4	175	5.6	5.6
System missing (SYSMIS)	.	24	0.8	–
		3153	100.0	100.0

[Q99_1] When you last used the FSHS services, how did the service seem to you: I got clarification on issues that had worried me

Question

When you last used the FSHS services, how did the service seem to you: I got clarification on issues that had worried me

Frequencies

label	value	n	%	v. %
Strongly agree	1	1516	48.1	52.7
Agree to some extent	2	989	31.4	34.4
Disagree to some extent	3	287	9.1	10.0
Strongly disagree	4	86	2.7	3.0
System missing (SYSMIS)	.	275	8.7	–
		3153	100.0	100.0

[Q99_2] When you last used the FSHS services, how did the service seem to you: I was listened to and felt understood

Question

When you last used the FSHS services, how did the service seem to you: I was listened to and felt understood

Frequencies

label	value	n	%	v. %
Strongly agree	1	1588	50.4	55.2
Agree to some extent	2	966	30.6	33.6
Disagree to some extent	3	241	7.6	8.4
Strongly disagree	4	80	2.5	2.8
System missing (SYSMIS)	.	278	8.8	–
		3153	100.0	100.0

[Q100_0] What health care services would you wish to be substituted by online services: None

Question

What health care services would you wish to be substituted by online services: None

Frequencies

label	value	n	%	v. %
Not mentioned	0	2507	79.5	80.1
Mentioned	1	621	19.7	19.9
System missing (SYSMIS)	.	25	0.8	–
		3153	100.0	100.0

[Q100_1] What health care services would you wish to be substituted by online services: Making and cancelling appointments

Question

What health care services would you wish to be substituted by online services: Making and cancelling appointments

Frequencies

label	value	n	%	v. %
Not mentioned	0	1115	35.4	35.6
Mentioned	1	2013	63.8	64.4
System missing (SYSMIS)	.	25	0.8	–
		3153	100.0	100.0

[Q100_2] What health care services would you wish to be substituted by online services: Getting the results of laboratory tests

Question

What health care services would you wish to be substituted by online services: Getting the results of laboratory tests

Frequencies

label	value	n	%	v. %
Not mentioned	0	1521	48.2	48.6
Mentioned	1	1607	51.0	51.4
System missing (SYSMIS)	.	25	0.8	–
		3153	100.0	100.0

[Q100_3] What health care services would you wish to be substituted by online services: Repeat prescriptions

Question

What health care services would you wish to be substituted by online services: Repeat prescriptions

Frequencies

label	value	n	%	v. %
Not mentioned	0	1614	51.2	51.6
Mentioned	1	1514	48.0	48.4
System missing (SYSMIS)	.	25	0.8	–
		3153	100.0	100.0

[Q100_4] What health care services would you wish to be substituted by online services: Other

Question

What health care services would you wish to be substituted by online services: Other

Frequencies

label	value	n	%	v. %
Not mentioned	0	3060	97.1	97.8
Mentioned	1	68	2.2	2.2
System missing (SYSMIS)	.	25	0.8	–
		3153	100.0	100.0

[Q100_4A] Mitä terveydenhuollon palveluja toivoisit voivasi korvata verkkopalvelulla: Muuta, mitä? (avokysymys)

Question

Mitä terveydenhuollon palveluja toivoisit voivasi korvata verkkopalvelulla: Muuta, mitä? (avokysymys)

[Q101] Have you taken a look around the Finnish Student Health Service (FSHS) online services on the Internet?

Question

Have you taken a look around the Finnish Student Health Service (FSHS) online services on the Internet?

Frequencies

label	value	n	%	v. %
No	0	1603	50.8	51.1
Yes	1	1537	48.7	48.9
System missing (SYSMIS)	.	13	0.4	–
		3153	100.0	100.0

[Q102] Have you used the FSHS online advice services (e.g. Ask the GP service)? How many times?

Question

Have you used the FSHS online advice services (e.g. Ask the GP service)? How many times?

Frequencies

label	value	n	%	v. %
No	0	2744	87.0	88.1
	1	199	6.3	6.4
	2	98	3.1	3.1
	3	38	1.2	1.2
	4	10	0.3	0.3
	5	15	0.5	0.5
	6	1	0.0	0.0
	8	1	0.0	0.0
	9	1	0.0	0.0
	10	7	0.2	0.2
System missing (SYSMIS)	.	39	1.2	–
		3153	100.0	100.0

[Q103] Have you been in e-mail contact with a FSHS staff member (doctor, public health nurse, psychologist etc)? How many times?

Question

Have you been in e-mail contact with a FSHS staff member (doctor, public health nurse, psychologist etc)? How many times?

Frequencies

label	value	n	%	v. %
No	0	2627	83.3	84.4
	1	260	8.2	8.3
	2	153	4.9	4.9
	3	37	1.2	1.2
	4	13	0.4	0.4
	5	9	0.3	0.3
	6	2	0.1	0.1
	7	1	0.0	0.0
	10	9	0.3	0.3
	20	2	0.1	0.1
	30	1	0.0	0.0
System missing (SYSMIS)	.	39	1.2	—
		3153	100.0	100.0

[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	2391	75.8	76.6
Can't say	1	265	8.4	8.5
Yes	2	465	14.7	14.9
System missing (SYSMIS)	.	32	1.0	—
		3153	100.0	100.0

[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	2913	92.4	93.1
Can't say	1	119	3.8	3.8
Yes	2	98	3.1	3.1
System missing (SYSMIS)	.	23	0.7	—
		3153	100.0	100.0

[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	2948	93.5	94.2
Can't say	1	118	3.7	3.8
Yes	2	63	2.0	2.0
System missing (SYSMIS)	.	24	0.8	—
		3153	100.0	100.0

[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	2474	78.5	79.0
Can't say	1	271	8.6	8.7
Yes	2	387	12.3	12.4
System missing (SYSMIS)	.	21	0.7	–
		3153	100.0	100.0

[Q104_5] Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Eating disorder

Question

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

Frequencies

label	value	n	%	v. %
No	0	2846	90.3	90.9
Can't say	1	144	4.6	4.6
Yes	2	140	4.4	4.5
System missing (SYSMIS)	.	23	0.7	–
		3153	100.0	100.0

[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	2127	67.5	67.9
Can't say	1	329	10.4	10.5
Yes	2	677	21.5	21.6

(continued on next page)

(cont. from previous page)

label	value	n	%	v. %
System missing (SYSMIS)	.	20	0.6	–
		3153	100.0	100.0

[Q104_7] Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Physical exercise issues

Question

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

Frequencies

label	value	n	%	v. %
No	0	2253	71.5	71.9
Can't say	1	345	10.9	11.0
Yes	2	534	16.9	17.0
System missing (SYSMIS)	.	21	0.7	–
		3153	100.0	100.0

[Q104_8] Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Ergonomics issues

Question

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

Frequencies

label	value	n	%	v. %
No	0	2128	67.5	68.0
Can't say	1	365	11.6	11.7
Yes	2	637	20.2	20.4
System missing (SYSMIS)	.	23	0.7	–
		3153	100.0	100.0

[Q104_9] Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Feelings of anxiety and tension

Question

Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Feelings of anxiety and tension

Frequencies

label	value	n	%	v. %
No	0	2302	73.0	73.6
Can't say	1	322	10.2	10.3
Yes	2	503	16.0	16.1
System missing (SYSMIS)	.	26	0.8	—
		3153	100.0	100.0

[Q104_10] Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Human 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: Human relationships or self-esteem

Frequencies

label	value	n	%	v. %
No	0	2237	70.9	71.4
Can't say	1	360	11.4	11.5
Yes	2	535	17.0	17.1
System missing (SYSMIS)	.	21	0.7	—
		3153	100.0	100.0

[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	1876	59.5	60.0
Can't say	1	385	12.2	12.3
Yes	2	868	27.5	27.7
System missing (SYSMIS)	.	24	0.8	–
		3153	100.0	100.0

[Q104_12] Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Problems with studies or study techniques

Question

Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Problems with studies or study techniques

Frequencies

label	value	n	%	v. %
No	0	1943	61.6	62.1
Can't say	1	380	12.1	12.1
Yes	2	808	25.6	25.8
System missing (SYSMIS)	.	22	0.7	–
		3153	100.0	100.0

[Q104_13] 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	2506	79.5	80.6
Can't say	1	480	15.2	15.4
Yes	2	125	4.0	4.0

(continued on next page)

2. Variables

(cont. from previous page)

label	value	n	%	v. %
System missing (SYSMIS)	.	42	1.3	–
		3153	100.0	100.0

[Q105] How often do you have sexual intercourse nowadays?

Question

How often do you have sexual intercourse nowadays?

Frequencies

label	value	n	%	v. %
Never	0	609	19.3	19.4
Less often than once a week	1	1048	33.2	33.4
Once a week or more often	2	1479	46.9	47.2
System missing (SYSMIS)	.	17	0.5	–
		3153	100.0	100.0

[Q106_0] Have you had problems with condom use: Have not used them

Question

Have you had problems with condom use: Have not used them

Frequencies

label	value	n	%	v. %
Not mentioned	0	2475	78.5	79.6
Mentioned	1	633	20.1	20.4
System missing (SYSMIS)	.	45	1.4	–
		3153	100.0	100.0

[Q106_1] Have you had problems with condom use: No problems

Question

Have you had problems with condom use: No problems

Frequencies

label	value	n	%	v. %
Not mentioned	0	1350	42.8	43.4
Mentioned	1	1758	55.8	56.6
System missing (SYSMIS)	.	45	1.4	–
		3153	100.0	100.0

[Q106_2] Have you had problems with condom use: Condom has slipped off

Question

Have you had problems with condom use: Condom has slipped off

Frequencies

label	value	n	%	v. %
Not mentioned	0	2889	91.6	93.0
Mentioned	1	219	6.9	7.0
System missing (SYSMIS)	.	45	1.4	–
		3153	100.0	100.0

[Q106_3] Have you had problems with condom use: Condom has broken

Question

Have you had problems with condom use: Condom has broken

Frequencies

label	value	n	%	v. %
Not mentioned	0	2659	84.3	85.6
Mentioned	1	449	14.2	14.4
System missing (SYSMIS)	.	45	1.4	–
		3153	100.0	100.0

[Q106_4] Have you had problems with condom use: Some other problem

Question

Have you had problems with condom use: Some other problem

Frequencies

2. Variables

label	value	n	%	v. %
Not mentioned	0	2885	91.5	92.8
Mentioned	1	223	7.1	7.2
System missing (SYSMIS)	.	45	1.4	–
		3153	100.0	100.0

[Q107] Have you ever had chlamydia?

Question

Have you ever had chlamydia?

Frequencies

label	value	n	%	v. %
No	0	2932	93.0	93.9
Yes	1	192	6.1	6.1
System missing (SYSMIS)	.	29	0.9	–
		3153	100.0	100.0

[Q108] Have you ever used emergency contraception (e.g. 'morning-after-pill')? How many times?

Question

Have you ever used emergency contraception (e.g. 'morning-after-pill')? How many times?

Frequencies

label	value	n	%	v. %
No	0	1212	38.4	60.4
	1	441	14.0	22.0
	2	247	7.8	12.3
	3	72	2.3	3.6
	4	19	0.6	0.9
	5	11	0.3	0.5
	7	1	0.0	0.0
	8	2	0.1	0.1
	9	1	0.0	0.0
	21	1	0.0	0.0
System missing (SYSMIS)	.	1146	36.3	–
		3153	100.0	100.0

[Q109] Have you ever had an abortion?**Question***Have you ever had an abortion?***Frequencies**

label	value	n	%	v. %
No	0	1915	60.7	95.5
Yes	1	90	2.9	4.5
System missing (SYSMIS)	.	1148	36.4	–
		3153	100.0	100.0

[Q110] Respondent's age group**Question***Respondent's age group***Frequencies**

label	value	n	%	v. %
Under 22 years	1	671	21.3	21.3
22 - 24 years	2	1090	34.6	34.6
25 - 29 years	3	1083	34.3	34.3
30 - 34 years	4	309	9.8	9.8
		3153	100.0	100.0

[Q111] Location of the university (NUTS3, categorised)**Question***Location of the university (NUTS3, categorised)***Frequencies**

label	value	n	%	v. %
Uusimaa	1	1091	34.6	34.9
Varsinais-Suomi	2	429	13.6	13.7
Satakunta	4	38	1.2	1.2

(continued on next page)

2. Variables

(cont. from previous page)

label	value	n	%	v. %
Kanta-Häme	5	8	0.3	0.3
Pirkanmaa	6	439	13.9	14.0
Päijät-Häme	7	0	0.0	0.0
Kymenlaakso	8	9	0.3	0.3
Etelä-Karjala (South Karelia)	9	81	2.6	2.6
Etelä-Savo (Southern Savonia)	10	30	1.0	1.0
Pohjois-Savo (Northern Savonia)	11	96	3.0	3.1
Pohjois-Karjala (North Karelia)	12	129	4.1	4.1
Keski-Suomi (Central Finland)	13	316	10.0	10.1
Etelä-Pohjanmaa (Southern Ostrobothnia)	14	0	0.0	0.0
Pohjanmaa (Ostrobothnia)	15	85	2.7	2.7
Keski-Pohjanmaa (Central Ostrobothnia)	16	0	0.0	0.0
Pohjois-Pohjanmaa (Northern Ostrobothnia)	17	296	9.4	9.5
Kainuu	18	14	0.4	0.4
Lappi (Lapland)	19	69	2.2	2.2
System missing (SYSMIS)	.	23	0.7	–
		3153	100.0	100.0

[Q112] Respondent's field of study

Question

Respondent's field of study

Frequencies

label	value	n	%	v. %
Teacher training and education science	1	309	9.8	9.8
Humanities and arts	2	705	22.4	22.5
Social sciences	3	335	10.6	10.7
Business and administration	4	265	8.4	8.4
Law	5	92	2.9	2.9
Natural sciences	6	464	14.7	14.8
Engineering and engineering trades	7	642	20.4	20.5
Agriculture and forestry	8	92	2.9	2.9
Health and welfare	9	210	6.7	6.7
Sports science	10	24	0.8	0.8
System missing (SYSMIS)	.	15	0.5	–
		3153	100.0	100.0

[SUKUPUOL] Respondent's gender**Question***Respondent's gender***Frequencies**

label	value	n	%	v. %
Male	1	1132	35.9	35.9
Female	2	2021	64.1	64.1
		3153	100.0	100.0

[KIELILUO] Language**Question***Language***Frequencies**

label	value	n	%	v. %
Finnish	1	2885	91.5	91.5
Swedish	2	175	5.6	5.6
Finnish/Swedish	3	16	0.5	0.5
Other/unknown	4	77	2.4	2.4
		3153	100.0	100.0

[PAL] Did the respondent give feedback?**Question***Did the respondent give feedback?***Frequencies**

label	value	n	%	v. %
No	0	1636	51.9	71.5
Yes	1	653	20.7	28.5
System missing (SYSMIS)	.	864	27.4	—
		3153	100.0	100.0

Chapter 3

Indexes

3.1 Variables in the order of occurrence

FSD study number [FSD_NO]	13
FSD edition number [FSD_VR]	13
FSD case id [FSD_ID]	14
Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Diabetes [Q1_1]	14
Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Thyroid disease/condition [Q1_2]	14
Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: High blood pressure/hypertension [Q1_3]	15
Have you ever been diagnosed by a doctor/dentist/psychologist with 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 [Q1_4]	15
Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Rheumatoid arthritis [Q1_5]	16
Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Other musculoskeletal disorder [Q1_6]	16
Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Asthma or other pulmonary disease [Q1_7]	17
Have you ever been diagnosed by a doctor/dentist/psychologist with 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) [Q1_8]	17

3. Indexes

Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Atopic dermatitis [Q1_9]	18
Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Other skin condition, severe acne [Q1_10]	18
Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Lactose intolerance [Q1_11]	19
Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Other gastrointestinal condition [Q1_12]	19
Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during past 12 months: Recurring urinary tract infection, renal disease [Q1_13]	20
Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Male urogenital disorder [Q1_14]	20
Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Gynaecological disorder [Q1_15]	21
Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Eyesight condition (spectacles) [Q1_16]	21
Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Eye condition [Q1_17]	22
Have you ever been diagnosed by a doctor/dentist/psychologist with 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 [Q1_18]	22
Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Caries (cavities) [Q1_19]	23
Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Infected wisdom tooth [Q1_20]	23
Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Other mouth or dental disorder [Q1_21]	24
Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Migraine [Q1_22]	24

Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Epilepsy, other neurological condition [Q1_23]	25
Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Eating disorder (anorexia, bulimia) [Q1_24]	25
Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Anxiety disorder (e.g. panic attacks) [Q1_25]	26
Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Depression [Q1_26]	26
Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Other mental health problem [Q1_27]	27
Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Something else [Q1_28]	27
In general, would you say your health is... [Q2]	27
Which of the following do you see as the greatest threat to your own health? [Q3]	28
Which of the following do you see as the greatest threat to your own health: Environmental damage [Q3_1]	28
Which of the following do you see as the greatest threat to your own health: Own unhealthy habits [Q3_2]	29
Which of the following do you see as the greatest threat to your own health: Violence or accident [Q3_3]	29
Which of the following do you see as the greatest threat to your own health: Mental stress [Q3_4]	29
Which of the following do you see as the greatest threat to your own health: Hereditary factors [Q3_5]	30
Which of the following do you see as the greatest threat to your own health: Something else [Q3_6]	30
Which of the following do you see as the greatest threat to your own health: Can't say [Q3_7]	31
Are you taking any drugs or medicines prescribed by a doctor (excluding contraceptive pills unless taken for an illness): No [Q4_0]	31
Are you taking any drugs or medicines prescribed by a doctor (excluding contraceptive pills unless taken for an illness): Regular medication for an illness/condition [Q4_1]	31
Are you taking any drugs or medicines prescribed by a doctor (excluding contraceptive pills unless taken for an illness): Medicine that is taken when necessary [Q4_2]	32
Are you taking any drugs or medicines prescribed by a doctor (excluding contraceptive pills	

3. Indexes

unless taken for an illness): Use creams/lotions/ointments regularly or when necessary [Q4_3]	32
Are you taking any medicine not prescribed by a doctor? [Q5]	33
Are you taking any vitamins, minerals, herbal products or other supplements? [Q6]	33
What form of contraception do you use: Nothing [Q7_0]	33
What form of contraception do you use: Hormonal contraception (the pill, patch, vaginal ring, implant) [Q7_1]	34
What form of contraception do you use: Intra-uterine device (the coil) [Q7_2]	34
What form of contraception do you use: Condom [Q7_3]	35
What form of contraception do you use: Something else [Q7_4]	35
(Males) Respondent's height (cm) [Q8A]	35
(Females) Respondent's height (cm) [Q8B]	36
(Males) Respondent's weight (kg) [Q9A]	36
(Females) Respondent's weight (kg) [Q9B]	36
What do you think of your weight? [Q10]	37
Is your relationship to food normal? [Q11]	37
Have you ever lost a lot of weight through dieting? [Q12]	37
How many hours a night do you sleep? [Q13]	38
Do you feel you sleep enough? [Q14]	38
Have you experienced any the following during the past month: Headache [Q15_1]	39
Have you experienced any the following during the past month: Dizziness [Q15_2]	39
Have you experienced any the following during the past month: Exhaustion, lethargy [Q15_3]	39
Have you experienced any the following during the past month: Shoulder or neck pain/discomfort [Q15_4]	40
Have you experienced any the following during the past month: Lower back pain or discomfort [Q15_5]	40
Have you experienced any the following during the past month: Pain in the limbs or joints [Q15_6]	41
Have you experienced any the following during the past month: Stomach pain, heartburn/acid indigestion [Q15_7]	41
Have you experienced any the following during the past month: Nausea or vomiting [Q15_8]	41
Have you experienced any the following during the past month: Flatulence or swelling [Q15_9]	42
Have you experienced any the following during the past month: Constipation or diarrhea [Q15_10]	42

Have you experienced any the following during the past month: Binge eating/overeating [Q15_11]	43
Have you experienced any the following during the past month: Heart palpitations, irregular heartbeat [Q15_12]	43
Have you experienced any the following during the past month: Skin problems [Q15_13]	43
Have you experienced any the following during the past month: Voice problems [Q15_14]	44
Have you experienced any the following during the past month: Rhinitis, stuffy nose [Q15_15]	44
Have you experienced any the following during the past month: Throat problems (sore throat, phlegm) [Q15_16]	45
Have you experienced any the following during the past month: Persistent cough or shortness of breath [Q15_17]	45
Have you experienced any the following during the past month: Bleeding gums or other gum problems [Q15_18]	45
Have you experienced any the following during the past month: Dental problems (sensitive teeth, toothache) [Q15_19]	46
Have you experienced any the following during the past month: Wisdom tooth problems [Q15_20]	46
Have you experienced any the following during the past month: Problems with chewing or biting [Q15_21]	47
Have you experienced any the following during the past month: Waking up during the night or difficulty in falling asleep [Q15_22]	47
Have you experienced any the following during the past month: Difficulty concentrating [Q15_23]	48
Have you experienced any the following during the past month: Nervous tension/nervousness [Q15_24]	48
Have you experienced any the following during the past month: Depression or feeling low [Q15_25]	48
Have you experienced any the following during the past month: Anxiety [Q15_26]	49
Have you experienced any the following during the past month: Something else [Q15_27]	49
Have you experienced any of the following women's health issues during the past 6 months: No [Q16_1_0]	50
Have you experienced any of the following women's health issues during the past 6 months: Menstrual pain requiring medication [Q16_1_1]	50
Have you experienced any of the following women's health issues during the past 6 months: Menstruation problems [Q16_1_2]	50
Have you experienced any of the following women's health issues during the past 6 months: Abnormal vaginal discharge [Q16_1_3]	51
Have you experienced any of the following women's health issues during the past 6 months:	

3. Indexes

Pain during intercourse [Q16_1_4]	51
Have you experienced any of the following women's health issues during the past 6 months: Something else [Q16_1_5]	52
Have you experienced any of the following men's health issues during the past 6 months: No [Q16_2_0]	52
Have you experienced any of the following men's health issues during the past 6 months: Fore- skin problems [Q16_2_1]	52
Have you experienced any of the following men's health issues during the past 6 months: Ure- thral problems (discharge or irritation) [Q16_2_2]	53
Have you experienced any of the following men's health issues during the past 6 months: Erec- tion problems [Q16_2_3]	53
Have you experienced any of the following men's health issues during the past 6 months: Erec- tion problems. How often? [Q16_2_3B]	54
Have you experienced any of the following men's health issues during the past 6 months: Pre- mature ejaculation [Q16_2_4]	54
Have you experienced any of the following men's health issues during the past 6 months: Prostate problems [Q16_2_5]	54
Have you experienced any of the following men's health issues during the past 6 months: Some- thing else [Q16_2_6]	55
Have you recently been able to concentrate on whatever you are doing? [Q17]	55
Have you recently lost sleep over worry? [Q18]	55
Have you recently felt you have been playing a useful part in things? [Q19]	56
Have you recently felt capable of making decisions? [Q20]	56
Have you recently felt constantly under strain? [Q21]	57
Have you recently felt you couldn't overcome your difficulties? [Q22]	57
Have you recently been able to enjoy your normal day-to-day activities? [Q23]	57
Have you recently been able to face up to problems? [Q24]	58
Have you recently been feeling unhappy or distressed? [Q25]	58
Have you recently been losing confidence in yourself? [Q26]	59
Have you recently been thinking yourself as a worthless person? [Q27]	59
Have you recently been feeling reasonably happy, all things considered? [Q28]	59
How do you see the following in your case at present: Progress with studies [Q29_1]	60
How do you see the following in your case at present: Public appearances such as giving pre- sentations [Q29_2]	60
How do you see the following in your case at present: Making contact with fellow students and other people in general [Q29_3]	61
How do you see the following in your case at present: Making contact with the opposite sex [Q29_4]	61

How do you see the following in your case at present: My sexuality [Q29_5]	62
How do you see the following in your case at present: Relationship with parents [Q29_6] ..	62
How do you see the following in your case at present: Planning the future [Q29_7]	63
How do you see the following in your case at present: Own strengths and skills [Q29_8] ...	63
How do you see the following in your case at present: How you feel in general/Your general mood [Q29_9]	64
How often do you brush your teeth? [Q30]	64
Do you use tooth paste? [Q31]	65
Do you floss your teeth? [Q32]	65
Do you use xylitol-based chewing gum or other xylitol-based products? [Q33]	65
How often do you take more vigorous physical exercise at the minimum for 30 minutes at a time and becoming at least a bit out of breath and sweaty (e.g. jogging/fast walking, cycling, swimming, gymnastics, ball games)? [Q34]	66
IF YES: How many hours a week do you spend taking more vigorous physical exercise? [Q35]	66
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)? [Q36_1]	67
How many hours a week do you spend walking or cycling to get from one place to another (i.e. not for exercise)? [Q36_2]	67
How often do you take light physical exercise at the minimum for 30 minutes at a time or exercise in connection with other hobbies (e.g. walking in nature, dancing, walking the dog)? [Q37]	68
Who organizes the physical exercise you take part in: Do not take physical exercise [Q38_0]	68
Who organizes the physical exercise you take part in: I do it alone and organize it myself [Q38_1]	68
Who organizes the physical exercise you take part in: I do it with a friend/friends and we organize it ourselves [Q38_2]	69
Who organizes the physical exercise you take part in: The university or the student union [Q38_3]	69
Who organizes the physical exercise you take part in: A student association/club (e.g. student association of a particular faculty/field of study) [Q38_4]	69
Who organizes the physical exercise you take part in: A sports club (not connected to the university) [Q38_5]	70
Who organizes the physical exercise you take part in: Other voluntary association/club [Q38_6]	70
Who organizes the physical exercise you take part in: Commercial sports facility/service [Q38_7]	71
Who organizes the physical exercise you take part in: Municipal/local government sports facility/service [Q38_8]	71

3. Indexes

Why do you take physical exercise (choose the two most important reasons): Do not take physical exercise [Q39_0]	71
Why do you take physical exercise (choose the two most important reasons): For my own pleasure [Q39_1]	72
Why do you take physical exercise (choose the two most important reasons): To look good (appearance) [Q39_2]	72
Why do you take physical exercise (choose the two most important reasons): To keep fit/healthy or as a remedy for illness [Q39_3]	73
Why do you take physical exercise (choose the two most important reasons): Desire to be alone [Q39_4]	73
Why do you take physical exercise (choose the two most important reasons): To be with friends [Q39_5]	73
Why do you take physical exercise (choose the two most important reasons): To get away from everyday worries, for stress-release [Q39_6]	74
Why do you take physical exercise (choose the two most important reasons): Other reason [Q39_7]	74
Have you used or do you use performance-enhancing substances: Permitted substances, for example, protein supplements [Q40_1]	74
Have you used or do you use performance-enhancing substances: Illegal substances (doping) [Q40_2]	75
What kind of meals do you normally eat on weekdays: At breakfast time? [Q41_1]	75
What kind of meals do you normally eat on weekdays: At lunchtime? [Q41_2]	76
What kind of meals do you normally eat on weekdays: At dinnertime? [Q41_3]	76
Do you follow a special diet? [Q42]	76
When buying/acquiring food, do you take health factors into account? [Q43]	77
Where do you generally eat your main meal? [Q44]	77
How often do you add salt to your food at the table? [Q45]	78
How many glasses of milk or sour milk do you drink a day? [Q46]	78
How many slices of bread do you eat a day: Dark/rye bread [Q47_1]	78
How many slices of bread do you eat a day: Multigrain, yeast, barley, graham or oat bread [Q47_2]	79
How many slices of bread do you eat a day: White bread [Q47_3]	79
What kind of spread do you generally use on bread? [Q48]	79
How often have you eaten the following during the past week: Fruit or berries [Q49_1]	80
How often have you eaten the following during the past week: Fresh vegetables [Q49_2] ..	80
How often have you eaten the following during the past week: Cooked vegetables (excluding potatoes) [Q49_3]	81
How often have you eaten the following during the past week: Porridge, muesli, cereal [Q49_4]	

81

How often have you eaten the following during the past week: Yoghurt or sour milk products (portions of 1,5-2 dl) [Q49_5]	82
How often have you eaten the following during the past week: Ice cream [Q49_6]	82
How often have you eaten the following during the past week: Candy, chocolate [Q49_7] ..	83
How often have you eaten the following during the past week: Sugary drinks [Q49_8]	83
How often have you eaten the following during the past week: Sweet pastry [Q49_9]	84
How often have you eaten the following during the past week: Chips/french fries [Q49_10]	84
How often have you eaten the following during the past week: Potato crisps etc. [Q49_11] .	85
How often have you eaten the following during the past week: Cheese [Q49_12]	85
How often have you eaten the following during the past week: Pizza [Q49_13]	86
Do you feel that the influence of your friends causes you to drink more alcohol than you would in fact like to drink? [Q50]	86
If you are at a party/gathering where alcohol is served, is there also a non-alcoholic alternative on offer? [Q51]	87
If someone from your own group chooses the non-alcoholic option, will this choice draw the attention of others? [Q52]	87
How many portions alcohol do you drink on an average week: Medium strength beer or lager (bottles) [Q53_1]	88
How many portions alcohol do you drink on an average week: Strong beer (bottles) [Q53_2]	88
How many portions alcohol do you drink on an average week: Cider (bottles) [Q53_3]	88
How many portions alcohol do you drink on an average week: Long drinks (bottles) [Q53_4]	89
How many portions alcohol do you drink on an average week: Wine (glasses) [Q53_5]	89
How many portions alcohol do you drink on an average week: Spirits (glasses) [Q53_6] ...	90
How often do you drink alcohol? [Q54]	90
How many drinks containing alcohol do you have on a typical day when you are drinking? [Q55]	90
How often do you have six or more drinks on one occasion? [Q56]	91
How often during the last year have you found that you were not able to stop drinking once you had started? [Q57]	91
How often during the last year have you failed to do what was normally expected of you because of drinking? [Q58]	92
How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session? [Q59]	92
How often during the last year have you had a feeling of guilt or remorse after drinking? [Q60]	93

3. Indexes

How often during the last year have you been unable to remember what happened the night before because of your drinking? [Q61]	93
Have you or someone else been injured because of your drinking? [Q62]	94
Has a relative, friend, doctor or someone else been concerned about your drinking or suggested you cut down? [Q63]	94
Have you tried or used any drugs, medicine or medicine combined with alcohol for intoxication purposes? [Q64_1]	94
Have you tried or used for intoxication purposes: Cannabis [Q64_2_1]	95
Have you tried or used for intoxication purposes: Glue, thinners or other inhalants [Q64_2_2]	95
Have you tried or used for intoxication purposes: Medicine and alcohol together [Q64_2_3]	96
Have you tried or used for intoxication purposes: Medicine [Q64_2_4]	96
Have you tried or used for intoxication purposes: Ecstasy [Q64_2_5]	97
Have you tried or used for intoxication purposes: Subutex or Temgesic [Q64_2_6]	97
Have you tried or used for intoxication purposes: Heroin, cocaine, amphetamine, LSD, GHB or GBL etc. [Q64_2_7]	98
Have you had an accident requiring treatment of a doctor over the past year: No [Q65_0] ..	98
Have you had an accident requiring treatment of a doctor over the past year: Motor vehicle traffic accident [Q65_1]	99
Have you had an accident requiring treatment of a doctor over the past year: Pedestrian traffic accident or cycling accident in traffic [Q65_2]	99
Have you had an accident requiring treatment of a doctor over the past year: At work (excluding travelling for work) [Q65_3]	99
Have you had an accident requiring treatment of a doctor over the past year: In connection with studies [Q65_4]	100
Have you had an accident requiring treatment of a doctor over the past year: At home (inside or outside) [Q65_5]	100
Have you had an accident requiring treatment of a doctor over the past year: In connection with recreational or competitive sport [Q65_6]	101
Have you had an accident requiring treatment of a doctor over the past year: In other spare time activities [Q65_7]	101
Have you had an accident requiring treatment of a doctor over the past year: Other accident [Q65_8]	101
Do you use a mouthguard in contact sports or team games? [Q66]	102
Do you use a seat belt when driving a car or being a passenger? [Q67]	102
Do you use a pedestrian reflector when outside in the dark? [Q68]	102
Do you use a helmet when cycling? [Q69]	103
Do you use a bicycle to get from one place to another or for physical exercise? [Q70]	103

Do you smoke nowadays? [Q71]	104
Do you use snuff tobacco? [Q72]	104
How important do you think it is that there is legal regulation concerning: Smoking in public places [Q73_1]	104
How important do you think it is that there is legal regulation concerning: Cannabis use [Q73_2]	105
How important do you think it is that there is legal regulation concerning: Compulsory treatment of young drug users [Q73_3]	105
How important do you think it is that there is legal regulation concerning: Retail sale of alcohol [Q73_4]	106
How important do you think it is that there is legal regulation concerning: Drinking alcohol in public spaces [Q73_5]	106
How important do you think it is that there is legal regulation concerning: Food additives [Q73_6]	106
How important do you think it is that there is legal regulation concerning: Use of bike helmet [Q73_7]	107
For how many academic years have you been enrolled and registered for attendance at the university in connection with your present studies? (categorised) [Q74]	107
How many credit points have you gained by 31 January 2004 in connection with your present studies? [Q75]	108
Do you see yourself as studying full-time or part-time? [Q76]	108
What year do you think you will graduate? Year 20 __ __ [Q77]	108
Thinking of what you wanted to achieve, how has your study success been? [Q78]	109
Do you feel that your field of study is right for you? [Q79]	109
How has the work load connected to your studies been this academic year? [Q80]	110
Your opinion on the advice and counselling the university has given you for your studies over the past year [Q81]	110
When you have needed help, support or counselling in matters related to your studies, how often have you received it from: Teachers (professors, assistants,lecturers) [Q82_1]	111
When you have needed help, support or counselling in matters related to your studies, how often have you received it from: Student counsellors [Q82_2]	111
When you have needed help, support or counselling in matters related to your studies, how often have you received it from: Student tutors [Q82_3]	112
When you have needed help, support or counselling in matters related to your studies, how often have you received it from: Other students and friends [Q82_4]	112
When you have needed help, support or counselling in matters related to your studies, how often have you received it from: Family and other relatives [Q82_5]	113
Have you had difficulties with: Following and understanding lectures [Q83_1]	113
Have you had difficulties with: Working in a group [Q83_2]	113

3. Indexes

Have you had difficulties with: Finding study techniques that suit you [Q83_3]	114
Have you had difficulties with: Starting or completing assignments that require independent work [Q83_4]	114
Have you had difficulties with: Reading for exams [Q83_5]	115
Have you had difficulties with: Preparing assignments that require you to write something [Q83_6]	115
Have you had difficulties with: Doing other study tasks [Q83_7]	116
Have you had difficulties with: Planning your studies [Q83_8]	116
Have you had difficulties with: Interaction with teachers [Q83_9]	116
Respondent's family composition and living arrangements [Q84]	117
How many children do you have? (categorised) [Q85]	117
How many children would you like to have? [Q86]	118
How often do you meet with your friend(s) in your spare time? [Q87]	118
Do you feel lonely? [Q88]	118
Do you feel you belong to some group related to your studies (e.g. same-year students of the same field, department club, thesis group, student association of the faculty/field of study)? [Q89]	119
Can you discuss your affairs and problems openly with someone close to you, should you want to? [Q90]	119
How often have you participated in the activities of a voluntary organisation/association over the past year? [Q91]	120
Number of people the respondent feels closest to; without whom he/she could not imagine being. [Q92_1]	120
Number of people the respondent feels are very important to him/her but not as close as those mentioned above. [Q92_2]	121
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 he/she has regular contact. [Q92_3]	121
Have you done any paid work over the past year: Full-time work (30 hours or more per week) - Months in total [Q93_1_1]	121
Have you done any paid work over the past year: Full-time work (30 hours or more per week) - Months during the academic year (i.e. excluding holiday times) [Q93_1_2]	122
Have you done any paid work over the past year: Full-time work (30 hours or more per week) - Was the work associated with own your field of study? [Q93_1_3]	122
Have you done any paid work over the past year: Regular part-time work - Hours per week [Q93_2_1]	123
Have you done any paid work over the past year: Regular part-time work - Months in total [Q93_2_2]	123
Have you done any paid work over the past year: Regular part-time work - Months during the academic year (i.e. excluding holiday times) [Q93_2_3]	124

Have you done any paid work over the past year: Regular part-time work - Was the work associated with your own field of study? [Q93_2_4]	124
Have you done any paid work over the past year: Casual work during the academic year [Q93_3_1]	124
Have you done any paid work over the past year: Casual work during the academic year - Was the work associated with your own field of study? [Q93_3_2]	125
Your financial situation over the past year: I had to work to get money for my basic living expenses [Q94_1]	125
Your financial situation over the past year: I got financial support from my parents or relatives in form of money, goods etc. [Q94_2]	126
Your financial situation over the past year: Housing costs were higher than half my income [Q94_3]	126
Was your income sufficient for your needs over the past year? [Q95]	126
Have you used the following services over the past year: Public health nurse: Finnish Student Health Service (FSHS) [Q96_1_1]	127
Have you used the following services over the past year: Public health nurse: Other health service provider [Q96_1_2]	127
Have you used the following services over the past year: Physiotherapist: Finnish Student Health Service (FSHS) [Q96_2_1]	128
Have you used the following services over the past year: Physiotherapist: Other health service provider [Q96_2_2]	128
Have you used the following services over the past year: General practitioner: Finnish Student Health Service (FSHS) [Q96_3_1]	129
Have you used the following services over the past year: General practitioner: Other health service provider [Q96_3_2]	129
Have you used the following services over the past year: Specialist doctor: Finnish Student Health Service (FSHS) [Q96_4_1]	129
Have you used the following services over the past year: Specialist doctor: Other health service provider [Q96_4_2]	130
Have you used the following services over the past year: Dental hygienist: Finnish Student Health Service (FSHS) [Q96_5_1]	130
Have you used the following services over the past year: Dental hygienist: Other health service provider [Q96_5_2]	131
Have you used the following services over the past year: Dentist: Finnish Student Health Service (FSHS) [Q96_6_1]	131
Have you used the following services over the past year: Dentist: Other health service provider [Q96_6_2]	132
Have you used the following services over the past year: Specialised dentist: Finnish Student Health Service (FSHS) [Q96_7_1]	132
Have you used the following services over the past year: Specialised dentist: Other health ser-	

3. Indexes

vice provider [Q96_7_2]	133
Have you used the following services over the past year: Psychologist: Finnish Student Health Service (FSHS) [Q96_8_1]	133
Have you used the following services over the past year: Psychologist: Other health service provider [Q96_8_2]	133
Have you used the following services over the past year: Psychiatrist: Finnish Student Health Service (FSHS) [Q96_9_1]	134
Have you used the following services over the past year: Psychiatrist: Other health service provider [Q96_9_2]	134
Reason for using other service provider than the Finnish Student Health Service: Have not used other service providers [Q97_0]	135
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 [Q97_1]	135
Reason for using other service provider than the Finnish Student Health Service: I have been working / in military service / pregnant [Q97_2]	136
Reason for using other service provider than the Finnish Student Health Service: I was referred to somewhere else [Q97_3]	136
Reason for using other service provider than the Finnish Student Health Service: I have been treated elsewhere also previously [Q97_4]	136
Reason for using other service provider than the Finnish Student Health Service: I needed help in a place where there were no FSHS services [Q97_5]	137
Reason for using other service provider than the Finnish Student Health Service: I needed emergency care outside normal office hours [Q97_6]	137
Reason for using other service provider than the Finnish Student Health Service: FSHS does not provide the service I want or I can no longer get it [Q97_7]	138
Reason for using other service provider than the Finnish Student Health Service: I could not get an appointment quickly enough at FSHS [Q97_8]	138
Reason for using other service provider than the Finnish Student Health Service: I have not been satisfied with the FSHS services [Q97_9]	138
Reason for using other service provider than the Finnish Student Health Service: Other reason [Q97_10]	139
Did you participate/are you planning to participate in the dental and general health examination provided by the FSHS for first-year students? [Q98]	139
When you last used the FSHS services, how did the service seem to you: I got clarification on issues that had worried me [Q99_1]	140
When you last used the FSHS services, how did the service seem to you: I was listened to and felt understood [Q99_2]	140
What health care services would you wish to be substituted by online services: None [Q100_0]	140
What health care services would you wish to be substituted by online services: Making and	

cancelling appointments [Q100_1]	141
What health care services would you wish to be substituted by online services: Getting the results of laboratory tests [Q100_2]	141
What health care services would you wish to be substituted by online services: Repeat prescriptions [Q100_3]	142
What health care services would you wish to be substituted by online services: Other [Q100_4]	142
Mitä terveydenhuollon palveluja toivoisit voivasi korvata verkkopalvelulla: Muuta, mitä? (avokysymys) [Q100_4A]	142
Have you taken a look around the Finnish Student Health Service (FSHS) online services on the Internet? [Q101]	143
Have you used the FSHS online advice services (e.g. Ask the GP service)? How many times? [Q102]	143
Have you been in e-mail contact with a FSHS staff member (doctor, public health nurse, psychologist etc)? How many times? [Q103]	144
Would you like to get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Allergies and skin issues [Q104_1]	144
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Quitting smoking [Q104_2]	145
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Controlling alcohol consumption [Q104_3]	145
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Weight control [Q104_4]	145
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Eating disorder [Q104_5]	146
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Nutritional issues [Q104_6]	146
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Physical exercise issues [Q104_7]	147
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Ergonomics issues [Q104_8]	147
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Feelings of anxiety and tension [Q104_9]	148
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Human relationships or self-esteem [Q104_10]	148
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Stress control [Q104_11]	148
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Problems with studies or study techniques [Q104_12]	149
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lec-	

3. Indexes

tures) in the following matters: Other problems [Q104_13]	149
How often do you have sexual intercourse nowadays? [Q105]	150
Have you had problems with condom use: Have not used them [Q106_0]	150
Have you had problems with condom use: No problems [Q106_1]	150
Have you had problems with condom use: Condom has slipped off [Q106_2]	151
Have you had problems with condom use: Condom has broken [Q106_3]	151
Have you had problems with condom use: Some other problem [Q106_4]	151
Have you ever had chlamydia? [Q107]	152
Have you ever used emergency contraception (e.g. 'morning-after-pill')? How many times? [Q108]	152
Have you ever had an abortion? [Q109]	153
Respondent's age group [Q110]	153
Location of the university (NUTS3, categorised) [Q111]	153
Respondent's field of study [Q112]	154
Respondent's gender [SUKUPUOL]	155
Language [KIELILUO]	155
Did the respondent give feedback? [PAL]	155

3.2 Variables in alphabetical order

Are you taking any drugs or medicines prescribed by a doctor (excluding contraceptive pills unless taken for an illness): Medicine that is taken when necessary	32
Are you taking any drugs or medicines prescribed by a doctor (excluding contraceptive pills unless taken for an illness): No	31
Are you taking any drugs or medicines prescribed by a doctor (excluding contraceptive pills unless taken for an illness): Regular medication for an illness/condition	31
Are you taking any drugs or medicines prescribed by a doctor (excluding contraceptive pills unless taken for an illness): Use creams/lotions/ointments regularly or when necessary	32
Are you taking any medicine not prescribed by a doctor?	33
Are you taking any vitamins, minerals, herbal products or other supplements?	33
Can you discuss your affairs and problems openly with someone close to you, should you want to?	119
Did the respondent give feedback?	155
Did you participate/are you planning to participate in the dental and general health examination provided by the FSHS for first-year students?	139
Do you feel lonely?	118
Do you feel that the influence of your friends causes you to drink more alcohol than you would in fact like to drink?	86
Do you feel that your field of study is right for you?	109
Do you feel you belong to some group related to your studies (e.g. same-year students of the same field, department club, thesis group, student association of the faculty/field of study)?	119
Do you feel you sleep enough?	38
Do you floss your teeth?	65
Do you follow a special diet?	76
Do you see yourself as studying full-time or part-time?	108
Do you smoke nowadays?	104
Do you use a bicycle to get from one place to another or for physical exercise?	103
Do you use a helmet when cycling?	103
Do you use a mouthguard in contact sports or team games?	102
Do you use a pedestrian reflector when outside in the dark?	102
Do you use a seat belt when driving a car or being a passenger?	102
Do you use snuff tobacco?	104
Do you use tooth paste?	65
Do you use xylitol-based chewing gum or other xylitol-based products?	65
(Females) Respondent's height (cm)	36

3. Indexes

(Females) Respondent's weight (kg)	36
For how many academic years have you been enrolled and registered for attendance at the university in connection with your present studies? (categorised)	107
FSD case id	14
FSD edition number	13
FSD study number	13
Has a relative, friend, doctor or someone else been concerned about your drinking or suggested you cut down?	94
Have you been in e-mail contact with a FSHS staff member (doctor, public health nurse, psychologist etc)? How many times?	144
Have you done any paid work over the past year: Casual work during the academic year ..	124
Have you done any paid work over the past year: Casual work during the academic year - Was the work associated with your own field of study?	125
Have you done any paid work over the past year: Full-time work (30 hours or more per week) - Months during the academic year (i.e. excluding holiday times)	122
Have you done any paid work over the past year: Full-time work (30 hours or more per week) - Months in total	121
Have you done any paid work over the past year: Full-time work (30 hours or more per week) - Was the work associated with own your field of study?	122
Have you done any paid work over the past year: Regular part-time work - Hours per week	123
Have you done any paid work over the past year: Regular part-time work - Months during the academic year (i.e. excluding holiday times)	124
Have you done any paid work over the past year: Regular part-time work - Months in total	123
Have you done any paid work over the past year: Regular part-time work - Was the work associated with your own field of study?	124
Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during past 12 months: Recurring urinary tract infection, renal disease	20
Have you ever been diagnosed by a doctor/dentist/psychologist with 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)	17
Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Anxiety disorder (e.g. panic attacks)	26
Have you ever been diagnosed by a doctor/dentist/psychologist with 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	15
Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Asthma or other pulmonary disease	17

Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Atopic dermatitis	18
Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Caries (cavities)	23
Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Depression	26
Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Diabetes	14
Have you ever been diagnosed by a doctor/dentist/psychologist with 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	22
Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Eating disorder (anorexia, bulimia)	25
Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Epilepsy, other neurological condition	25
Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Eye condition	22
Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Eyesight condition (spectacles)	21
Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Gynaecological disorder	21
Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: High blood pressure/hypertension	15
Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Infected wisdom tooth	23
Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Lactose intolerance	19
Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Male urogenital disorder	20

3. Indexes

Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Migraine	24
Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Other gastrointestinal condition	19
Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Other mental health problem	27
Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Other mouth or dental disorder	24
Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Other musculoskeletal disorder	16
Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Other skin condition, severe acne	18
Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Rheumatoid arthritis	16
Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Something else	27
Have you ever been diagnosed by a doctor/dentist/psychologist with the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Thyroid disease/condition	14
Have you ever had an abortion?	153
Have you ever had chlamydia?	152
Have you ever lost a lot of weight through dieting?	37
Have you ever used emergency contraception (e.g. 'morning-after-pill')? How many times?	152
Have you experienced any of the following men's health issues during the past 6 months: Erection problems	53
Have you experienced any of the following men's health issues during the past 6 months: Erection problems. How often?	54
Have you experienced any of the following men's health issues during the past 6 months: Fore-skin problems	52
Have you experienced any of the following men's health issues during the past 6 months: No	52
Have you experienced any of the following men's health issues during the past 6 months: Premature ejaculation	54
Have you experienced any of the following men's health issues during the past 6 months:	

Prostate problems	54
Have you experienced any of the following men's health issues during the past 6 months: Something else	55
Have you experienced any of the following men's health issues during the past 6 months: Urethral problems (discharge or irritation)	53
Have you experienced any of the following women's health issues during the past 6 months: Abnormal vaginal discharge	51
Have you experienced any of the following women's health issues during the past 6 months: Menstrual pain requiring medication	50
Have you experienced any of the following women's health issues during the past 6 months: Menstruation problems	50
Have you experienced any of the following women's health issues during the past 6 months: No	50
Have you experienced any of the following women's health issues during the past 6 months: Pain during intercourse	51
Have you experienced any of the following women's health issues during the past 6 months: Something else	52
Have you experienced any the following during the past month: Anxiety	49
Have you experienced any the following during the past month: Binge eating/overeating ...	43
Have you experienced any the following during the past month: Bleeding gums or other gum problems	45
Have you experienced any the following during the past month: Constipation or diarrhea ..	42
Have you experienced any the following during the past month: Dental problems (sensitive teeth, toothache)	46
Have you experienced any the following during the past month: Depression or feeling low .	48
Have you experienced any the following during the past month: Difficulty concentrating ...	48
Have you experienced any the following during the past month: Dizziness	39
Have you experienced any the following during the past month: Exhaustion, lethargy	39
Have you experienced any the following during the past month: Flatulence or swelling	42
Have you experienced any the following during the past month: Headache	39
Have you experienced any the following during the past month: Heart palpitations, irregular heartbeat	43
Have you experienced any the following during the past month: Lower back pain or discomfort	40
Have you experienced any the following during the past month: Nausea or vomiting	41
Have you experienced any the following during the past month: Nervous tension/nervousness	48
Have you experienced any the following during the past month: Pain in the limbs or joints .	41

3. Indexes

Have you experienced any the following during the past month: Persistent cough or shortness of breath	45
Have you experienced any the following during the past month: Problems with chewing or biting	47
Have you experienced any the following during the past month: Rhinitis, stuffy nose	44
Have you experienced any the following during the past month: Shoulder or neck pain/discomfort	40
Have you experienced any the following during the past month: Skin problems	43
Have you experienced any the following during the past month: Something else	49
Have you experienced any the following during the past month: Stomach pain, heartburn/acid indigestion	41
Have you experienced any the following during the past month: Throat problems (sore throat, phlegm)	45
Have you experienced any the following during the past month: Voice problems	44
Have you experienced any the following during the past month: Waking up during the night or difficulty in falling asleep	47
Have you experienced any the following during the past month: Wisdom tooth problems ...	46
Have you had an accident requiring treatment of a doctor over the past year: At home (inside or outside)	100
Have you had an accident requiring treatment of a doctor over the past year: At work (excluding travelling for work)	99
Have you had an accident requiring treatment of a doctor over the past year: In connection with recreational or competitive sport	101
Have you had an accident requiring treatment of a doctor over the past year: In connection with studies	100
Have you had an accident requiring treatment of a doctor over the past year: In other spare time activities	101
Have you had an accident requiring treatment of a doctor over the past year: Motor vehicle traffic accident	99
Have you had an accident requiring treatment of a doctor over the past year: No	98
Have you had an accident requiring treatment of a doctor over the past year: Other accident	101
Have you had an accident requiring treatment of a doctor over the past year: Pedestrian traffic accident or cycling accident in traffic	99
Have you had difficulties with: Doing other study tasks	116
Have you had difficulties with: Finding study techniques that suit you	114
Have you had difficulties with: Following and understanding lectures	113
Have you had difficulties with: Interaction with teachers	116
Have you had difficulties with: Planning your studies	116

Have you had difficulties with: Preparing assignments that require you to write something	115
Have you had difficulties with: Reading for exams	115
Have you had difficulties with: Starting or completing assignments that require independent work	114
Have you had difficulties with: Working in a group	113
Have you had problems with condom use: Condom has broken	151
Have you had problems with condom use: Condom has slipped off	151
Have you had problems with condom use: Have not used them	150
Have you had problems with condom use: No problems	150
Have you had problems with condom use: Some other problem	151
Have you or someone else been injured because of your drinking?	94
Have you recently been able to concentrate on whatever you are doing?	55
Have you recently been able to enjoy your normal day-to-day activities?	57
Have you recently been able to face up to problems?	58
Have you recently been feeling reasonably happy, all things considered?	59
Have you recently been feeling unhappy or distressed?	58
Have you recently been losing confidence in yourself?	59
Have you recently been thinking yourself as a worthless person?	59
Have you recently felt capable of making decisions?	56
Have you recently felt constantly under strain?	57
Have you recently felt you couldn't overcome your difficulties?	57
Have you recently felt you have been playing a useful part in things?	56
Have you recently lost sleep over worry?	55
Have you taken a look around the Finnish Student Health Service (FSHS) online services on the Internet?	143
Have you tried or used any drugs, medicine or medicine combined with alcohol for intoxication purposes?	94
Have you tried or used for intoxication purposes: Cannabis	95
Have you tried or used for intoxication purposes: Ecstasy	97
Have you tried or used for intoxication purposes: Glue, thinners or other inhalants	95
Have you tried or used for intoxication purposes: Heroin, cocaine, amphetamine, LSD, GHB or GBL etc.	98
Have you tried or used for intoxication purposes: Medicine	96
Have you tried or used for intoxication purposes: Medicine and alcohol together	96
Have you tried or used for intoxication purposes: Subutex or Temgesic	97

3. Indexes

Have you used or do you use performance-enhancing substances: Illegal substances (doping)	75
Have you used or do you use performance-enhancing substances: Permitted substances, for example, protein supplements	74
Have you used the following services over the past year: Dental hygienist: Finnish Student Health Service (FSHS)	130
Have you used the following services over the past year: Dental hygienist: Other health service provider	131
Have you used the following services over the past year: Dentist: Finnish Student Health Service (FSHS)	131
Have you used the following services over the past year: Dentist: Other health service provider	132
Have you used the following services over the past year: General practitioner: Finnish Student Health Service (FSHS)	129
Have you used the following services over the past year: General practitioner: Other health service provider	129
Have you used the following services over the past year: Physiotherapist: Finnish Student Health Service (FSHS)	128
Have you used the following services over the past year: Physiotherapist: Other health service provider	128
Have you used the following services over the past year: Psychiatrist: Finnish Student Health Service (FSHS)	134
Have you used the following services over the past year: Psychiatrist: Other health service provider	134
Have you used the following services over the past year: Psychologist: Finnish Student Health Service (FSHS)	133
Have you used the following services over the past year: Psychologist: Other health service provider	133
Have you used the following services over the past year: Public health nurse: Finnish Student Health Service (FSHS)	127
Have you used the following services over the past year: Public health nurse: Other health service provider	127
Have you used the following services over the past year: Specialised dentist: Finnish Student Health Service (FSHS)	132
Have you used the following services over the past year: Specialised dentist: Other health service provider	133
Have you used the following services over the past year: Specialist doctor: Finnish Student Health Service (FSHS)	129
Have you used the following services over the past year: Specialist doctor: Other health service provider	130

Have you used the FSHS online advice services (e.g. Ask the GP service)? How many times?	143
How do you see the following in your case at present: How you feel in general/Your general mood	64
How do you see the following in your case at present: Making contact with fellow students and other people in general	61
How do you see the following in your case at present: Making contact with the opposite sex	61
How do you see the following in your case at present: My sexuality	62
How do you see the following in your case at present: Own strengths and skills	63
How do you see the following in your case at present: Planning the future	63
How do you see the following in your case at present: Progress with studies	60
How do you see the following in your case at present: Public appearances such as giving presentations	60
How do you see the following in your case at present: Relationship with parents	62
How has the work load connected to your studies been this academic year?	110
How important do you think it is that there is legal regulation concerning: Cannabis use ..	105
How important do you think it is that there is legal regulation concerning: Compulsory treatment of young drug users	105
How important do you think it is that there is legal regulation concerning: Drinking alcohol in public spaces	106
How important do you think it is that there is legal regulation concerning: Food additives	106
How important do you think it is that there is legal regulation concerning: Retail sale of alcohol	106
How important do you think it is that there is legal regulation concerning: Smoking in public places	104
How important do you think it is that there is legal regulation concerning: Use of bike helmet	107
How many children do you have? (categorised)	117
How many children would you like to have?	118
How many credit points have you gained by 31 January 2004 in connection with your present studies?	108
How many drinks containing alcohol do you have on a typical day when you are drinking? .	90
How many glasses of milk or sour milk do you drink a day?	78
How many hours a night do you sleep?	38
How many hours a week do you spend walking or cycling to get from one place to another (i.e. not for exercise)?	67
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)?	67

3. Indexes

How many portions alcohol do you drink on an average week: Cider (bottles)	88
How many portions alcohol do you drink on an average week: Long drinks (bottles)	89
How many portions alcohol do you drink on an average week: Medium strength beer or lager (bottles)	88
How many portions alcohol do you drink on an average week: Spirits (glasses)	90
How many portions alcohol do you drink on an average week: Strong beer (bottles)	88
How many portions alcohol do you drink on an average week: Wine (glasses)	89
How many slices of bread do you eat a day: Dark/rye bread	78
How many slices of bread do you eat a day: Multigrain, yeast, barley, graham or oat bread ..	79
How many slices of bread do you eat a day: White bread	79
How often do you add salt to your food at the table?	78
How often do you brush your teeth?	64
How often do you drink alcohol?	90
How often do you have sexual intercourse nowadays?	150
How often do you have six or more drinks on one occasion?	91
How often do you meet with your friend(s) in your spare time?	118
How often do you take light physical exercise at the minimum for 30 minutes at a time or exercise in connection with other hobbies (e.g. walking in nature, dancing, walking the dog)?	68
How often do you take more vigorous physical exercise at the minimum for 30 minutes at a time and becoming at least a bit out of breath and sweaty (e.g. jogging/fast walking, cycling, swimming, gymnastics, ball games)?	66
How often during the last year have you been unable to remember what happened the night before because of your drinking?	93
How often during the last year have you failed to do what was normally expected of you because of drinking?	92
How often during the last year have you found that you were not able to stop drinking once you had started?	91
How often during the last year have you had a feeling of guilt or remorse after drinking? ...	93
How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?	92
How often have you eaten the following during the past week: Candy, chocolate	83
How often have you eaten the following during the past week: Cheese	85
How often have you eaten the following during the past week: Chips/french fries	84
How often have you eaten the following during the past week: Cooked vegetables (excluding potatoes)	81
How often have you eaten the following during the past week: Fresh vegetables	80

How often have you eaten the following during the past week: Fruit or berries	80
How often have you eaten the following during the past week: Ice cream	82
How often have you eaten the following during the past week: Pizza	86
How often have you eaten the following during the past week: Porridge, muesli, cereal	81
How often have you eaten the following during the past week: Potato crisps etc.	85
How often have you eaten the following during the past week: Sugary drinks	83
How often have you eaten the following during the past week: Sweet pastry	84
How often have you eaten the following during the past week: Yoghurt or sour milk products (portions of 1,5-2 dl)	82
How often have you participated in the activities of a voluntary organisation/association over the past year?	120
If someone from your own group chooses the non-alcoholic option, will this choice draw the attention of others?	87
IF YES: How many hours a week do you spend taking more vigorous physical exercise? ...	66
If you are at a party/gathering where alcohol is served, is there also a non-alcoholic alternative on offer?	87
In general, would you say your health is... ..	27
Is your relationship to food normal?	37
Language	155
Location of the university (NUTS3, categorised)	153
(Males) Respondent's height (cm)	35
(Males) Respondent's weight (kg)	36
Mitä terveydenhuollon palveluja toivoisit voivasi korvata verkkopalvelulla: Muuta, mitä? (avokysymys)	142
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 he/she has regular contact.	121
Number of people the respondent feels are very important to him/her but not as close as those mentioned above.	121
Number of people the respondent feels closest to; without whom he/she could not imagine being.	120
Reason for using other service provider than the Finnish Student Health Service: FSHS does not provide the service I want or I can no longer get it	138
Reason for using other service provider than the Finnish Student Health Service: Have not used other service providers	135
Reason for using other service provider than the Finnish Student Health Service: I could not get an appointment quickly enough at FSHS	138
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	135

3. Indexes

Reason for using other service provider than the Finnish Student Health Service: I have been treated elsewhere also previously	136
Reason for using other service provider than the Finnish Student Health Service: I have been working / in military service / pregnant	136
Reason for using other service provider than the Finnish Student Health Service: I have not been satisfied with the FSHS services	138
Reason for using other service provider than the Finnish Student Health Service: I needed emergency care outside normal office hours	137
Reason for using other service provider than the Finnish Student Health Service: I needed help in a place where there were no FSHS services	137
Reason for using other service provider than the Finnish Student Health Service: I was referred to somewhere else	136
Reason for using other service provider than the Finnish Student Health Service: Other reason	139
Respondent's age group	153
Respondent's family composition and living arrangements	117
Respondent's field of study	154
Respondent's gender	155
Thinking of what you wanted to achieve, how has your study success been?	109
Was your income sufficient for your needs over the past year?	126
What do you think of your weight?	37
What form of contraception do you use: Condom	35
What form of contraception do you use: Hormonal contraception (the pill, patch, vaginal ring, implant)	34
What form of contraception do you use: Intra-uterine device (the coil)	34
What form of contraception do you use: Nothing	33
What form of contraception do you use: Something else	35
What health care services would you wish to be substituted by online services: Getting the results of laboratory tests	141
What health care services would you wish to be substituted by online services: Making and cancelling appointments	141
What health care services would you wish to be substituted by online services: None	140
What health care services would you wish to be substituted by online services: Other	142
What health care services would you wish to be substituted by online services: Repeat prescriptions	142
What kind of meals do you normally eat on weekdays: At breakfast time?	75
What kind of meals do you normally eat on weekdays: At dinnertime?	76

What kind of meals do you normally eat on weekdays: At lunchtime?	76
What kind of spread do you generally use on bread?	79
What year do you think you will graduate? Year 20 ___ ___ 	108
When buying/acquiring food, do you take health factors into account?	77
When you have needed help, support or counselling in matters related to your studies, how often have you received it from: Family and other relatives	113
When you have needed help, support or counselling in matters related to your studies, how often have you received it from: Other students and friends	112
When you have needed help, support or counselling in matters related to your studies, how often have you received it from: Student counsellors	111
When you have needed help, support or counselling in matters related to your studies, how often have you received it from: Student tutors	112
When you have needed help, support or counselling in matters related to your studies, how often have you received it from: Teachers (professors, assistants, lecturers)	111
When you last used the FSHS services, how did the service seem to you: I got clarification on issues that had worried me	140
When you last used the FSHS services, how did the service seem to you: I was listened to and felt understood	140
Where do you generally eat your main meal?	77
Which of the following do you see as the greatest threat to your own health?	28
Which of the following do you see as the greatest threat to your own health: Can't say	31
Which of the following do you see as the greatest threat to your own health: Environmental damage	28
Which of the following do you see as the greatest threat to your own health: Hereditary factors	30
Which of the following do you see as the greatest threat to your own health: Mental stress ..	29
Which of the following do you see as the greatest threat to your own health: Own unhealthy habits	29
Which of the following do you see as the greatest threat to your own health: Something else	30
Which of the following do you see as the greatest threat to your own health: Violence or accident	29
Who organizes the physical exercise you take part in: A sports club (not connected to the university)	70
Who organizes the physical exercise you take part in: A student association/club (e.g. student association of a particular faculty/field of study)	69
Who organizes the physical exercise you take part in: Commercial sports facility/service ...	71
Who organizes the physical exercise you take part in: Do not take physical exercise	68
Who organizes the physical exercise you take part in: I do it alone and organize it myself ..	68

3. Indexes

Who organizes the physical exercise you take part in: I do it with a friend/friends and we organize it ourselves	69
Who organizes the physical exercise you take part in: Municipal/local government sports facility/service	71
Who organizes the physical exercise you take part in: Other voluntary association/club	70
Who organizes the physical exercise you take part in: The university or the student union ..	69
Why do you take physical exercise (choose the two most important reasons): Desire to be alone	73
Why do you take physical exercise (choose the two most important reasons): Do not take physical exercise	71
Why do you take physical exercise (choose the two most important reasons): For my own pleasure	72
Why do you take physical exercise (choose the two most important reasons): Other reason .	74
Why do you take physical exercise (choose the two most important reasons): To be with friends	73
Why do you take physical exercise (choose the two most important reasons): To get away from everyday worries, for stress-release	74
Why do you take physical exercise (choose the two most important reasons): To keep fit/healthy or as a remedy for illness	73
Why do you take physical exercise (choose the two most important reasons): To look good (appearance)	72
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Controlling alcohol consumption	145
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Eating disorder	146
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Ergonomics issues	147
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Feelings of anxiety and tension	148
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Human relationships or self-esteem	148
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Nutritional issues	146
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Other problems	149
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Physical exercise issues	147
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Problems with studies or study techniques	149

Would you like to get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Quitting smoking 145

Would you like to get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Stress control 148

Would you like to get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Weight control 145

Would you like to get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Allergies and skin issues 144

Your financial situation over the past year: Housing costs were higher than half my income 126

Your financial situation over the past year: I got financial support from my parents or relatives in form of money, goods etc. 126

Your financial situation over the past year: I had to work to get money for my basic living expenses 125

Your opinion on the advice and counselling the university has given you for your studies over the past year 110

Appendix A

Questionnaire in Finnish

KYSELYLOMAKE

Tämä kyselylomake on osa Yhteiskuntatieteelliseen tietoaarkistoon arkistoitua tutkimusaineistoa

FSD2326 Yliopisto-opiskelijoiden terveystutkimus 2004

Kyselylomaketta hyödyntävien tulee viitata siihen asianmukaisesti lähdeviitteellä.

Lisätiedot: <http://www.fsd.uta.fi/>

QUESTIONNAIRE

This questionnaire is part of the following dataset, archived at the Finnish Social Science Data Archive:

FSD2326 University Student Health Survey 2004

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/>

LOGO

YLIOPPILAIKEN TERVEYDENHOITOSÄÄTIÖ
STUDENTERNAS HÄLSOVÅRDSSTIFTELSE

Yliopisto-opiskelijoiden terveystutkimus 2004

Hyvä opiskelija

Ylioppilaiden terveydenhoitosäätiö (YTHS) vastaa yliopisto-opiskelijoiden terveydenhuollosta Suomessa. Voidakseen kehittää terveydenhoitopalvelujaan YTHS tarvitsee ajankohtaista tietoa terveyden kannalta tärkeitä asioista.

Kyselylomakkeessa on perinteisiä terveyden ja terveystyttymisen kysymyksiä, mutta siinä kartoitetaan myös muita elämän alueita, jotka kokemuksemme mukaan liittyvät läheisesti opiskelijan terveyteen ja jaksamiseen. Opiskelua ja opiskeluolosuhteita koskevat kysymykset ovat tärkeitä myös yliopistoille ja opiskelijajärjestöille. Tutkimus koskee myös sivutoimisesti opiskelevia tai tämän lukuvuoden aikana valmistuneita.

Tämä tutkimus on toinen valtakunnallinen selvitys; ensimmäinen tehtiin vuonna 2000. Aiemman tutkimuksen tulokset ovat olleet arvokkaita toteutettaessa valtakunnallista opiskelijoiden hyvinvointihanke Kehrää, jossa YTHS:n, yliopistojen ja opiskelijoiden yhteistyöllä on lähdetty etsimään ratkaisuja moniin opiskelijoiden hyvinvoinnin ongelmiin.

Tämä kysely tuo kehittämishankkeisiimme arvokasta uutta tietoa. Tutkimuksen onnistumiseksi on ensiarvoisen tärkeää, että osallistut kyselyyn.

Kaikki antamasi tiedot ovat luottamuksellisia ja tulevat vain tutkijoiden käyttöön. Tutkimustulokset käsitellään tilastollisina kokonaisuuksina; yksittäistä vastaajaa ei niistä voi tunnistaa.

Toivomme, että palautat lomakkeen täytettynä mahdollisimman pian Ylioppilaiden terveydenhoitosäätiölle oheisessa kirjekuoressa, vastaanottaja maksaa postimaksun. Tutkimusta koskeviin tiedusteluihin vastaa LT Kristina Kunttu, puh. (02) 2747 200, sp. kristina.kunttu@yths.fi.

Yhteistyöstä kiittäen

LOGO

Ylioppilaiden terveydenhoitosäätiö

Vastaajakilpailu:

*Kyselyyn 16.2.2004 mennessä vastanneiden kesken arvotaan 50 kappaletta viiden eloku-
van sarjalippua.*

*Jos haluat osallistua arvontaan, täytä oheinen lipuke ja laita se vastauslomakkeen mukana
palautuskuoreen.*

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. Muu suun tai hampaiden sairaus (purentaelinten, suun limakalvojen tai kiinnityskudoksen sairaus)	0	1
22. Migreeni	0	1
23. Epilepsia, muu neurologinen sairaus	0	1
24. Syömishäiriö (anorexia, bulimia, ahmiminen)	0	1
25. Ahdistuneisuushäiriö (paniikkihäiriö, sosiaalisten tilanteiden pelko tms.)	0	1
26. Masennus (depressio)	0	1
27. Muu mielenterveyden häiriö	0	1
28. 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 ympäristöuhot
- 2 omassa käyttäytymisessä mahdollisesti olevat epäterveelliset tavat
- 3 väkivalta tai onnettomuus
- 4 henkinen stressi
- 5 perinnölliset tekijät
- 6 muu, mikä? _____
- 7 en osaa sanoa

4. Käytätkö nykyisin lääkärin määräämiä lääkkeitä? (Tarvittaessa voit ympyröidä useitakin kohtia. Ei E-pillereitä muuta kuin sairauden hoitona.)

- 0 en käytä mitään
- 1 säännöllinen lääkitys sairauteen
- 2 käytän tarvittaessa otettavaa lääkettä
- 3 käytän voiteita säännöllisesti tai tarvittaessa

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. Mitä ehkäisymenetelmää käytät nykyisin ? (Tarvittaessa voit ympyröidä useitakin kohtia.)

- 0 en mitään
- 1 hormonaalinen ehkäisy (e-pilleri, -laastari, -rengas tai kapseli)
- 2 kierukka
- 3 kondomi
- 4 muu

8. Pituutesi |__|__|__| cm

9. Painosi |__|__|__| kg

10. Mitä mieltä olet painostasi? Oletko mielestäsi

- 1 paljon alipainoinen
- 2 jonkin verran alipainoinen
- 3 sopivan painoinen
- 4 jonkin verran ylipainoinen
- 5 paljon ylipainoinen

11. Onko suhtautumisesi ruokaan normaali?

- 0 ei
- 1 kyllä
- 2 en osaa sanoa

12. Oletko jossakin elämäsi vaiheessa laihduttanut voimakkaasti?

- 0 en
- 1 kyllä, laihduttaminen oli suunniteltu ja hallittu toimenpide
- 2 kyllä, laihduttaminen muuttui hallitsemattomaksi

13. Kuinka monta tuntia nuket vuorokaudessa?

|__|__| tuntia

14. Nukutko mielestäsi tarpeeksi?

- 1 kyllä, lähes aina
- 2 kyllä usein
- 3 harvoin tai tuskin koskaan
- 4 en osaa sanoa

15. Onko Sinulla esiintynyt seuraavia oireita viimeisen kuukauden (30 pv) aikana?

(Vastaa kaikkiin kohtiin.)

	ei lainkaan	satunnaisesti	viikoittain	päivittäin tai lähes
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. ahmimista	0	1	2	3
12. sydämen tykytystä, epäsäännöllisiä lyöntejä	0	1	2	3
13. iho-ongelmia	0	1	2	3
14. ääniongelmia	0	1	2	3
15. nuhaa tai tukkoisuutta	0	1	2	3
16. kurkkuvaivoja (kipua, limaa)	0	1	2	3
17. pitkittynyttä yskää tai hengenahdistusta	0	1	2	3
18. ienverenvuotoa tai ienvaivoja	0	1	2	3
19. hammasvaivoja (viiltoa, särkyä)	0	1	2	3
20. vaivaa viisaudenhampaista	0	1	2	3
21. purentavaivoja	0	1	2	3
22. nukahtamisvaikeuksia tai heräilyä yöllä	0	1	2	3
23. keskittymisvaikeuksia	0	1	2	3
24. jännittyneisyyttä tai hermostuneisuutta	0	1	2	3
25. masentuneisuutta tai alakuloisuutta	0	1	2	3
26. ahdistuneisuutta	0	1	2	3
27. muuta, mitä?	0	1	2	3

16. Onko Sinulla esiintynyt viimeisen puolen vuoden (6 kk) aikana

(Tarvittaessa voit ympeyroidä useitakin kohtia.)

Naisten vaivoja?

- 0 ei
- 1 kuukautiskipuja, joihin tarvitset lääkkeitä
- 2 kuukautisvuotohäiriöitä
- 3 normaalista poikkeavaa valkovuotoa
- 4 yhdyntäkipuja
- 5 muuta, mitä? _____

Miesten vaivoja?

- 0 ei
- 1 esinahan ongelmia
- 2 vuotoa tai kivelyä virtsaputkessa
- 3 erektiohäiriöitä
 - 1 ollut aina
 - 2 usein
 - 3 satunnaisesti
- 4 liian nopeata siemensyöksyä (< 2 min)
- 5 eturauhasen vaivoja
- 6 muuta, mitä? _____

17. Oletko viime aikoina pystynyt keskittymään tehtäviisi?

- 1 paremmin kuin tavallisesti
- 2 yhtä hyvin kuin tavallisesti
- 3 huonommin kuin tavallisesti
- 4 paljon huonommin kuin tavallisesti

18. 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

19. 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

20. 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

21. Oletko viime aikoina tuntenut olevasi jatkuvasti yllirasittunut?

- 1 en ollenkaan
- 2 en enempää kuin tavallisesti
- 3 jonkin verran enemmän kuin tavallisesti
- 4 paljon enemmän kuin tavallisesti

22. 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

23. 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

24. Oletko viime aikoina kyennyt kohtaamaan vaikeuksia?

- 1 paremmin kuin tavallisesti
- 2 yhtä hyvin kuin tavallisesti
- 3 huonommin kuin tavallisesti
- 4 paljon huonommin kuin tavallisesti

25. 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

26. Oletko viime aikoina menettänyt itseluottamustasi?

- 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 arvottomaksi?

- 1 en ollenkaan
- 2 en enempää kuin tavallisesti
- 3 jonkin verran enemmän kuin tavallisesti
- 4 paljon enemmän kuin tavallisesti

28. 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

29. Minkälaisiksi omalla kohdallasi arvioit seuraavat asiat tällä hetkellä?

Vastausohjeet:

- 2	- 1	0	+ 1	+ 2	?
asia on minulle TODELLA ONGELMA, joka ratkaisevasti vaikeuttaa elämäni nykyään	asia on minulle SELVÄSTI ONGELMA, mutta ei vaivaa aina ja/tai ei kovin voimakkaasti	ei ole ollut aihetta kiinnittää erityistä huomiota	olen yleensä KOKENUT MYÖNTEISENÄ	merkitsee minulle todella TYYDYTYSTÄ ANTAVAA ASIAA	vaikea sanaa

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	?

TERVEYSKÄYTTÄYTYMINEN

Hampaiden hoito

30. Miten usein harjaat hampaasi?

- 0 harvemmin kuin kerran päivässä
- 1 kerran päivässä
- 2 useammin kuin kerran päivässä

31. Käytätkö hammastahnaa?

- 0 harvemmin kuin kerran päivässä
- 1 kerran päivässä
- 2 useammin kuin kerran päivässä

32. Käytätkö hammaslankaa?

- 0 en ollenkaan
- 1 silloin tällöin
- 2 päivittäin

33. Käytätkö ksylitolipurukumia tai muita ksylitolilla makeutettuja tuotteita?

- 0 en käytä
- 1 käytän silloin tällöin
- 2 käytän kerran päivässä
- 3 käytän vähintään kaksi kertaa päivässä

34. Kuinka usein harrastat vapaa-ajan kuntoliikuntaa vähintään ½ tuntia kerrallaan niin, että ainakin lievästi hengästyit ja hikoilet (esim. lenkkeilyä, pyöräilyä, 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

35. Jos harrastat edellisen kysymyksen kuntoliikuntaa, kuinka monta tuntia viikossa?

Viikossa yhteensä noin |___|___| tuntia

36. 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

Viikossa yhteensä noin |___|___| tuntia

37. Kuinka usein harrastat kevyttä liikuntaa vähintään ½ tuntia kerrallaan tai liikut muun harrastuksen yhteydessä (esim. kävely, luonnossa kulkeminen, tanssiminen, koiran ulkoiluttaminen, kotityöt) ?

- 0 enintään 3 kertaa kuukaudessa
- 1 1 – 2 kertaa viikossa
- 2 3 – 4 kertaa viikossa
- 3 päivittäin tai lähes päivittäin

38. Kenen järjestämään liikuntatoimintaan osallistut?

(Tarvittaessa voit ympyröidä useitakin vaihtoehtoja.)

- 0 en harrasta liikuntaa
- 1 omatoimisesti yksin
- 2 omatoimisesti ystävän kanssa tai kaveriporukassa
- 3 yliopiston tai ylioppilaskunnan järjestämä liikunta
- 4 ainejärjestön tms. liikuntatoiminta
- 5 urheiluseura (muu kuin yliopiston)
- 6 muu järjestö, mikä _____
- 7 kaupalliset liikuntapalvelut
- 8 kunnalliset liikuntapalvelut

39. Mitkä ovat liikunnan harrastamisesi syyt? (Ympyröi kaksi tärkeintä)

- 0 en harrasta liikuntaa
- 1 oma ilo, mielenvirkistys
- 2 ”jotta näyttäisi hyvältä”
- 3 kunnon tai terveyden ylläpito tai sairauden hoito
- 4 halu olla yksin
- 5 kavereiden tapaaminen
- 6 arjesta irtautuminen, paineiden purkaminen
- 7 muu syy, mikä? _____

40. Oletko käyttänyt tai käytätkö nykyisin urheilusuorituksia, liikuntaa tai voimaa parantavia aineita?

	en koskaan	käyttänyt aikaisemmin	käytän nykyisin
Sallittuja aineita, esim. proteiinivalmisteita	0	1	2
Kiellettyjä doping-aineita	0	1	2

41. Millaisia aterioita nautit tavallisesti arkipäivisin ?

(Kullekin syömiskerralle valitaan vain yksi vaihtoehto)

	ei mitään	pelkkä juoma	kylmä ateria (leipä, salaatti, pulla, jogurtti, murot yms.)	lämmin valmistettu ateria (liha-, kala-, kasvisruoat, puurot yms.)
aamiaisaika	0	1	2	3
lounasaika	0	1	2	3
päivällisaika	0	1	2	3

42. Noudatanko jotakin erityisruokavaliota?

- 0 en
- 1 kyllä, todetun sairauden, allergian tai ylipainon vuoksi
- 2 kyllä, muista syistä

43. Ajatteletko ruokaa hankkiessasi sen terveellisyyttä?

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

44. Missä useimmiten syöt pääateriasi?

- 1 opiskelija- tai työpaikkaruokalassa
- 2 omalla asunnollani
- 3 vanhempien luona
- 4 muussa yleisessä ruokapaikassa
- 5 muualla

45. Kuinka usein lisäät ruokaasi suolaa pöydässä?

- 0 en juuri koskaan
- 1 kerran viikossa tai harvemmin
- 2 muutaman kerran viikossa
- 3 jokseenkin joka päivä

Muista! Valitse vain yksi vaihtoehto, ellei kysymyksen ohjeessa toisin ole mainittu.

46. Kuinka monta lasillista (1 lasillinen = 2dl) maitoa tai piimää käytät tavallisesti päivässä? Ota huomioon myös murojen, myslin, puuron tai kaakaon kanssa käyttämäsi maito. (Merkitse 0, jos et käytä lainkaan.)

|__|__| lasillista

47. Montako leipäviipaletta syöt tavallisesti päivittäin?

(Merkitse 0, jos et syö lainkaan. Vastaa kaikkiin kohtiin)

tummaa leipää (ruis-, näkkileipä ym.)

|__|__| viipaletta

seka-, hiiva-, graham- tai kauraleipää

|__|__| viipaletta

ranskanleipää, patonkia

|__|__| viipaletta

48. Mitä rasvaa käytät enimmäkseen leivällä?

- 0 en mitään
- 1 kevytlevitettä, jossa on alle 65 % rasvaa (esim. Kevyempi Flora tai Keiju, Kevyt Linja, Voilevi 40)
- 2 levitettä, jossa on 70-80 % rasvaa (esim. Flora, Becel, Keiju)
- 3 voita
- 4 muita vähärasvaisia valmisteita (tuore- tai sulatejuustot tms.)
- 5 jotakin muuta

49. Kuinka usein viimeksi kuluneen viikon (7 pv) aikana söit seuraavia?
(Vastaa jokaiseen kohtaan.)

(Vas-

	en kertaakaan	1-2 päivänä	3-5 päivänä	noin kerran päivässä	2 kertaa päivässä	3 kertaa päivässä tai useammin
hedelmiä tai marjoja	0	1	2	3	4	5
tuoreita kasviksia	0	1	2	3	4	5
kypsennettyjä kasviksia (ei perunaa)	0	1	2	3	4	5
puuroa, mysliä, muroja	0	1	2	3	4	5
jogurttia tai viiliä (1,5-2 dl annoksia)	0	1	2	3	4	5
jäätelöä	0	1	2	3	4	5
makeisia, suklaata	0	1	2	3	4	5
sokeroituja juomia	0	1	2	3	4	5
makeita leivonnaisia	0	1	2	3	4	5
ranskanperunoita	0	1	2	3	4	5
perunalastuja tms.	0	1	2	3	4	5
juustoa	0	1	2	3	4	5
pizzaa	0	1	2	3	4	5

Alkoholi

50. Tuntuuko Sinusta siltä, että joudut tovereidesi vaikutuksesta käyttämään enemmän alkoholia kuin oikeastaan itse haluaisit?

- 1 ei
- 2 silloin tällöin
- 3 usein

Yksi alkoholiannos =

pullo (=33 cl), keskiolut, siideri, long drink
lasillinen (=12 cl), mieto viini
lasillinen (=8 cl), väkevä viini
lasillinen (=4 cl), väkevä alkoholi

51. Jos olet juhlassa tai illanvietoissa, joissa tarjoillaan alkoholia, onko myös alkoholiton vaihtoehto tarjolla?

- 1 yleensä aina
- 2 silloin tällöin
- 3 ei juuri koskaan

52. Jos joku seurueestasi valitsee alkoholittoman vaihtoehdon, herättääkö tämä huomiota muissa?

- 1 ei yleensä
- 2 silloin tällöin
- 3 lähes aina

53. 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

54. Kuinka usein käytät alkoholia?

- 0 en koskaan (*jos et ole koskaan käyttänyt alkoholia, voit siirtyä suoraan kysymykseen 64*)
- 1 kuukausittain tai harvemmin
- 2a 2 – 3 kertaa kuukaudessa
- 2b kerran viikossa
- 3 2 – 3 kertaa viikossa
- 4 neljä kertaa viikossa tai useammin

55. 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

56. Kuinka usein juot kerrallaan vähintään kuusi annosta?

- 0 en koskaan
- 1 harvemmin kuin kuukausittain
- 2 kuukausittain
- 3 viikoittain
- 4 lähes päivittäin

57. 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

58. 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

59. Kuinka usein viimeisen vuoden aikana olet tarvinnut krapularyyppyjä?

- 0 en koskaan
- 1 harvemmin kuin kuukausittain
- 2 kuukausittain
- 3 viikoittain
- 4 lähes päivittäin

60. 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

61. 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

62. Oletko juomisellasi aiheuttanut tapaturmia itsellesi tai seuralaisellesi?

- 0 en
- 2 kyllä, mutten vuoden sisällä
- 4 kyllä, vuoden sisällä

63. 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

Huumeet

64. Oletko kokeillut tai käyttänyt jotakin huumetta, lääkkeitä tai lääkkeitä + alkoholia yhdessä päihtyäksesi?

- 0 en koskaan
1 kyllä, mitä ?

	Olen käyttänyt		
	yhteensä 1- 4 kertaa	yhteensä 5 kertaa tai enemmän	ainakin kerran viimeksi kuluneen ½ vuoden aikana
kannabis (hasis, marihuana)	1	2	3
tinneri, liima tms.	1	2	3
lääkkeitä ja alkoholia yhdessä	1	2	3
lääkkeitä päihtyäksesi	1	2	3
ekstaasi	1	2	3
subutex tai temgesic	1	2	3
heroiini, kokaiini, amfetamiini, LSD, gamma tms.	1	2	3

Tapaturmat ja liikenneturvallisuus

65. Onko Sinulle viimeisen vuoden aikana sattunut jokin tapaturma, johon olet tarvinnut lääkärin hoitoa?

- 0 ei
1 kyllä, missä? (Tarvittaessa voit ympyröidä useitakin kohtia.)

- 1 liikenteessä moottoriajoneuvolla
2 liikenteessä jalan tai polkupyörällä
3 työssä (ei työmatkalla)
4 opiskelun piirissä, minkälainen

- 5 kotona tai pihapiirissä
6 kunto- tai kilpaurheilussa
7 muussa vapaa-ajan vietossa
8 muu tapaturma

66. Käytätkö kontaktilajeissa tai joukkuepeleissä hammassuojaa?

- 0 en harrasta tällaisia lajeja
1 en käytä koskaan
2 käytän joskus
3 käytän aina

67. Käytätkö turvavyötä ajaessasi tai matkustaessasi autossa?

- 0 en koskaan
1 joskus
2 yleensä aina

68. Käytätkö heijastinta liikkuessasi pimeän aikana ulkona?

- 0 en koskaan
1 joskus
2 yleensä aina

69. Käytätkö kypärää pyöräillessäsi?

- 0 en koskaan
1 joskus
2 yleensä aina
3 en pyöräile koskaan

70. Käytätkö polkupyörää kulku- tai harrastusvälineenä?

- 0 en juuri koskaan
1 silloin tällöin lämpimänä aikana
2 useimmiten kevät-, kesä- ja syyskautena
3 lähes ympäri vuoden

Tupakka ja nuuska

71. Tupakoitko nykyisin?

- 0 en lainkaan
- 1 kyllä, harvemmin kuin kerran viikossa
- 2 kyllä, viikoittain, mutta en päivittäin
- 3 kyllä, päivittäin

72. Käytätkö nuuskaa ("biittiä", mälliä, purutupakkaa)?

- 0 en käytä lainkaan
- 1 käytän satunnaisesti
- 2 käytän säännöllisesti
- 3 olen käyttänyt, mutta lopettanut

73. Miten tärkeänä pidät, että lainsäädännöllä säädelään seuraavia asioita?

	ei lainkaan tärkeänä	vain vähän tärkeänä	melko tärkeänä	erittäin tärkeänä
tupakointia julkisissa tiloissa	1	2	3	4
kannabiksen käyttöä	1	2	3	4
huumeongelmaisen nuoren pakkohoitoa	1	2	3	4
alkoholin myyntiä vähittäiskaupoissa	1	2	3	4
alkoholin nauttimista julkisilla paikoilla	1	2	3	4
ravinnon lisäaineita	1	2	3	4
pyöräilykypärän ja heijastimen käyttöä	1	2	3	4

OPIKSELU

74. Montako lukuvuotta olet ollut kirjoilla läsnäolevana opiskelijana nykyiseen opiskeluusi liittyen?

(Mukaan lukien kuluva lukuvuosi)

|__|__| lukuvuotta

75. Kuinka monta opintoviikkoa olet suorittanut 31.1.2004 mennessä nykyiseen opiskeluusi liittyen?

|__|__|__| opintoviikkoa

76. Opiskeletko mielestäsi

- 1 päätoimisesti
- 2 sivutoimisesti
- 3 muulla tavoin, miten _____

77. Minä vuonna arvioit valmistuvasi?

Jos opiskelet useampaa alaa, niin minä vuonna arvioit suorittavasi ensimmäisen tutkinnon?

- 0 vuonna 20|__|__|
- 1 olen valmistunut tänä lukuvuonna

78. Omiin tavoitteisiisi verrattuna, onko opintomenestyksesi ollut

- 1 odotettua parempi
- 2 odotusten mukainen
- 3 odotettua huonompi

79. Koetko olevasi oikealla opiskelualalla?

- 0 en
- 1 kyllä
- 2 en osaa sanoa

80. Millaiseksi olet kokenut opiskeluun liittyvän työmäärän tämän lukuvuoden aikana?

- 1 jatkuvasti liian suuri
- 2 melko usein liian suuri
- 3 sopiva
- 4 melko usein liian vähäinen
- 5 jatkuvasti liian vähäinen

81. Onko oppilaitoksesi taholta opintoihisi saamasi ohjaus ja neuvonta viimeksi kuluneen vuoden (12 kk) aikana ollut ?

- 0 täysin riittämätöntä
- 1 jonkin verran vajavaista
- 2 kohtuullista tai vaihtelevaa
- 3 hyvää
- 4 erittäin hyvää

82. Kuinka usein opiskelusi aikana olet tarvitessasi saanut apua, tukea tai neuvoja opiskeluun liittyvissä asioissa seuraavilta tahoilta?

	en ole ha- kenut apua	aina tai useimmiten	usein	satunnai- sesti	harvoin tai en koskaan
opettajat (professorit, assistentit, lehtorit ym.)	0	1	2	3	4
opinto-ohjaajat, -neuvojat ym.	0	1	2	3	4
opiskelijatutorit	0	1	2	3	4
opiskelutoverit tai ystävät	0	1	2	3	4
perhe tai muut sukulaiset	0	1	2	3	4

83. Onko sinulla vaikeuksia seuraavissa asioissa?

	ei lain- kaan	melko vähän	melko paljon	erittäin paljon
opetuksen seuraaminen luennoilla	0	1	2	3
työskentely ryhmissä	0	1	2	3
itselle sopivien opiskelutapojen löytäminen	0	1	2	3
omatoimisuutta vaativien tehtävien aloittaminen tai valmiiksi saattaminen	0	1	2	3
tentteihin lukeminen	0	1	2	3
kirjoittamista vaativien tehtävien tekeminen	0	1	2	3
opiskeluun liittyvien muiden tehtävien tekeminen	0	1	2	3
opintojen suunnitteleminen	0	1	2	3
kanssakäyminen opettajien kanssa	0	1	2	3

IHMISSUHTEET

84. Mikä on perhemuotosi?

- 1 asun yksin omassa taloudessani (tai soluasunnossa)
- 2 asun yhteistaloudessa
- 3 asun kaksin puolisoni kanssa
- 4 asun puolison ja lapsen/lasten kanssa
- 5 asun yksin lapsen/lasten kanssa
- 6 asun vanhempien luona
- 7 muu, mikä? _____

85. Montako lasta Sinulla on?

|__| lasta

86. Montako lasta haluaisit?

|__| lasta

87. Kuinka usein olet yhdessä ystäväsi tai ystäväiesi kanssa vapaa-aikanasi?

- 0 harvemmin kuin kerran kuukaudessa
- 1 1-3 kertaa kuukaudessa
- 2 noin kerran viikossa
- 3 2-3 kertaa viikossa
- 4 lähes joka päivä

88. Koetko olevasi yksinäinen?

- 0 en
- 1 kyllä, ajoittain
- 2 kyllä, usein

89. Koetko kuuluvasi johonkin, mihin tahansa, opiskeluun liittyvään ryhmään (esim. vuosikurssiin, laitokselle, graduryhmään, ainejärjestöön tms.)

- 0 en
- 1 kyllä
- 2 en osaa sanoa

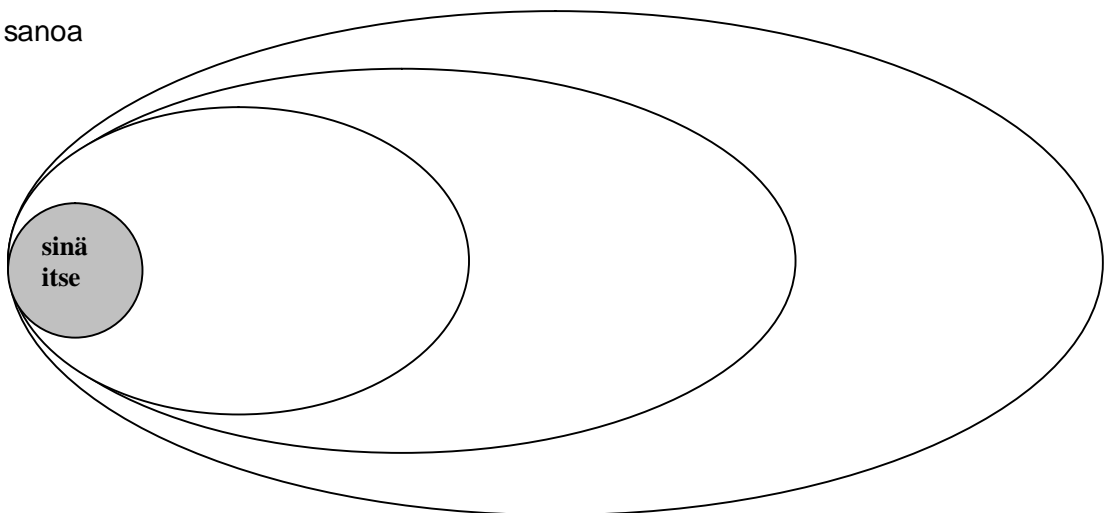
90. Voitko halutessasi keskustella jonkun läheisesi kanssa avoimesti asioistasi ja ongelmistasi?

- 0 en koskaan
- 1 hyvin harvoin
- 2 joskus tai joistakin asioista
- 3 usein
- 4 aina tai useimmiten

91. 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

92. 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.

TYÖSSÄKÄYNTI JA TOIMEENTULO

93. Oletko ollut viimeksi kuluneen vuoden (12 kk) aikana ansiotyössä?

(Merkitse 0, jos ei yhtään)

		Liittyikö työ opiskelualaasi?	
Kokopäivätyö (30 tuntia viikossa tai yli)	yhteensä _ _ kuukautta, josta lukuvuoden aikana _ _ kuukautta	kyllä	ei
Säännöllinen osapäivä- tai osa-aikatyö (alle 30 tuntia viikossa)	noin _ _ tuntia viikossa yhteensä _ _ kuukautta, josta lukuvuoden aikana _ _ kuukautta	kyllä	ei
Keikkatöitä lukuvuoden aikana (lyhyitä, alle 1 kk työjaksoja epäsäännöllisesti)	0 ei lainkaan 1 satunnaisesti 2 usein	kyllä	ei

94. Arvioi taloudellista tilannettasi viimeisen vuoden (12 kk) aikana

	ei	kyllä	en osaa sanoa
Minun oli käytävä töissä toimeentuloni takaamiseksi	0	1	2
Sain vanhemiltani tai sukulaisiltani taloudellista tukea rahana, tavarana tms.	0	1	2
Asumismenoni veivät yli puolet käytössäni olleista varoista	0	1	2

95. 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

TERVEYSPALVELUT

96. Oletko käyttänyt seuraavia palveluja viimeksi kuluneen vuoden (12 kk) aikana? (Vastaa kaikkiin kohtiin.)

		en	kerran	2–5 kerta	yli 5 kerta
TERVEYDEN- HOITAJA	Ylioppilaiden terveydenhoitosäätiö	0	1	2	3
	Muu palvelun tarjoaja	0	1	2	3
FYSIOTERAPEUTTI	Ylioppilaiden terveydenhoitosäätiö	0	1	2	3
	Muu palvelun tarjoaja	0	1	2	3
YLEISLÄÄKÄRI	Ylioppilaiden terveydenhoitosäätiö	0	1	2	3
	Muu palvelun tarjoaja	0	1	2	3
ERIKOISLÄÄKÄRI	Ylioppilaiden terveydenhoitosäätiö	0	1	2	3
	Muu palvelun tarjoaja	0	1	2	3
HAMMASHUOLTAJA	Ylioppilaiden terveydenhoitosäätiö	0	1	2	3
	Muu palvelun tarjoaja	0	1	2	3
HAMMASLÄÄKÄRI	Ylioppilaiden terveydenhoitosäätiö	0	1	2	3
	Muu palvelun tarjoaja	0	1	2	3
ERIKOIS- HAMMASLÄÄKÄRI	Ylioppilaiden terveydenhoitosäätiö	0	1	2	3
	Muu palvelun tarjoaja	0	1	2	3
PSYKOLOGI	Ylioppilaiden terveydenhoitosäätiö	0	1	2	3
	Muu palvelun tarjoaja	0	1	2	3
PSYKIATRI	Ylioppilaiden terveydenhoitosäätiö	0	1	2	3
	Muu palvelun tarjoaja	0	1	2	3

97. Syy muiden kuin YTHS:n palvelujen käyttöön. (Tarvittaessa voit ympyröidä useitakin kohtia.)

- 0 en ole käyttänyt muita kuin YTHS:n palveluja
- 1 en ole kuulunut koko vuotta YTHS:n piiriin
- 2 olen ollut töissä / armeijassa / raskaana
- 3 olen saanut lähetteen 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 tai en saa sitä enää
- 8 en ole päässyt tarpeeksi nopeasti YTHS:ään hoitoon
- 9 en ole ollut tyytyväinen YTHS:n palveluihin
- 10 muu syy, mikä? _____

98. Oletko osallistunut / aiotko osallistua YTHS:n ensimmäisen vuoden opiskelijoille suuntaamaan terveystarkastukseen tai suun ja hampaiden tutkimukseen?

- 0 en kumpaankaan
- 1 kyllä molempiin
- 2 kyllä, vain terveystarkastukseen
- 3 kyllä, vain suun ja hampaiden tutkimukseen
- 4 en tiedä vielä osallistunko / en muista osallistuin

99. 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

100. Mitä terveydenhuollon palveluja toivoisit voivasi korvata sähköpostilla tai muulla verkkopalvelulla?

- 0 en mitään
 1 kyllä, seuraavia:
 1 ajanvaraus / peruutus
 2 laboratoriovastausten saaminen
 3 reseptin uusiminen
 4 muuta, mitä _____

101. Oletko tutustunut YTHS:n www-sivuihin internetissä?

- 0 en
 1 kyllä

102. Oletko käyttänyt YTHS:n neuvotus- ja verkkopalveluita (esim. kysy lääkäriltä -palvelu, verkkoneuvontapalvelu)?

- 0 en
 1 kyllä |__|__| kertaa

103. Oletko ollut sähköpostitse yhteydessä YTHS:n Sinua hoitaneeseen terveydenhuollon työntekijään (lääkäri, terveydenhoitaja, psykologi tms.)?

- 0 en
 1 kyllä |__|__| kertaa

104. Haluaisitko apua, esim. yksilöllistä neuvontaa, ryhmäkoontumisia, kursseja, luentoja tms. seuraavissa asioissa: (Vastaa kaikkiin kohtiin.)

	en	en osaa sanoa	kyllä
allergia-asioissa, ihon hoidossa	0	1	2
tupakoinnin lopettamisessa	0	1	2
alkoholinkäytön hallinnassa	0	1	2
painonhallinnassa	0	1	2
syömisongelmassa	0	1	2
ravitsemusasioissa	0	1	2
liikuntaan liittyvissä asioissa	0	1	2
ergonomia-asioissa	0	1	2
jännittämisiongelmissä	0	1	2
ihmissuhde- tai itsetuntoasioissa	0	1	2
stressinhallinnassa	0	1	2
opiskelun ongelmissa tai opiskelutekniikassa	0	1	2
muissa ongelmissa	0	1	2

ERITYISTEEMA / Lisäkysymyksiä seksuaaliterveydestä

105. Kuinka usein olet nykyisin sukupuoliyhdynnässä?

- 0 en koskaan
- 1 harvemmin kuin kerran viikossa
- 2 kerran viikossa tai useammin

106. Onko Sinulla ollut ongelmia kondomin käytössä? (Tarvittaessa voit ympyröidä useitakin kohtia)

- 0 en ole käyttänyt kondomia
- 1 ei ole ollut ongelmia
- 2 kondomi on luiskahtanut pois päältä
- 3 kondomi on mennyt rikki
- 4 jokin muu ongelma

107. Oletko sairastanut klamydia-sukupuolitaudin

- 0 en
- 1 kyllä

Kysymyksiä naisille

108. Oletko koskaan käyttänyt jälkikiäisyä?

- 0 en
- 1 kyllä |_|_| kertaa

109. Onko Sinulle tehty raskauden keskeytystä?

- 0 ei
- 1 kyllä

TAUSTATIEDOT

110. Ikä _____ vuotta

111. Opiskelupaikkakunta

- | | | |
|---------------|----------------|---------------|
| 1 Espoo | 7 Kouvola | 13 Rovaniemi |
| 2 Helsinki | 8 Kuopio | 14 Savonlinna |
| 3 Hämeenlinna | 9 Lappeenranta | 15 Tampere |
| 4 Joensuu | 10 Oulu | 16 Turku |
| 5 Jyväskylä | 11 Pori | 17 Vaasa |
| 6 Kajaani | 12 Rauma | 18 Muu |

112. Koulutusala

- | | |
|--------------------------------------|--------------------------------|
| 1 Eläinlääketieteellinen koulutusala | 11 Maatalous-metsätieteellinen |
| 2 Farmasian | 12 Musiikin |
| 3 Hammaslääketieteellinen | 13 Oikeustieteellinen |
| 4 Humanistinen | 14 Psykologian |
| 5 Kasvatustieteellinen | 15 Taideteollinen |
| 6 Kauppatieteellinen | 16 Teatterin ja tanssin |
| 7 Kuvataideala | 17 Teknillistieteellinen |
| 8 Liikuntatieteellinen | 18 Teologinen |
| 9 Luonnontieteellinen | 19 Terveystieteiden |
| 10 Lääketieteellinen | 20 Yhteiskuntatieteellinen |

KIITÄMME KYSELYYN VASTAAMISESTA!

"Risut ja ruusut" YTHS:lle

Osoitetiedot: YTHS:n opiskelijarekisteri, Töölönkatu 37 A, 00260 Helsinki