

FSD2608

University Student Health Survey 2008

Codebook



FINNISH SOCIAL SCIENCE DATA ARCHIVE

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To the reader

This codebook is part of the data FSD2608 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 2008 [dataset]. Version 2.0 (2018-06-26). Finnish Social Science Data Archive [distributor]. <http://urn.fi/urn:nbn:fi:fsd:T-FSD2608>

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	4
1.4	Use of data	5
2	Variables	13
3	Indexes	225
3.1	Variables in the order of occurrence	225
3.2	Variables in alphabetical order	249
A	Questionnaires in Finnish	271
B	Questionnaires in Swedish	299

Chapter 1

Study description

1.1 Titles

Titles and data version: University Student Health Survey 2008

Titles and data version in Finnish: Korkeakouluopiskelijoiden terveystutkimus 2008

Alternative title: Finnish Student Health Survey 2008

This codebook has been generated from the version 2.0 (26.6.2018) 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

9.2.2011

Keywords

academic achievement; alcohol use; bullying; dental health; diet and exercise; dietary habits; drinking behaviour; drug use; employment; gambling; harassment; health; health services; health status; internet use; interpersonal relations; mental health; physical activities; sexual behaviour; sexual health; sleep; students (college); travel

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 national survey focused on the health and health-related behaviour of university and university of applied science (polytechnic) students in Finland. Questions covered physical, mental and sexual health, health behaviour, physical activity, social interaction, ability to study, study environment, bullying, the use of and satisfaction with student health services, and travel abroad.

General state of health was charted with a number of questions relating to long-term illnesses, disabilities or disorders, medicines used, sleeping habits, and the respondents' weight, height and waistline. Eating habits and disorders were also investigated as well as other physical, psychological or social symptoms causing problems. Psychosocial health was further studied using the General Health Questionnaire (GHQ-12).

Some questions studied the respondent's gambling and internet use habits and possible problems caused by them. Sporting activities, less vigorous exercise habits, and use of performance

enhancing substances were surveyed. Eating habits were investigated with a number of questions, for instance, relating to following a special diet, and the consumption of milk, bread or fruit, pizza, chips etc. The respondents were also asked how often they brush or floss their teeth and use toothpaste or xylitol products.

Health-related behaviour was further studied by asking the respondents about their smoking habits, and the use of drugs and alcohol (amount, frequency). Drinking habits were charted by using the Alcohol Use Disorders Identification Test (AUDIT).

One theme pertained to the respondents' studies. They were asked how many years they had been enrolled as 'present' for current studies, credits earned, estimated graduation year, whether the study was full-time or part-time, study success, confidence of having chosen the right field of study, and in what kind of study-related situations they experienced emotional tension. Views were probed on the sufficiency of study guidance and advice provided by the institution. Perceptions of the workload, study engagement, meaningfulness of studying and study stress were investigated. The respondents were also asked to evaluate their financial situation. One question covered participation in paid work and working hours a week.

The survey also investigated interpersonal interaction. The respondents were asked about their household composition and living arrangements, marital status and partnerships, number of children, how many children they wanted, voluntary/civic activities, whether they felt lonely or part of a group, and whether they had someone close to them with whom they could discuss their affairs.

Use of and satisfaction with health services was studied with a few questions relating how satisfied the respondents had been the last time they had used the Finnish Student Health Service (FSHS) services, reason for using other, non-FSHS health services, health professionals visited during the past 12 months and where, and what type of guidance they would like in certain issues (e.g. stress or weight management, alcohol use, smoking cessation).

Some questions charted whether the respondents had been subjected to bullying at school, how often and to what kind of bullying, and whether they had been subjected to bullying or discrimination during their university studies or had themselves bullied or discriminated against others.

Sexual health questions covered sexual orientation, age when had first sexual intercourse, number of intercourses during the past month, chlamydia, use of contraception or erection enhancement medication, conceptions of at what age a woman's chances to become pregnant diminish. Problems with acne, asthma, atopic eczema, allergies and treatments used were also surveyed.

Finally, the respondents were asked about their travel abroad, exceeding 10 days, during the past 12 months: destination, purpose of travel, vaccinations taken, travel insurance, illnesses and symptoms during travel, and being subjected to crime during travel.

Background variables included the respondent's age, gender, location of the university/polytechnic, and field of study.

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

1.3 Structure and collection of the data

Country: Finland

Geographic coverage: Finland

Analysis or observation unit type: Individual

Universe: Undergraduate students, aged under 35, studying at a university or a university of applied sciences (polytechnic) in Finland, excluding Åland University of Applied Sciences and Police College of Finland

Collection date: 23.1.2008 – 27.6.2008

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

Data producer(s): Finnish Student Health Service; Ministry of Education; Union of Students in Finnish Universities of Applied Sciences - SAMOK

Mode of data collection: Self-administered questionnaire: Paper, Self-administered questionnaire: Web-based (CAWI)

Type of research instrument: Structured questionnaire

Time period covered: 2008

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

Response rate: 51.1

Number of variables and cases: The data contain 516 variables and 5099 cases.

Sampling procedure: Probability: Stratified

Stratified random sampling. The sample of university students was drawn from the client registers of the Finnish Student Health Service (FSHS) in December 2007. Subsamples were drawn by municipality in each location where the FSHS provides services for students. The sample of university of applied sciences students consisted of subsamples drawn from the student registers of each university of applied sciences. The request for student addresses and research permit was sent to all 28 universities of applied sciences in Finland (excluding Åland University of Applied Sciences and the Police College of Finland), of which 27 complied. In all subsamples, the proportion of sampled students compared to the total number of students in the university was kept the same. Only students who were born in 1973 or later and who were enrolled as 'present' for the study year 2007-2008 were included in the samples.

The stratified sampling produced a sample of 5,000 university students and 4,999 university of applied science students. Of them, 32 students were dropped because they were either abroad as exchange students or their questionnaire was returned more than once. The final sample size was 9,967 students, of whom 45,2% were men and 54,8% women. The proportion of men was 46% for university students and 45% for university of applied sciences students. The participants were given the option of answering an online questionnaire instead of filling in the traditional paper questionnaire.

1.4 Use of data

Data appraisal

For confidentiality reasons, following anonymisation measures were carried out during archiving: age (k1) was categorised into 6 categories, location (municipality) of the institution (k3) was coarsened to NUTS3 region, and field of study (k4a) was coarsened according to the ISCED classification. Years spent enrolled as 'present' for the studies (k81) were categorised, and information about whether or not the respondent had graduated during the academic year 2007-2008 was removed. The largest values in the "number of children" variable (k98) were categorised into a single category (2 and over). Variables "height" and "weight" were coded into separate variables for men and women (k11a/b, k12a/b), and values were top- and bottom-coded. Almost all open-ended responses were removed from the data. Identifiers were removed from the remaining open-ended responses; anonymisations carried out at FSD were marked with [square brackets].

Related publications

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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	5099
minimum	2608.00
maximum	2608.00
mean	2608.00
standard deviation	0.00

[FSD_VR] FSD edition number

Question

FSD edition number

Descriptive statistics

statistic	value
number of valid cases	5099
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	5099
minimum	1.00
maximum	5099.00
mean	2550.00
standard deviation	1472.10

[K1] The respondent's age (categorised)

Question

The respondent's age (categorised)

Frequencies

label	value	n	%	v. %
18 - 21 years	1	1173	23.0	23.1
22 - 24 years	2	1883	36.9	37.0
25 - 27 years	3	1164	22.8	22.9
28 - 30 years	4	526	10.3	10.3
31 - 33 years	5	269	5.3	5.3
34 years and over	6	71	1.4	1.4
System missing (SYSMIS)	.	13	0.3	–
		5099	100.0	100.0

[K2] The respondent's gender

Question

The respondent's gender

Frequencies

label	value	n	%	v. %
Male	1	1864	36.6	36.6
Female	2	3222	63.2	63.4
System missing (SYSMIS)	.	13	0.3	–
		5099	100.0	100.0

[K3] NUTS3 region of the respondent's university/polytechnic

Question

NUTS3 region of the respondent's university/polytechnic

Frequencies

label	value	n	%	v. %
Uusimaa	1	1547	30.3	31.3
Varsinais-Suomi	2	583	11.4	11.8
Satakunta	4	137	2.7	2.8
Kanta-Häme	5	83	1.6	1.7
Pirkanmaa	6	576	11.3	11.7
Päijät-Häme	7	105	2.1	2.1
Kymenlaakso	8	80	1.6	1.6
Etelä-Karjala (South Karelia)	9	130	2.5	2.6
Etelä-Savo (Southern Savonia)	10	76	1.5	1.5
Pohjois-Savo (Northern Savonia)	11	239	4.7	4.8
Pohjois-Karjala (North Karelia)	12	184	3.6	3.7
Keski-Suomi (Central Finland)	13	344	6.7	7.0
Etelä-Pohjanmaa (Southern Ostrobothnia)	14	78	1.5	1.6
Pohjanmaa (Ostrobothnia)	15	176	3.5	3.6
Keski-Pohjanmaa (Central Ostrobothnia)	16	28	0.5	0.6
Pohjois-Pohjanmaa (Northern Ostrobothnia)	17	363	7.1	7.4
Kainuu	18	49	1.0	1.0
Lappi (Lapland)	19	159	3.1	3.2
System missing (SYSMIS)	.	162	3.2	–
		5099	100.0	100.0

[K3_USEA] Location of the respondent's university/polytechnic: More than one location

Question

Location of the respondent's university/polytechnic: More than one location

Frequencies

2. Variables

label	value	n	%	v. %
Not mentioned	0	4879	95.7	95.9
Mentioned	1	207	4.1	4.1
System missing (SYSMIS)	.	13	0.3	–
		5099	100.0	100.0

[K4A] The respondent's field of study: University students

Question

The respondent's field of study: University students

Frequencies

label	value	n	%	v. %
Teacher training and education science	1	278	5.5	9.1
Humanities and arts	2	641	12.6	21.0
Social sciences	3	325	6.4	10.7
Business and administration	4	334	6.6	11.0
Law	5	98	1.9	3.2
Natural sciences	6	412	8.1	13.5
Engineering and engineering trades	7	579	11.4	19.0
Agriculture and forestry	8	99	1.9	3.2
Health and welfare	9	257	5.0	8.4
Sports science	10	26	0.5	0.9
System missing (SYSMIS)	.	2050	40.2	–
		5099	100.0	100.0

[K4A_USEA] The respondent's field of study: University students, more than one field of study

Question

The respondent's field of study: University students, more than one field of study

Frequencies

label	value	n	%	v. %
Not mentioned	0	4881	95.7	96.0
Mentioned	1	205	4.0	4.0
System missing (SYSMIS)	.	13	0.3	–
		5099	100.0	100.0

[K4B] The respondent's field of study: Polytechnic students

Question

The respondent's field of study: Polytechnic students

Frequencies

label	value	n	%	v. %
Humanities and education	1	37	0.7	1.5
Culture	2	224	4.4	9.3
Natural sciences	3	72	1.4	3.0
Natural resources and the environment	4	77	1.5	3.2
Tourism, catering and domestic services	5	200	3.9	8.3
Social services, health and sports	6	665	13.0	27.5
Technology, communications and transport	7	692	13.6	28.6
Social sciences, business and administration	8	452	8.9	18.7
System missing (SYSMIS)	.	2680	52.6	—
		5099	100.0	100.0

[K4B_USEA] The respondent's field of study: Polytechnic students, more than one field of study

Question

The respondent's field of study: Polytechnic students, more than one field of study

Frequencies

label	value	n	%	v. %
Not mentioned	0	4969	97.5	97.7
Mentioned	1	117	2.3	2.3
System missing (SYSMIS)	.	13	0.3	—
		5099	100.0	100.0

[K5_1] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Diabetes

Question

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

Frequencies

label	value	n	%	v. %
Not mentioned	0	5049	99.0	99.3
Mentioned	1	34	0.7	0.7
System missing (SYSMIS)	.	16	0.3	–
		5099	100.0	100.0

[K5_2] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Thyroid disease/condition

Question

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

Frequencies

label	value	n	%	v. %
Not mentioned	0	5007	98.2	98.5
Mentioned	1	74	1.5	1.5
System missing (SYSMIS)	.	18	0.4	–
		5099	100.0	100.0

[K5_3] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: High blood pressure/hypertension

Question

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

Frequencies

label	value	n	%	v. %
Not mentioned	0	5031	98.7	99.0

(continued on next page)

(cont. from previous page)

label	value	n	%	v. %
Mentioned	1	52	1.0	1.0
System missing (SYSMIS)	.	16	0.3	–
		5099	100.0	100.0

[K5_4] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Arrhythmia or other heart condition

Question

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

Frequencies

label	value	n	%	v. %
Not mentioned	0	5036	98.8	99.1
Mentioned	1	46	0.9	0.9
System missing (SYSMIS)	.	17	0.3	–
		5099	100.0	100.0

[K5_5] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Rheumatoid arthritis

Question

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

Frequencies

label	value	n	%	v. %
Not mentioned	0	5060	99.2	99.5
Mentioned	1	23	0.5	0.5

(continued on next page)

2. Variables

(cont. from previous page)

label	value	n	%	v. %
System missing (SYSMIS)	.	16	0.3	–
		5099	100.0	100.0

[K5_6] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Other musculoskeletal disorder

Question

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

Frequencies

label	value	n	%	v. %
Not mentioned	0	4928	96.6	97.0
Mentioned	1	154	3.0	3.0
System missing (SYSMIS)	.	17	0.3	–
		5099	100.0	100.0

[K5_7] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Asthma

Question

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

Frequencies

label	value	n	%	v. %
Not mentioned	0	4809	94.3	94.6
Mentioned	1	274	5.4	5.4
System missing (SYSMIS)	.	16	0.3	–
		5099	100.0	100.0

[K5_8] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Allergic rhinitis or conjunctivitis (eyes)

Question

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

Frequencies

label	value	n	%	v. %
Not mentioned	0	4534	88.9	89.2
Mentioned	1	549	10.8	10.8
System missing (SYSMIS)	.	16	0.3	–
		5099	100.0	100.0

[K5_9] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Atopic dermatitis

Question

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

Frequencies

label	value	n	%	v. %
Not mentioned	0	4655	91.3	91.6
Mentioned	1	428	8.4	8.4
System missing (SYSMIS)	.	16	0.3	–
		5099	100.0	100.0

[K5_10] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Acne

Question

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

Frequencies

label	value	n	%	v. %
Not mentioned	0	4824	94.6	94.9
Mentioned	1	259	5.1	5.1
System missing (SYSMIS)	.	16	0.3	–
		5099	100.0	100.0

[K5_11] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Lactose intolerance

Question

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

Frequencies

label	value	n	%	v. %
Not mentioned	0	4778	93.7	94.0
Mentioned	1	304	6.0	6.0
System missing (SYSMIS)	.	17	0.3	–
		5099	100.0	100.0

[K5_12] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/problem which has given you symptoms or has been treated during the past 12 months: Other gastrointestinal condition

Question

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

Frequencies

label	value	n	%	v. %
Not mentioned	0	4901	96.1	96.4
Mentioned	1	182	3.6	3.6
System missing (SYSMIS)	.	16	0.3	–
		5099	100.0	100.0

[K5_13] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/problem which has given you symptoms or has been treated during the past 12 months: Recurring urinary tract infection, renal disease

Question

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

Frequencies

label	value	n	%	v. %
Not mentioned	0	4995	98.0	98.3
Mentioned	1	88	1.7	1.7
System missing (SYSMIS)	.	16	0.3	–
		5099	100.0	100.0

[K5_14] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Male urogenital disorder

Question

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

Frequencies

label	value	n	%	v. %
Not mentioned	0	5068	99.4	99.7
Mentioned	1	14	0.3	0.3
System missing (SYSMIS)	.	17	0.3	–
		5099	100.0	100.0

[K5_15] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Gynaecological disorder

Question

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

Frequencies

label	value	n	%	v. %
Not mentioned	0	4912	96.3	96.7
Mentioned	1	167	3.3	3.3
System missing (SYSMIS)	.	20	0.4	–
		5099	100.0	100.0

[K5_16] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Eyesight condition (spectacles)

Question

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

Frequencies

label	value	n	%	v. %
Not mentioned	0	4022	78.9	79.1
Mentioned	1	1062	20.8	20.9
System missing (SYSMIS)	.	15	0.3	–
		5099	100.0	100.0

[K5_17] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Eye condition

Question

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

Frequencies

label	value	n	%	v. %
Not mentioned	0	5054	99.1	99.4
Mentioned	1	29	0.6	0.6
System missing (SYSMIS)	.	16	0.3	–
		5099	100.0	100.0

[K5_18] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Ear, nose or throat problem

Question

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

Frequencies

label	value	n	%	v. %
Not mentioned	0	4957	97.2	97.5
Mentioned	1	125	2.5	2.5
System missing (SYSMIS)	.	17	0.3	–
		5099	100.0	100.0

[K5_19] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Caries (cavities)

Question

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

Frequencies

label	value	n	%	v. %
Not mentioned	0	4347	85.3	85.5
Mentioned	1	735	14.4	14.5
System missing (SYSMIS)	.	17	0.3	–
		5099	100.0	100.0

[K5_20] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Infected wisdom tooth

Question

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

Frequencies

label	value	n	%	v. %
Not mentioned	0	4877	95.6	95.9
Mentioned	1	206	4.0	4.1
System missing (SYSMIS)	.	16	0.3	–
		5099	100.0	100.0

[K5_21] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Other mouth or dental disorder

Question

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

Frequencies

label	value	n	%	v. %
Not mentioned	0	4957	97.2	97.5
Mentioned	1	126	2.5	2.5
System missing (SYSMIS)	.	16	0.3	–
		5099	100.0	100.0

[K5_22] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Migraine

Question

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

Frequencies

label	value	n	%	v. %
Not mentioned	0	4764	93.4	93.7
Mentioned	1	319	6.3	6.3
System missing (SYSMIS)	.	16	0.3	–
		5099	100.0	100.0

[K5_23] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Epilepsy, other neurological condition

Question

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

Frequencies

label	value	n	%	v. %
Not mentioned	0	5065	99.3	99.6
Mentioned	1	18	0.4	0.4
System missing (SYSMIS)	.	16	0.3	–
		5099	100.0	100.0

[K5_24] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Anorexia, bulimia, other eating disorder

Question

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

Frequencies

label	value	n	%	v. %
Not mentioned	0	5038	98.8	99.1
Mentioned	1	45	0.9	0.9
System missing (SYSMIS)	.	16	0.3	–
		5099	100.0	100.0

[K5_25] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/problem which has given you symptoms or has been treated during the past 12 months: Anxiety disorder (panic disorder, social anxiety)

Question

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

Frequencies

label	value	n	%	v. %
Not mentioned	0	4920	96.5	96.9
Mentioned	1	158	3.1	3.1
System missing (SYSMIS)	.	21	0.4	–
		5099	100.0	100.0

[K5_26] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Depression

Question

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

Frequencies

label	value	n	%	v. %
Not mentioned	0	4811	94.4	94.6
Mentioned	1	272	5.3	5.4
System missing (SYSMIS)	.	16	0.3	–
		5099	100.0	100.0

[K5_27] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Other mental health problem

Question

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

Frequencies

label	value	n	%	v. %
Not mentioned	0	5017	98.4	98.7
Mentioned	1	64	1.3	1.3
System missing (SYSMIS)	.	18	0.4	–
		5099	100.0	100.0

[K5_28] Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Other illness, disorder, health problem

Question

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

Frequencies

label	value	n	%	v. %
Not mentioned	0	4663	91.4	95.7
Mentioned	1	208	4.1	4.3
System missing (SYSMIS)	.	228	4.5	—
		5099	100.0	100.0

[K5_ALL] No illness, disorder or health problem

Question

No illness, disorder or health problem

Frequencies

label	value	n	%	v. %
Not mentioned	0	3048	59.8	60.0
Mentioned	1	2036	39.9	40.0
System missing (SYSMIS)	.	15	0.3	—
		5099	100.0	100.0

[K6] In general, would you say your health is...

Question

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

Frequencies

2. Variables

label	value	n	%	v. %
Good	1	2299	45.1	45.4
Fairly good	2	1915	37.6	37.9
Average	3	720	14.1	14.2
Fairly poor	4	116	2.3	2.3
Poor	5	9	0.2	0.2
System missing (SYSMIS)	.	40	0.8	–
		5099	100.0	100.0

[K7_0] Are you taking any drugs, medicines, or contraceptive pills prescribed by a doctor for an illness: No

Question

*Are you taking any drugs, medicines, or contraceptive pills prescribed by a doctor for an illness:
No*

Frequencies

label	value	n	%	v. %
Not mentioned	0	2083	40.9	42.2
Mentioned	1	2850	55.9	57.8
System missing (SYSMIS)	.	166	3.3	–
		5099	100.0	100.0

[K7_1] Are you taking any drugs, medicines, or contraceptive pills prescribed by a doctor for an illness: Regular medication (tablets, injections, inhalants, sprays, drops, lotions/ointments, rectal suppositories)

Question

Are you taking any drugs, medicines, or contraceptive pills prescribed by a doctor for an illness: Regular medication (tablets, injections, inhalants, sprays, drops, lotions/ointments, rectal suppositories)

Frequencies

label	value	n	%	v. %
Not mentioned	0	3448	67.6	69.9
Mentioned	1	1485	29.1	30.1
System missing (SYSMIS)	.	166	3.3	–
		5099	100.0	100.0

[K7_2] Are you taking any drugs, medicines, or contraceptive pills prescribed by a doctor for an illness: Medicine that is taken when necessary

Question

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

Frequencies

label	value	n	%	v. %
Not mentioned	0	4128	81.0	83.7
Mentioned	1	805	15.8	16.3
System missing (SYSMIS)	.	166	3.3	–
		5099	100.0	100.0

[K8] Are you taking any medicine not prescribed by a doctor?

Question

Are you taking any medicine not prescribed by a doctor?

Frequencies

label	value	n	%	v. %
Don't take or take very seldom	0	2465	48.3	49.0
Once or twice a month	1	1992	39.1	39.6
Once a week	2	433	8.5	8.6
Daily or almost daily	3	136	2.7	2.7
System missing (SYSMIS)	.	73	1.4	–
		5099	100.0	100.0

[K9] How many hours a night do you sleep on average?

Question

How many hours a night do you sleep on average?

Descriptive statistics

(continued on next page)

2. Variables

(cont. from previous page)

statistic	value
number of valid cases	5024
minimum	1.00
maximum	14.00
mean	7.72
standard deviation	0.92

[K10] Do you feel you sleep enough?

Question

Do you feel you sleep enough?

Frequencies

label	value	n	%	v. %
Yes, nearly always	1	1154	22.6	22.8
Yes, often	2	2774	54.4	54.9
Seldom or hardly ever	3	958	18.8	18.9
Can't say	4	171	3.4	3.4
System missing (SYSMIS)	.	42	0.8	—
		5099	100.0	100.0

[K11A] (Men) How tall are you? (cm)

Question

(Men) How tall are you? (cm)

Descriptive statistics

statistic	value
number of valid cases	1851
minimum	169.00
maximum	191.00
mean	180.10
standard deviation	5.94

[K11B] (Women) How tall are you? (cm)**Question***(Women) How tall are you? (cm)***Descriptive statistics**

statistic	value
number of valid cases	3213
minimum	154.00
maximum	181.00
mean	166.30
standard deviation	5.80

[K12A] (Men) How much do you weigh? (kg)**Question***(Men) How much do you weigh? (kg)***Descriptive statistics**

statistic	value
number of valid cases	1849
minimum	59.00
maximum	111.00
mean	79.53
standard deviation	11.83

[K12B] (Women) How much do you weigh? (kg)**Question***(Women) How much do you weigh? (kg)***Descriptive statistics**

statistic	value
number of valid cases	3189
minimum	49.00

(continued on next page)

2. Variables

(cont. from previous page)

statistic	value
maximum	101.00
mean	63.27
standard deviation	10.64

[K13A] Waist circumference as measured below the ribs (1-2 cm above the umbilicus at the end of exhalation) (males)

Question

Waist circumference as measured below the ribs (1-2 cm above the umbilicus at the end of exhalation) (males)

Frequencies

label	value	n	%	v. %
Under 94 cm	0	1134	22.2	66.0
94-102 cm	1	470	9.2	27.3
Over 102 cm	2	115	2.3	6.7
System missing (SYSMIS)	.	3380	66.3	—
		5099	100.0	100.0

[K13B] Waist circumference as measured below the ribs (1-2 cm above the umbilicus at the end of exhalation) (females)

Question

Waist circumference as measured below the ribs (1-2 cm above the umbilicus at the end of exhalation) (females)

Frequencies

label	value	n	%	v. %
Under 80 cm	0	1824	35.8	62.7
80-88 cm	1	830	16.3	28.6
Over 88 cm	2	253	5.0	8.7
System missing (SYSMIS)	.	2192	43.0	—
		5099	100.0	100.0

[K14] Have you ever been diagnosed with high blood glucose levels?**Question**

Have you ever been diagnosed with high blood glucose levels?

Frequencies

label	value	n	%	v. %
No	0	4834	94.8	95.8
Yes	1	214	4.2	4.2
System missing (SYSMIS)	.	51	1.0	–
		5099	100.0	100.0

[K15_0] Is there diabetes in your family (type 1 or 2)? No**Question**

Is there diabetes in your family (type 1 or 2)? No

Frequencies

label	value	n	%	v. %
Not mentioned	0	2042	40.0	40.4
Mentioned	1	3007	59.0	59.6
System missing (SYSMIS)	.	50	1.0	–
		5099	100.0	100.0

[K15_1] Is there diabetes in your family (type 1 or 2)? Yes, grandparents, uncles and aunts, cousins**Question**

Is there diabetes in your family (type 1 or 2)? Yes, grandparents, uncles and aunts, cousins

Frequencies

label	value	n	%	v. %
Not mentioned	0	3465	68.0	68.6
Mentioned	1	1584	31.1	31.4
System missing (SYSMIS)	.	50	1.0	–

(continued on next page)

2. Variables

(cont. from previous page)

label	value	n	%	v. %
		5099	100.0	100.0

[K15_2] Is there diabetes in your family (type 1 or 2)? Yes, parents, siblings or own children

Question

Is there diabetes in your family (type 1 or 2)? Yes, parents, siblings or own children

Frequencies

label	value	n	%	v. %
Not mentioned	0	4591	90.0	90.9
Mentioned	1	458	9.0	9.1
System missing (SYSMIS)	.	50	1.0	—
		5099	100.0	100.0

[K16] What do you think of your weight? Do you think you are...

Question

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

Frequencies

label	value	n	%	v. %
Seriously underweight	1	41	0.8	0.8
Somewhat underweight	2	278	5.5	5.5
Just the right weight	3	2998	58.8	59.4
Somewhat overweight	4	1453	28.5	28.8
Seriously overweight	5	278	5.5	5.5
System missing (SYSMIS)	.	51	1.0	—
		5099	100.0	100.0

[K17] Is your relationship to food normal?

Question

Is your relationship to food normal?

Frequencies

label	value	n	%	v. %
No	0	409	8.0	8.1
Yes	1	4158	81.5	82.3
Can't say	2	484	9.5	9.6
System missing (SYSMIS)	.	48	0.9	—
		5099	100.0	100.0

[K18] Have you ever lost a lot of weight through dieting?**Question**

Have you ever lost a lot of weight through dieting?

Frequencies

label	value	n	%	v. %
No	0	3699	72.5	73.2
Yes, dieting was planned and controlled	1	986	19.3	19.5
Yes, dieting got out of control	2	368	7.2	7.3
System missing (SYSMIS)	.	46	0.9	—
		5099	100.0	100.0

[K19] Did you have symptoms or problems related to eating in puberty?**Question**

Did you have symptoms or problems related to eating in puberty?

Frequencies

label	value	n	%	v. %
No	0	4286	84.1	85.2
Yes	1	747	14.6	14.8
System missing (SYSMIS)	.	66	1.3	—
		5099	100.0	100.0

[K20] If you did have symptoms or problems related to eating, did you receive treatment for them?**Question**

If you did have symptoms or problems related to eating, did you receive treatment for them?

2. Variables

Frequencies

label	value	n	%	v. %
No	0	926	18.2	88.7
Yes	1	118	2.3	11.3
System missing (SYSMIS)	.	4055	79.5	–
		5099	100.0	100.0

[K21_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

Descriptive statistics

statistic	value
number of valid cases	5049
minimum	-2.00
maximum	9.00
mean	0.33
standard deviation	1.63

[K21_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

Descriptive statistics

statistic	value
number of valid cases	5063
minimum	-2.00
maximum	9.00
mean	0.16
standard deviation	1.30

[K21_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

Descriptive statistics

statistic	value
number of valid cases	5063
minimum	-2.00
maximum	9.00
mean	0.94
standard deviation	1.19

[K21_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

Descriptive statistics

statistic	value
number of valid cases	5059
minimum	-2.00
maximum	9.00
mean	0.99
standard deviation	1.36

[K21_5] How do you see the following in your case at present: Your sexuality

Question

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

Descriptive statistics

2. Variables

statistic	value
number of valid cases	5063
minimum	-2.00
maximum	9.00
mean	1.04
standard deviation	1.36

[K21_6] How do you see the following in your case at present: Relationship with your parents

Question

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

Descriptive statistics

statistic	value
number of valid cases	5065
minimum	-2.00
maximum	9.00
mean	1.12
standard deviation	1.26

[K21_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

Descriptive statistics

statistic	value
number of valid cases	5061
minimum	-2.00
maximum	9.00
mean	0.89
standard deviation	1.63

[K21_8] How do you see the following in your case at present: Own endurance and strengths/abilities

Question

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

Descriptive statistics

statistic	value
number of valid cases	5060
minimum	-2.00
maximum	9.00
mean	0.74
standard deviation	1.61

[K21_9] How do you see the following in your case at present: How you feel in general/Your mood in general

Question

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

Descriptive statistics

statistic	value
number of valid cases	5057
minimum	-2.00
maximum	9.00
mean	0.74
standard deviation	1.74

[K22_1] Have you experienced any of the following during the past month (30 days): Headache

Question

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

Frequencies

2. Variables

label	value	n	%	v. %
Not at all	0	1215	23.8	24.1
Occasionally	1	2950	57.9	58.5
Weekly	2	721	14.1	14.3
Daily or almost daily	3	158	3.1	3.1
System missing (SYSMIS)	.	55	1.1	–
		5099	100.0	100.0

[K22_2] Have you experienced any of the following during the past month (30 days): Dizziness

Question

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

Frequencies

label	value	n	%	v. %
Not at all	0	3280	64.3	65.2
Occasionally	1	1485	29.1	29.5
Weekly	2	206	4.0	4.1
Daily or almost daily	3	60	1.2	1.2
System missing (SYSMIS)	.	68	1.3	–
		5099	100.0	100.0

[K22_3] Have you experienced any of the following during the past month (30 days): Exhaustion, fatigue

Question

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

Frequencies

label	value	n	%	v. %
Not at all	0	736	14.4	14.6
Occasionally	1	2733	53.6	54.1
Weekly	2	1147	22.5	22.7
Daily or almost daily	3	433	8.5	8.6
System missing (SYSMIS)	.	50	1.0	–
		5099	100.0	100.0

[K22_4] Have you experienced any of the following during the past month (30 days): Shoulder or neck pain or discomfort

Question

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

Frequencies

label	value	n	%	v. %
Not at all	0	1605	31.5	31.9
Occasionally	1	1879	36.9	37.3
Weekly	2	1023	20.1	20.3
Daily or almost daily	3	530	10.4	10.5
System missing (SYSMIS)	.	62	1.2	–
		5099	100.0	100.0

[K22_5] Have you experienced any of the following during the past month (30 days): Lower back pain or discomfort

Question

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

Frequencies

label	value	n	%	v. %
Not at all	0	2550	50.0	50.7
Occasionally	1	1722	33.8	34.2
Weekly	2	531	10.4	10.6
Daily or almost daily	3	228	4.5	4.5
System missing (SYSMIS)	.	68	1.3	–
		5099	100.0	100.0

[K22_6] Have you experienced any of the following during the past month (30 days): Pain in the limbs or joints

Question

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

Frequencies

label	value	n	%	v. %
Not at all	0	3229	63.3	64.2
Occasionally	1	1317	25.8	26.2
Weekly	2	314	6.2	6.2
Daily or almost daily	3	167	3.3	3.3
System missing (SYSMIS)	.	72	1.4	–
		5099	100.0	100.0

[K22_7] Have you experienced any of the following during the past month (30 days): Stomach pain, heartburn/acid indigestion

Question

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

Frequencies

label	value	n	%	v. %
Not at all	0	2195	43.0	43.5
Occasionally	1	2128	41.7	42.2
Weekly	2	533	10.5	10.6
Daily or almost daily	3	192	3.8	3.8
System missing (SYSMIS)	.	51	1.0	–
		5099	100.0	100.0

[K22_8] Have you experienced any of the following during the past month (30 days): Nausea or vomiting

Question

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

Frequencies

label	value	n	%	v. %
Not at all	0	4182	82.0	83.0
Occasionally	1	752	14.7	14.9
Weekly	2	76	1.5	1.5

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label	value	n	%	v. %
Daily or almost daily	3	28	0.5	0.6
System missing (SYSMIS)	.	61	1.2	–
		5099	100.0	100.0

[K22_9] Have you experienced any of the following during the past month (30 days): Flatulence or swelling

Question

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

Frequencies

label	value	n	%	v. %
Not at all	0	1537	30.1	30.5
Occasionally	1	2178	42.7	43.2
Weekly	2	882	17.3	17.5
Daily or almost daily	3	448	8.8	8.9
System missing (SYSMIS)	.	54	1.1	–
		5099	100.0	100.0

[K22_10] Have you experienced any of the following during the past month (30 days): Constipation or diarrhea

Question

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

Frequencies

label	value	n	%	v. %
Not at all	0	3303	64.8	65.5
Occasionally	1	1326	26.0	26.3
Weekly	2	320	6.3	6.4
Daily or almost daily	3	90	1.8	1.8
System missing (SYSMIS)	.	60	1.2	–
		5099	100.0	100.0

[K22_11] Have you experienced any of the following during the past month (30 days): Binge eating/overeating

Question

Have you experienced any of the following during the past month (30 days): Binge eating/overeating

Frequencies

label	value	n	%	v. %
Not at all	0	3895	76.4	77.4
Occasionally	1	904	17.7	18.0
Weekly	2	176	3.5	3.5
Daily or almost daily	3	57	1.1	1.1
System missing (SYSMIS)	.	67	1.3	–
		5099	100.0	100.0

[K22_12] Have you experienced any of the following during the past month (30 days): Heart palpitations, irregular heartbeat

Question

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

Frequencies

label	value	n	%	v. %
Not at all	0	3962	77.7	78.5
Occasionally	1	874	17.1	17.3
Weekly	2	174	3.4	3.4
Daily or almost daily	3	37	0.7	0.7
System missing (SYSMIS)	.	52	1.0	–
		5099	100.0	100.0

[K22_13] Have you experienced any of the following during the past month (30 days): Skin problems

Question

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

Frequencies

label	value	n	%	v. %
Not at all	0	2731	53.6	54.1
Occasionally	1	1412	27.7	28.0
Weekly	2	460	9.0	9.1
Daily or almost daily	3	445	8.7	8.8
System missing (SYSMIS)	.	51	1.0	–
		5099	100.0	100.0

[K22_14] Have you experienced any of the following during the past month (30 days): Voice problems

Question

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

Frequencies

label	value	n	%	v. %
Not at all	0	4538	89.0	90.1
Occasionally	1	402	7.9	8.0
Weekly	2	66	1.3	1.3
Daily or almost daily	3	30	0.6	0.6
System missing (SYSMIS)	.	63	1.2	–
		5099	100.0	100.0

[K22_15] Have you experienced any of the following during the past month (30 days): Rhinitis, stuffy/runny nose

Question

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

Frequencies

label	value	n	%	v. %
Not at all	0	1542	30.2	30.6
Occasionally	1	2563	50.3	50.8
Weekly	2	591	11.6	11.7
Daily or almost daily	3	350	6.9	6.9
System missing (SYSMIS)	.	53	1.0	–
		5099	100.0	100.0

**[K22_16] Have you experienced any of the following during the past month:
Throat problems (sore throat, phlegm)**

Question

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

Frequencies

label	value	n	%	v. %
Not at all	0	2689	52.7	53.4
Occasionally	1	1937	38.0	38.4
Weekly	2	301	5.9	6.0
Daily or almost daily	3	112	2.2	2.2
System missing (SYSMIS)	.	60	1.2	–
		5099	100.0	100.0

**[K22_17] Have you experienced any of the following during the past month
(30 days): Persistent cough or shortness of breath**

Question

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

Frequencies

label	value	n	%	v. %
Not at all	0	4282	84.0	85.0
Occasionally	1	555	10.9	11.0
Weekly	2	121	2.4	2.4
Daily or almost daily	3	77	1.5	1.5
System missing (SYSMIS)	.	64	1.3	–
		5099	100.0	100.0

**[K22_18] Have you experienced any of the following during the past month
(30 days): Bleeding gums or other gum problems**

Question

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

Frequencies

label	value	n	%	v. %
Not at all	0	3996	78.4	79.2
Occasionally	1	848	16.6	16.8
Weekly	2	140	2.7	2.8
Daily or almost daily	3	61	1.2	1.2
System missing (SYSMIS)	.	54	1.1	–
		5099	100.0	100.0

[K22_19] Have you experienced any of the following during the past month (30 days): Dental problems (sensitive teeth, toothache)

Question

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

Frequencies

label	value	n	%	v. %
Not at all	0	3532	69.3	70.1
Occasionally	1	1260	24.7	25.0
Weekly	2	191	3.7	3.8
Daily or almost daily	3	56	1.1	1.1
System missing (SYSMIS)	.	60	1.2	–
		5099	100.0	100.0

[K22_20] Have you experienced any of the following during the past month (30 days): Wisdom tooth problems

Question

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

Frequencies

label	value	n	%	v. %
Not at all	0	4327	84.9	85.9
Occasionally	1	581	11.4	11.5

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2. Variables

(cont. from previous page)

label	value	n	%	v. %
Weekly	2	100	2.0	2.0
Daily or almost daily	3	31	0.6	0.6
System missing (SYSMIS)	.	60	1.2	–
		5099	100.0	100.0

[K22_21] Have you experienced any of the following during the past month (30 days): Bite (occlusion) problems

Question

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

Frequencies

label	value	n	%	v. %
Not at all	0	4440	87.1	88.2
Occasionally	1	369	7.2	7.3
Weekly	2	103	2.0	2.0
Daily or almost daily	3	122	2.4	2.4
System missing (SYSMIS)	.	65	1.3	–
		5099	100.0	100.0

[K22_22] Have you experienced any of the following during the past month (30 days): Waking up during the night or difficulty in falling asleep

Question

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

Frequencies

label	value	n	%	v. %
Not at all	0	1899	37.2	37.6
Occasionally	1	1960	38.4	38.8
Weekly	2	853	16.7	16.9
Daily or almost daily	3	335	6.6	6.6
System missing (SYSMIS)	.	52	1.0	–

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(cont. from previous page)

label	value	n	%	v. %
		5099	100.0	100.0

[K22_23] Have you experienced any of the following during the past month (30 days): Difficulty concentrating

Question

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

Frequencies

label	value	n	%	v. %
Not at all	0	2015	39.5	40.0
Occasionally	1	2090	41.0	41.5
Weekly	2	701	13.7	13.9
Daily or almost daily	3	233	4.6	4.6
System missing (SYSMIS)	.	60	1.2	–
		5099	100.0	100.0

[K22_24] Have you experienced any of the following during the past month (30 days): Nervous tension/nervousness

Question

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

Frequencies

label	value	n	%	v. %
Not at all	0	1938	38.0	38.5
Occasionally	1	2171	42.6	43.2
Weekly	2	718	14.1	14.3
Daily or almost daily	3	202	4.0	4.0
System missing (SYSMIS)	.	70	1.4	–
		5099	100.0	100.0

[K22_25] Have you experienced any of the following during the past month (30 days): Depression or feeling low

Question

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

Frequencies

label	value	n	%	v. %
Not at all	0	2362	46.3	46.8
Occasionally	1	1907	37.4	37.8
Weekly	2	568	11.1	11.3
Daily or almost daily	3	206	4.0	4.1
System missing (SYSMIS)	.	56	1.1	–
		5099	100.0	100.0

[K22_26] Have you experienced any of the following during the past month (30 days): Anxiety

Question

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

Frequencies

label	value	n	%	v. %
Not at all	0	2888	56.6	57.4
Occasionally	1	1490	29.2	29.6
Weekly	2	478	9.4	9.5
Daily or almost daily	3	176	3.5	3.5
System missing (SYSMIS)	.	67	1.3	–
		5099	100.0	100.0

[K22_27] Have you experienced any of the following during the past month (30 days): Something else

Question

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

Frequencies

label	value	n	%	v. %
Not at all	0	4911	96.3	97.6
Occasionally	1	36	0.7	0.7
Weekly	2	33	0.6	0.7
Daily or almost daily	3	52	1.0	1.0
System missing (SYSMIS)	.	67	1.3	–
		5099	100.0	100.0

[K23N_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	2057	40.3	64.8
Mentioned	1	1118	21.9	35.2
System missing (SYSMIS)	.	1924	37.7	–
		5099	100.0	100.0

[K23N_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	1886	37.0	59.4
Mentioned	1	1289	25.3	40.6
System missing (SYSMIS)	.	1924	37.7	–
		5099	100.0	100.0

[K23N_2] Have you experienced any of the following women's health issues during the past 6 months: Excessive menstrual discharge

Question

*Have you experienced any of the following women's health issues during the past 6 months:
Excessive menstrual discharge*

Frequencies

label	value	n	%	v. %
Not mentioned	0	2943	57.7	92.7
Mentioned	1	232	4.5	7.3
System missing (SYSMIS)	.	1924	37.7	–
		5099	100.0	100.0

[K23N_3] Have you experienced any of the following women's health issues during the past 6 months: Absence of menstruation for more than six months

Question

*Have you experienced any of the following women's health issues during the past 6 months:
Absence of menstruation for more than six months*

Frequencies

label	value	n	%	v. %
Not mentioned	0	3067	60.1	96.6
Mentioned	1	108	2.1	3.4
System missing (SYSMIS)	.	1924	37.7	–
		5099	100.0	100.0

[K23N_4] Have you experienced any of the following women's health issues during the past 6 months: Irregular discharge

Question

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

Frequencies

label	value	n	%	v. %
Not mentioned	0	2598	51.0	81.8
Mentioned	1	577	11.3	18.2
System missing (SYSMIS)	.	1924	37.7	—
		5099	100.0	100.0

[K23N_5] 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	2693	52.8	84.8
Mentioned	1	482	9.5	15.2
System missing (SYSMIS)	.	1924	37.7	—
		5099	100.0	100.0

[K23N_6] 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	2644	51.9	83.3
Mentioned	1	531	10.4	16.7
System missing (SYSMIS)	.	1924	37.7	—
		5099	100.0	100.0

[K23N_7] Have you experienced any of the following women's health issues during the past 6 months: Other health issue

Question

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

Frequencies

label	value	n	%	v. %
Not mentioned	0	2992	58.7	94.2
Mentioned	1	183	3.6	5.8
System missing (SYSMIS)	.	1924	37.7	—
		5099	100.0	100.0

[K23M_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	396	7.8	22.2
Mentioned	1	1386	27.2	77.8
System missing (SYSMIS)	.	3317	65.1	—
		5099	100.0	100.0

[K23M_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	1711	33.6	96.0
Mentioned	1	71	1.4	4.0
System missing (SYSMIS)	.	3317	65.1	–
		5099	100.0	100.0

[K23M_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	1724	33.8	96.7
Mentioned	1	58	1.1	3.3
System missing (SYSMIS)	.	3317	65.1	–
		5099	100.0	100.0

[K23M_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	1663	32.6	93.3
Mentioned	1	119	2.3	6.7
System missing (SYSMIS)	.	3317	65.1	–
		5099	100.0	100.0

[K23M_3B] Erection problems, how often?

Question

Erection problems, how often?

Frequencies

label	value	n	%	v. %
Have always had them	1	7	0.1	6.0
Often	2	14	0.3	12.1
Occasionally	3	95	1.9	81.9
System missing (SYSMIS)	.	4983	97.7	–
		5099	100.0	100.0

[K23M_4] Have you experienced any of the following men's health issues during the past 6 months: Premature ejaculation (<2 min)

Question

Have you experienced any of the following men's health issues during the past 6 months: Premature ejaculation (<2 min)

Frequencies

label	value	n	%	v. %
Not mentioned	0	1617	31.7	90.7
Mentioned	1	165	3.2	9.3
System missing (SYSMIS)	.	3317	65.1	–
		5099	100.0	100.0

[K23M_5] Have you experienced any of the following men's health issues during the past 6 months: Delayed/inhibited ejaculation

Question

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

Frequencies

label	value	n	%	v. %
Not mentioned	0	1686	33.1	94.6
Mentioned	1	96	1.9	5.4
System missing (SYSMIS)	.	3317	65.1	–
		5099	100.0	100.0

[K23M_6] 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	1748	34.3	98.1
Mentioned	1	34	0.7	1.9
System missing (SYSMIS)	.	3317	65.1	—
		5099	100.0	100.0

[K23M_7] Have you experienced any of the following men's health issues during the past 6 months: Other health issue

Question

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

Frequencies

label	value	n	%	v. %
Not mentioned	0	1757	34.5	98.6
Mentioned	1	25	0.5	1.4
System missing (SYSMIS)	.	3317	65.1	—
		5099	100.0	100.0

[K24] 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

2. Variables

label	value	n	%	v. %
Better than usual	1	302	5.9	6.0
About the same as usual	2	3452	67.7	68.2
Less so than usual	3	1178	23.1	23.3
Much less than usual	4	133	2.6	2.6
System missing (SYSMIS)	.	34	0.7	–
		5099	100.0	100.0

[K25] Have you recently lost much sleep over worry?

Question

Have you recently lost much sleep over worry?

Frequencies

label	value	n	%	v. %
Not at all	1	1495	29.3	29.5
No more than usual	2	2285	44.8	45.1
Rather more than usual	3	1069	21.0	21.1
Much more than usual	4	214	4.2	4.2
System missing (SYSMIS)	.	36	0.7	–
		5099	100.0	100.0

[K26] Have you recently felt that you are playing a useful part in things?

Question

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

Frequencies

label	value	n	%	v. %
More so than usual	1	580	11.4	11.5
About the same as usual	2	3711	72.8	73.3
Rather less than usual	3	646	12.7	12.8
Much less than usual	4	123	2.4	2.4
System missing (SYSMIS)	.	39	0.8	–
		5099	100.0	100.0

[K27] Have you recently felt capable of making decisions about things?**Question**

Have you recently felt capable of making decisions about things?

Frequencies

label	value	n	%	v. %
Better than usual	1	485	9.5	9.6
About the same as usual	2	3902	76.5	77.0
Less so than usual	3	607	11.9	12.0
Much less than usual	4	71	1.4	1.4
System missing (SYSMIS)	.	34	0.7	—
		5099	100.0	100.0

[K28] Have you recently felt constantly under strain?**Question**

Have you recently felt constantly under strain?

Frequencies

label	value	n	%	v. %
Not at all	1	1053	20.7	20.8
No more than usual	2	2030	39.8	40.1
Rather more than usual	3	1646	32.3	32.5
Much more than usual	4	329	6.5	6.5
System missing (SYSMIS)	.	41	0.8	—
		5099	100.0	100.0

[K29] 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	2031	39.8	40.1

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2. Variables

(cont. from previous page)

label	value	n	%	v. %
No more than usual	2	1980	38.8	39.1
Rather more than usual	3	880	17.3	17.4
Much more than usual	4	169	3.3	3.3
System missing (SYSMIS)	.	39	0.8	–
		5099	100.0	100.0

[K30] Have you recently been able to enjoy your normal day to day activities?

Question

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

Frequencies

label	value	n	%	v. %
More so than usual	1	506	9.9	10.0
About the same as usual	2	3598	70.6	71.2
Less so than usual	3	839	16.5	16.6
Much less than usual	4	112	2.2	2.2
System missing (SYSMIS)	.	44	0.9	–
		5099	100.0	100.0

[K31] Have you recently been able to face up to your problems?

Question

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

Frequencies

label	value	n	%	v. %
Better than usual	1	448	8.8	8.8
About the same as usual	2	3958	77.6	78.1
Less so than usual	3	596	11.7	11.8
Much less than usual	4	63	1.2	1.2
System missing (SYSMIS)	.	34	0.7	–
		5099	100.0	100.0

[K32] Have you recently been feeling unhappy and depressed?**Question**

Have you recently been feeling unhappy and depressed?

Frequencies

label	value	n	%	v. %
Not at all	1	1648	32.3	32.5
No more than usual	2	1904	37.3	37.6
Rather more than usual	3	1258	24.7	24.8
Much more than usual	4	254	5.0	5.0
System missing (SYSMIS)	.	35	0.7	—
		5099	100.0	100.0

[K33] 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	2188	42.9	43.2
No more than usual	2	1876	36.8	37.0
Rather more than usual	3	859	16.8	17.0
Much more than usual	4	142	2.8	2.8
System missing (SYSMIS)	.	34	0.7	—
		5099	100.0	100.0

[K34] Have you recently been thinking of yourself as a worthless person?**Question**

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

Frequencies

label	value	n	%	v. %
Not at all	1	2923	57.3	57.8

(continued on next page)

2. Variables

(cont. from previous page)

label	value	n	%	v. %
No more than usual	2	1417	27.8	28.0
Rather more than usual	3	598	11.7	11.8
Much more than usual	4	123	2.4	2.4
System missing (SYSMIS)	.	38	0.7	–
		5099	100.0	100.0

[K35] Have you recently been feeling reasonably happy, all things considered?

Question

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

Frequencies

label	value	n	%	v. %
More so than usual	1	948	18.6	18.7
About the same as usual	2	3274	64.2	64.7
Less so than usual	3	736	14.4	14.5
Much less than usual	4	104	2.0	2.1
System missing (SYSMIS)	.	37	0.7	–
		5099	100.0	100.0

[K36] Have you ever felt the need to spend increasingly more money on gambling?

Question

Have you ever felt the need to spend increasingly more money on gambling?

Frequencies

label	value	n	%	v. %
No	0	4846	95.0	95.7
Yes	1	217	4.3	4.3
System missing (SYSMIS)	.	36	0.7	–
		5099	100.0	100.0

[K37] Have you ever lied to people close to you about how much money you spend on gambling?

Question

Have you ever lied to people close to you about how much money you spend on gambling?

Frequencies

label	value	n	%	v. %
No	0	4894	96.0	96.7
Yes	1	165	3.2	3.3
System missing (SYSMIS)	.	40	0.8	—
		5099	100.0	100.0

[K38] How often do you notice that you have spent more time on the Internet than you at first intended?

Question

How often do you notice that you have spent more time on the Internet than you at first intended?

Frequencies

label	value	n	%	v. %
Never	0	671	13.2	13.3
Very seldom	1	1099	21.6	21.7
Seldom	2	1160	22.7	22.9
Fairly often	3	1486	29.1	29.3
Often	4	452	8.9	8.9
Always or very often	5	196	3.8	3.9
System missing (SYSMIS)	.	35	0.7	—
		5099	100.0	100.0

[K39_1] In the past month, how many hours a day on average have you spent on the Internet because of the following: Studies

Question

In the past month, how many hours a day on average have you spent on the Internet because of the following: Studies

Descriptive statistics

2. Variables

statistic	value
number of valid cases	4975
minimum	–
maximum	–
mean	–
standard deviation	–

[K39_2] In the past month, how many hours a day on average have you spent on the Internet because of the following: Paid work

Question

In the past month, how many hours a day on average have you spent on the Internet because of the following: Paid work

Descriptive statistics

statistic	value
number of valid cases	5018
minimum	–
maximum	–
mean	–
standard deviation	–

[K39_3] In the past month, how many hours a day on average have you spent on the Internet because of the following: Other information retrieval, reading newspapers online

Question

In the past month, how many hours a day on average have you spent on the Internet because of the following: Other information retrieval, reading newspapers online

Descriptive statistics

statistic	value
number of valid cases	5000
minimum	–
maximum	–
mean	–
standard deviation	–

[K39_4] In the past month, how many hours a day on average have you spent on the Internet because of the following: Listening to the radio, watching TV online

Question

In the past month, how many hours a day on average have you spent on the Internet because of the following: Listening to the radio, watching TV online

Descriptive statistics

statistic	value
number of valid cases	5010
minimum	–
maximum	–
mean	–
standard deviation	–

[K39_5] In the past month, how many hours a day on average have you spent on the Internet because of the following: Phone calls over the Internet (e.g. Skype)

Question

In the past month, how many hours a day on average have you spent on the Internet because of the following: Phone calls over the Internet (e.g. Skype)

Descriptive statistics

statistic	value
number of valid cases	5028
minimum	–
maximum	–
mean	–
standard deviation	–

[K39_6] In the past month, how many hours a day on average have you spent on the Internet because of the following: Email

Question

In the past month, how many hours a day on average have you spent on the Internet because of the following: Email

Descriptive statistics

statistic	value
number of valid cases	5014
minimum	–
maximum	–
mean	–
standard deviation	–

[K39_7] In the past month, how many hours a day on average have you spent on the Internet because of the following: Taking care of things that need doing (banking, job-seeking etc.)

Question

In the past month, how many hours a day on average have you spent on the Internet because of the following: Taking care of things that need doing (banking, job-seeking etc.)

Descriptive statistics

statistic	value
number of valid cases	5026
minimum	–
maximum	–
mean	–
standard deviation	–

[K39_8] In the past month, how many hours a day on average have you spent on the Internet because of the following: Forums, chatting, communities etc.

Question

In the past month, how many hours a day on average have you spent on the Internet because of the following: Forums, chatting, communities etc.

Descriptive statistics

statistic	value
number of valid cases	4999
minimum	–

(continued on next page)

(cont. from previous page)

statistic	value
maximum	–
mean	–
standard deviation	–

[K39_9] In the past month, how many hours a day on average have you spent on the Internet because of the following: Playing games online

Question

In the past month, how many hours a day on average have you spent on the Internet because of the following: Playing games online

Descriptive statistics

statistic	value
number of valid cases	5011
minimum	–
maximum	–
mean	–
standard deviation	–

[K39_10] In the past month, how many hours a day on average have you spent on the Internet because of the following: Something else

Question

In the past month, how many hours a day on average have you spent on the Internet because of the following: Something else

Descriptive statistics

statistic	value
number of valid cases	5026
minimum	–
maximum	–
mean	–
standard deviation	–

[K39_MUU] Something else, please specify (open-ended)

Question

Something else, please specify (open-ended)

[K39_11] In the past month, how many hours a day on average have you spent on the Internet in total?

Question

In the past month, how many hours a day on average have you spent on the Internet in total?

Descriptive statistics

statistic	value
number of valid cases	4727
minimum	–
maximum	–
mean	–
standard deviation	–

[K40] Does the use of the Internet cause problems in your personal relationships?

Question

Does the use of the Internet cause problems in your personal relationships?

Frequencies

label	value	n	%	v. %
No	0	4853	95.2	95.9
Yes	1	206	4.0	4.1
System missing (SYSMIS)	.	40	0.8	–
		5099	100.0	100.0

[K41] Does the time you spend on the Internet cause problems in your studies?

Question

Does the time you spend on the Internet cause problems in your studies?

Frequencies

label	value	n	%	v. %
No	0	4244	83.2	84.0
Yes	1	808	15.8	16.0
System missing (SYSMIS)	.	47	0.9	–
		5099	100.0	100.0

[K42] Does the time you spend on the Internet cause problems in your sleep-wake cycle?**Question**

Does the time you spend on the Internet cause problems in your sleep-wake cycle?

Frequencies

label	value	n	%	v. %
No	0	4202	82.4	83.2
Yes	1	848	16.6	16.8
System missing (SYSMIS)	.	49	1.0	–
		5099	100.0	100.0

[K43] In your leisure time, how often do you engage in a physical activity for at least half an hour so that you get at least slightly out of breath and sweaty? (e.g. jogging, cycling, ball games)**Question**

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

Frequencies

label	value	n	%	v. %
Not at all or very seldom	0	486	9.5	9.6
1-3 times a month	1	622	12.2	12.3
Approximately once a week	2	938	18.4	18.6
2-3 times a week	3	1823	35.8	36.1
4-6 times a week	4	908	17.8	18.0
Daily	5	278	5.5	5.5

(continued on next page)

2. Variables

(cont. from previous page)

label	value	n	%	v. %
System missing (SYSMIS)	.	44	0.9	–
		5099	100.0	100.0

[K44] For how many hours a week do you engage in such physical activity?

Question

For how many hours a week do you engage in such physical activity?

Descriptive statistics

statistic	value
number of valid cases	4277
minimum	0.00
maximum	45.00
mean	3.87
standard deviation	3.09

[K45A] How many minutes a day do you walk or cycle to get from one place to another (to/from university, leisure time facilities, work etc)?

Question

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

Frequencies

label	value	n	%	v. %
Under 15 minutes a day	0	905	17.7	20.2
15-30 minutes a day	1	1843	36.1	41.2
30-60 minutes a day	2	1282	25.1	28.7
Over an hour a day	3	442	8.7	9.9
System missing (SYSMIS)	.	627	12.3	–
		5099	100.0	100.0

[K45B] 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	3062
minimum	0.00
maximum	30.00
mean	3.81
standard deviation	3.21

[K46] How often do you take light physical exercise at the minimum of 30 minutes at a time or exercise in connection with other hobbies (e.g. walking in nature, dancing, walking the dog)?

Question

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

Frequencies

label	value	n	%	v. %
At most 3 times a month	0	828	16.2	16.4
1-2 times a week	1	2309	45.3	45.7
3-4 times a week	2	882	17.3	17.5
Daily or almost daily	3	1030	20.2	20.4
System missing (SYSMIS)	.	50	1.0	—
		5099	100.0	100.0

[K47_0] Who organizes the physical exercise you take part in: I do not exercise

Question

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

2. Variables

Frequencies

label	value	n	%	v. %
Not mentioned	0	4793	94.0	94.9
Mentioned	1	259	5.1	5.1
System missing (SYSMIS)	.	47	0.9	–
		5099	100.0	100.0

[K47_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	1650	32.4	32.7
Mentioned	1	3402	66.7	67.3
System missing (SYSMIS)	.	47	0.9	–
		5099	100.0	100.0

[K47_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	2496	49.0	49.4
Mentioned	1	2556	50.1	50.6
System missing (SYSMIS)	.	47	0.9	–
		5099	100.0	100.0

[K47_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	4233	83.0	83.8
Mentioned	1	819	16.1	16.2
System missing (SYSMIS)	.	47	0.9	–
		5099	100.0	100.0

[K47_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)

Frequencies

label	value	n	%	v. %
Not mentioned	0	4927	96.6	97.5
Mentioned	1	125	2.5	2.5
System missing (SYSMIS)	.	47	0.9	–
		5099	100.0	100.0

[K47_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

2. Variables

label	value	n	%	v. %
Not mentioned	0	4296	84.3	85.0
Mentioned	1	756	14.8	15.0
System missing (SYSMIS)	.	47	0.9	–
		5099	100.0	100.0

[K47_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	4961	97.3	98.2
Mentioned	1	91	1.8	1.8
System missing (SYSMIS)	.	47	0.9	–
		5099	100.0	100.0

[K47_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	4073	79.9	80.6
Mentioned	1	979	19.2	19.4
System missing (SYSMIS)	.	47	0.9	–
		5099	100.0	100.0

[K47_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	4668	91.5	92.4
Mentioned	1	384	7.5	7.6
System missing (SYSMIS)	.	47	0.9	–
		5099	100.0	100.0

**[K48A] 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	4104	80.5	81.4
Have used previously	1	542	10.6	10.8
Currently using	2	394	7.7	7.8
System missing (SYSMIS)	.	59	1.2	–
		5099	100.0	100.0

**[K48B] 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	4883	95.8	99.4
Have used previously	1	22	0.4	0.4
Currently using	2	6	0.1	0.1
System missing (SYSMIS)	.	188	3.7	–
		5099	100.0	100.0

[K49] Do you follow a special diet?**Question***Do you follow a special diet?***Frequencies**

label	value	n	%	v. %
No	0	3791	74.3	75.1
Yes	1	1254	24.6	24.9
System missing (SYSMIS)	.	54	1.1	–
		5099	100.0	100.0

[K49_1] What kind of diet do you follow? Lactose-free diet**Question***What kind of diet do you follow? Lactose-free diet***Frequencies**

label	value	n	%	v. %
Not mentioned	0	4533	88.9	89.9
Mentioned	1	512	10.0	10.1
System missing (SYSMIS)	.	54	1.1	–
		5099	100.0	100.0

[K49_2] What kind of diet do you follow? Gluten-free diet**Question***What kind of diet do you follow? Gluten-free diet***Frequencies**

label	value	n	%	v. %
Not mentioned	0	5011	98.3	99.3
Mentioned	1	34	0.7	0.7
System missing (SYSMIS)	.	54	1.1	–
		5099	100.0	100.0

[K49_3] What kind of diet do you follow? Weight loss diet**Question***What kind of diet do you follow? Weight loss diet***Frequencies**

label	value	n	%	v. %
Not mentioned	0	4897	96.0	97.1
Mentioned	1	148	2.9	2.9
System missing (SYSMIS)	.	54	1.1	–
		5099	100.0	100.0

[K49_4] What kind of diet do you follow? Diet for food allergy**Question***What kind of diet do you follow? Diet for food allergy***Frequencies**

label	value	n	%	v. %
Not mentioned	0	4913	96.4	97.4
Mentioned	1	132	2.6	2.6
System missing (SYSMIS)	.	54	1.1	–
		5099	100.0	100.0

[K49_5] What kind of diet do you follow? Diabetic diet, or a diet for high cholesterol or high blood pressure**Question***What kind of diet do you follow? Diabetic diet, or a diet for high cholesterol or high blood pressure***Frequencies**

label	value	n	%	v. %
Not mentioned	0	5016	98.4	99.4
Mentioned	1	29	0.6	0.6

(continued on next page)

2. Variables

(cont. from previous page)

label	value	n	%	v. %
System missing (SYSMIS)	.	54	1.1	–
		5099	100.0	100.0

[K49_6] What kind of diet do you follow? Diet including vegetables, dairy products and eggs, chicken or fish

Question

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

Frequencies

label	value	n	%	v. %
Not mentioned	0	4755	93.3	94.3
Mentioned	1	290	5.7	5.7
System missing (SYSMIS)	.	54	1.1	–
		5099	100.0	100.0

[K49_7] What kind of diet do you follow? Lacto vegetarian diet (vegetarian diet+dairy products)

Question

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

Frequencies

label	value	n	%	v. %
Not mentioned	0	4886	95.8	96.8
Mentioned	1	159	3.1	3.2
System missing (SYSMIS)	.	54	1.1	–
		5099	100.0	100.0

[K49_8] What kind of diet do you follow? Vegan diet (no animal products)

Question

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

Frequencies

label	value	n	%	v. %
Not mentioned	0	5031	98.7	99.7
Mentioned	1	14	0.3	0.3
System missing (SYSMIS)	.	54	1.1	–
		5099	100.0	100.0

[K49_9] What kind of diet do you follow? Raw food diet**Question**

What kind of diet do you follow? Raw food diet

Frequencies

label	value	n	%	v. %
Not mentioned	0	5040	98.8	99.9
Mentioned	1	5	0.1	0.1
System missing (SYSMIS)	.	54	1.1	–
		5099	100.0	100.0

[K49_10A] What kind of diet do you follow? Other diet**Question**

What kind of diet do you follow? Other diet

Frequencies

label	value	n	%	v. %
Not mentioned	0	4864	95.4	96.4
Mentioned	1	181	3.5	3.6
System missing (SYSMIS)	.	54	1.1	–
		5099	100.0	100.0

[K49_10B] Other diet, please specify (open-ended)**Question**

Other diet, please specify (open-ended)

[K50] 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	254	5.0	5.0
Occasionally	1	1745	34.2	34.5
Often	2	3059	60.0	60.5
System missing (SYSMIS)	.	41	0.8	–
		5099	100.0	100.0

[K51] 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	2734	53.6	54.1
In my own home	2	2053	40.3	40.6
At my parents' home	3	130	2.5	2.6
Somewhere else	4	134	2.6	2.7
System missing (SYSMIS)	.	48	0.9	–
		5099	100.0	100.0

[K52] 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

(continued on next page)

(cont. from previous page)

label	value	n	%	v. %
label	value	n	%	v. %
Hardly ever	0	4161	81.6	82.2
Once a week or less often	1	536	10.5	10.6
A few times a week	2	254	5.0	5.0
Practically every day	3	109	2.1	2.2
System missing (SYSMIS)	.	39	0.8	–
		5099	100.0	100.0

[K53] How many glasses of milk or sour milk (glass = 2 dl) do you drink a day?

Question

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

Descriptive statistics

statistic	value
number of valid cases	5048
minimum	0.00
maximum	77.00
mean	2.16
standard deviation	2.25

[K54] What kind of spread do you generally use on bread?

Question

What kind of spread do you generally use on bread?

Frequencies

label	value	n	%	v. %
None	0	577	11.3	11.4
Light spread with under 65% fat	1	3011	59.1	59.6
Spread with 70-80% fat	2	968	19.0	19.2
Butter	3	157	3.1	3.1
Other low-fat spread (cheese spread etc.)	4	264	5.2	5.2

(continued on next page)

2. Variables

(cont. from previous page)

label	value	n	%	v. %
Other	5	77	1.5	1.5
System missing (SYSMIS)	.	45	0.9	–
		5099	100.0	100.0

[K55A] How many slices of bread do you usually eat per day: Dark/brown bread (e.g. rye bread, crisp bread)

Question

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

Descriptive statistics

statistic	value
number of valid cases	4981
minimum	0.00
maximum	51.00
mean	2.48
standard deviation	2.02

[K55B] How many slices of bread do you usually eat per day: Mixed grain, yeast, graham, oat bread

Question

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

Descriptive statistics

statistic	value
number of valid cases	4981
minimum	0.00
maximum	24.00
mean	1.39
standard deviation	1.46

[K56_1] How often have you eaten the following during the past week (7 days): Fruit or berries

Question

How often have you eaten the following during the past week (7 days): Fruit or berries

Frequencies

label	value	n	%	v. %
Not at all	0	364	7.1	7.2
On 1-2 days	1	1476	28.9	29.2
On 3-5 days	2	1258	24.7	24.9
Approximately once a day	3	1153	22.6	22.8
2 times a day	4	580	11.4	11.5
3 times a day or more often	5	217	4.3	4.3
System missing (SYSMIS)	.	51	1.0	—
		5099	100.0	100.0

[K56_2] How often have you eaten the following during the past week (7 days): Fresh vegetables

Question

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

Frequencies

label	value	n	%	v. %
Not at all	0	304	6.0	6.0
On 1-2 days	1	1022	20.0	20.3
On 3-5 days	2	1345	26.4	26.7
Approximately once a day	3	1547	30.3	30.7
2 times a day	4	660	12.9	13.1
3 times a day or more often	5	163	3.2	3.2
System missing (SYSMIS)	.	58	1.1	—
		5099	100.0	100.0

[K56_3] How often have you eaten the following during the past week (7 days): Cooked vegetables (excluding potatoes)

Question

How often have you eaten the following during the past week (7 days): Cooked vegetables (excluding potatoes)

Frequencies

label	value	n	%	v. %
Not at all	0	999	19.6	19.9
On 1-2 days	1	1933	37.9	38.5
On 3-5 days	2	1123	22.0	22.4
Approximately once a day	3	795	15.6	15.8
2 times a day	4	152	3.0	3.0
3 times a day or more often	5	17	0.3	0.3
System missing (SYSMIS)	.	80	1.6	–
		5099	100.0	100.0

[K56_4] How often have you eaten the following during the past week (7 days): Porridge, muesli, cereal

Question

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

Frequencies

label	value	n	%	v. %
Not at all	0	1590	31.2	31.6
On 1-2 days	1	1279	25.1	25.4
On 3-5 days	2	818	16.0	16.3
Approximately once a day	3	1184	23.2	23.6
2 times a day	4	134	2.6	2.7
3 times a day or more often	5	21	0.4	0.4
System missing (SYSMIS)	.	73	1.4	–
		5099	100.0	100.0

**[K56_5] How often have you eaten the following during the past week :
Yoghurt or viili (a sour milk product) (portions of 1,5 - 2 dl)**

Question

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

Frequencies

label	value	n	%	v. %
Not at all	0	957	18.8	19.0
On 1-2 days	1	1351	26.5	26.8
On 3-5 days	2	1259	24.7	25.0
Approximately once a day	3	1198	23.5	23.8
2 times a day	4	246	4.8	4.9
3 times a day or more often	5	23	0.5	0.5
System missing (SYSMIS)	.	65	1.3	–
		5099	100.0	100.0

[K56_6] How often have you eaten the following during the past week (7 days): Ice cream

Question

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

Frequencies

label	value	n	%	v. %
Not at all	0	2851	55.9	57.4
On 1-2 days	1	1888	37.0	38.0
On 3-5 days	2	195	3.8	3.9
Approximately once a day	3	24	0.5	0.5
2 times a day	4	5	0.1	0.1
3 times a day or more often	5	2	0.0	0.0
System missing (SYSMIS)	.	134	2.6	–
		5099	100.0	100.0

[K56_7] How often have you eaten the following during the past week (7 days): Sweet pastries

Question

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

Frequencies

label	value	n	%	v. %
Not at all	0	1692	33.2	33.6
On 1-2 days	1	2615	51.3	51.9
On 3-5 days	2	597	11.7	11.8
Approximately once a day	3	115	2.3	2.3
2 times a day	4	19	0.4	0.4
3 times a day or more often	5	3	0.1	0.1
System missing (SYSMIS)	.	58	1.1	–
		5099	100.0	100.0

[K56_8] How often have you eaten the following during the past week (7 days): Sweets/candy, chocolate

Question

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

Frequencies

label	value	n	%	v. %
Not at all	0	793	15.6	15.7
On 1-2 days	1	2666	52.3	52.9
On 3-5 days	2	1226	24.0	24.3
Approximately once a day	3	277	5.4	5.5
2 times a day	4	56	1.1	1.1
3 times a day or more often	5	20	0.4	0.4
System missing (SYSMIS)	.	61	1.2	–
		5099	100.0	100.0

[K56_9] How often have you drunk the following during the past week (7 days): Sugary drinks

Question

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

Frequencies

label	value	n	%	v. %
Not at all	0	1483	29.1	29.5
On 1-2 days	1	2378	46.6	47.3
On 3-5 days	2	841	16.5	16.7
Approximately once a day	3	221	4.3	4.4
2 times a day	4	59	1.2	1.2
3 times a day or more often	5	50	1.0	1.0
System missing (SYSMIS)	.	67	1.3	–
		5099	100.0	100.0

[K56_10] How often have you drunk the following during the past week (7 days): Light drinks (diet drinks)**Question**

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

Frequencies

label	value	n	%	v. %
Not at all	0	3197	62.7	63.6
On 1-2 days	1	1050	20.6	20.9
On 3-5 days	2	423	8.3	8.4
Approximately once a day	3	173	3.4	3.4
2 times a day	4	103	2.0	2.1
3 times a day or more often	5	78	1.5	1.6
System missing (SYSMIS)	.	75	1.5	–
		5099	100.0	100.0

[K56_11] How often have you eaten the following during the past week (7 days): Chips/French fries**Question**

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

Frequencies

label	value	n	%	v. %
Not at all	0	3523	69.1	69.9

(continued on next page)

2. Variables

(cont. from previous page)

label	value	n	%	v. %
On 1-2 days	1	1441	28.3	28.6
On 3-5 days	2	72	1.4	1.4
Approximately once a day	3	7	0.1	0.1
2 times a day	4	0	0.0	0.0
3 times a day or more often	5	0	0.0	0.0
System missing (SYSMIS)	.	56	1.1	–
		5099	100.0	100.0

[K56_12] How often have you eaten the following during the past week (7 days): Potato crisps etc.

Question

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

Frequencies

label	value	n	%	v. %
Not at all	0	3248	63.7	64.6
On 1-2 days	1	1695	33.2	33.7
On 3-5 days	2	78	1.5	1.6
Approximately once a day	3	7	0.1	0.1
2 times a day	4	2	0.0	0.0
3 times a day or more often	5	0	0.0	0.0
System missing (SYSMIS)	.	69	1.4	–
		5099	100.0	100.0

[K56_13] How often have you eaten the following during the past week (7 days): Cheese

Question

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

Frequencies

label	value	n	%	v. %
Not at all	0	652	12.8	12.9
On 1-2 days	1	954	18.7	18.9

(continued on next page)

(cont. from previous page)

label	value	n	%	v. %
On 3-5 days	2	1130	22.2	22.4
Approximately once a day	3	1304	25.6	25.9
2 times a day	4	779	15.3	15.5
3 times a day or more often	5	218	4.3	4.3
System missing (SYSMIS)	.	62	1.2	–
		5099	100.0	100.0

[K56_14] How often have you eaten the following during the past week (7 days): Pizza

Question

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

Frequencies

label	value	n	%	v. %
Not at all	0	2843	55.8	56.4
On 1-2 days	1	2106	41.3	41.8
On 3-5 days	2	85	1.7	1.7
Approximately once a day	3	8	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)	.	56	1.1	–
		5099	100.0	100.0

[K57] 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	146	2.9	2.9
Once a day	1	1508	29.6	29.9
Several times a day	2	3397	66.6	67.3
System missing (SYSMIS)	.	48	0.9	–

(continued on next page)

2. Variables

(cont. from previous page)

label	value	n	%	v. %
		5099	100.0	100.0

[K58] Do you use tooth paste?

Question

Do you use tooth paste?

Frequencies

label	value	n	%	v. %
Less often than once a day	0	167	3.3	3.3
Once a day	1	1518	29.8	30.1
Several times a day	2	3365	66.0	66.6
System missing (SYSMIS)	.	49	1.0	–
		5099	100.0	100.0

[K59] Do you floss your teeth?

Question

Do you floss your teeth?

Frequencies

label	value	n	%	v. %
Not at all	0	1988	39.0	39.5
Occasionally	1	2639	51.8	52.4
Yes, daily	2	408	8.0	8.1
System missing (SYSMIS)	.	64	1.3	–
		5099	100.0	100.0

[K60] 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	489	9.6	9.7
Yes, occasionally	1	2296	45.0	45.5
Yes, once a day	2	980	19.2	19.4
Yes, at least twice a day	3	1281	25.1	25.4
System missing (SYSMIS)	.	53	1.0	–
		5099	100.0	100.0

[K61] Do you smoke nowadays?

Question

Do you smoke nowadays?

Frequencies

label	value	n	%	v. %
Not at all	0	3819	74.9	75.7
Yes, less often than once a week	1	409	8.0	8.1
Yes, weekly but not daily	2	280	5.5	5.5
Yes, daily	3	539	10.6	10.7
System missing (SYSMIS)	.	52	1.0	–
		5099	100.0	100.0

[K62] Do you use snus (Swedish snuff)/chewing tobacco?

Question

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

Frequencies

label	value	n	%	v. %
No, don't use at all	0	4774	93.6	94.9
Yes, occasionally	1	148	2.9	2.9
Yes, regularly	2	82	1.6	1.6
Have used earlier but not any more	3	28	0.5	0.6
System missing (SYSMIS)	.	67	1.3	–
		5099	100.0	100.0

[K63] Have you ever tried or used any drugs, medicine or medicine+alcohol for intoxication purposes?

Question

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

Frequencies

label	value	n	%	v. %
Never	0	3891	76.3	77.1
Yes	1	1154	22.6	22.9
System missing (SYSMIS)	.	54	1.1	–
		5099	100.0	100.0

[K64_1] Have you tried or used for intoxication purposes: Cannabis (hashish, marijuana)

Question

Have you tried or used for intoxication purposes: Cannabis (hashish, marijuana)

Frequencies

label	value	n	%	v. %
Not mentioned	0	3955	77.6	78.4
Mentioned	1	1090	21.4	21.6
System missing (SYSMIS)	.	54	1.1	–
		5099	100.0	100.0

[K64_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. %
Not mentioned	0	5024	98.5	99.6
Mentioned	1	21	0.4	0.4
System missing (SYSMIS)	.	54	1.1	–
		5099	100.0	100.0

[K64_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. %
Not mentioned	0	4850	95.1	96.1
Mentioned	1	195	3.8	3.9
System missing (SYSMIS)	.	54	1.1	–
		5099	100.0	100.0

[K64_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. %
Not mentioned	0	4970	97.5	98.5
Mentioned	1	75	1.5	1.5
System missing (SYSMIS)	.	54	1.1	–
		5099	100.0	100.0

[K64_5] Have you tried or used for intoxication purposes: Ecstasy

Question

Have you tried or used for intoxication purposes: Ecstasy

Frequencies

2. Variables

label	value	n	%	v. %
Not mentioned	0	4927	96.6	97.7
Mentioned	1	118	2.3	2.3
System missing (SYSMIS)	.	54	1.1	–
		5099	100.0	100.0

[K64_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. %
Not mentioned	0	5023	98.5	99.6
Mentioned	1	22	0.4	0.4
System missing (SYSMIS)	.	54	1.1	–
		5099	100.0	100.0

[K64_7] Have you tried or used for intoxication purposes: Heroin, cocaine, amphetamine, LSD, GHB, GBL etc.

Question

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

Frequencies

label	value	n	%	v. %
Not mentioned	0	4916	96.4	97.4
Mentioned	1	129	2.5	2.6
System missing (SYSMIS)	.	54	1.1	–
		5099	100.0	100.0

[K65_1] How many times have you used for intoxication purposes: Cannabis (hashish, marijuana)

Question

How many times have you used for intoxication purposes: Cannabis (hashish, marijuana)

Frequencies

label	value	n	%	v. %
1-4 times	1	650	12.7	60.0
5 times or more	2	434	8.5	40.0
System missing (SYSMIS)	.	4015	78.7	–
		5099	100.0	100.0

[K65_2] How many times have you used for intoxication purposes: Glue, thinners or other inhalants**Question**

How many times have you used for intoxication purposes: Glue, thinners or other inhalants

Frequencies

label	value	n	%	v. %
1-4 times	1	15	0.3	78.9
5 times or more	2	4	0.1	21.1
System missing (SYSMIS)	.	5080	99.6	–
		5099	100.0	100.0

[K65_3] How many times have you used for intoxication purposes: Medicine and alcohol together**Question**

How many times have you used for intoxication purposes: Medicine and alcohol together

Frequencies

label	value	n	%	v. %
1-4 times	1	150	2.9	77.7
5 times or more	2	43	0.8	22.3
System missing (SYSMIS)	.	4906	96.2	–
		5099	100.0	100.0

[K65_4] How many times have you used for intoxication purposes: Medicine**Question**

How many times have you used for intoxication purposes: Medicine

2. Variables

Frequencies

label	value	n	%	v. %
1-4 times	1	44	0.9	61.1
5 times or more	2	28	0.5	38.9
System missing (SYSMIS)	.	5027	98.6	–
		5099	100.0	100.0

[K65_5] How many times have you used for intoxication purposes: Ecstasy

Question

How many times have you used for intoxication purposes: Ecstasy

Frequencies

label	value	n	%	v. %
1-4 times	1	70	1.4	59.8
5 times or more	2	47	0.9	40.2
System missing (SYSMIS)	.	4982	97.7	–
		5099	100.0	100.0

[K65_6] How many times have you used for intoxication purposes: Subutex or Temgesic

Question

How many times have you used for intoxication purposes: Subutex or Temgesic

Frequencies

label	value	n	%	v. %
1-4 times	1	17	0.3	77.3
5 times or more	2	5	0.1	22.7
System missing (SYSMIS)	.	5077	99.6	–
		5099	100.0	100.0

[K65_7] How many times have you used for intoxication purposes: Heroin, cocaine, amphetamine, LSD, GHB, GBL etc.

Question

How many times have you used for intoxication purposes: Heroin, cocaine, amphetamine, LSD, GHB, GBL etc.

Frequencies

label	value	n	%	v. %
1-4 times	1	79	1.5	61.2
5 times or more	2	50	1.0	38.8
System missing (SYSMIS)	.	4970	97.5	–
		5099	100.0	100.0

[K66_1] Have you used at least once in the last 12 months: Cannabis (hashish, marijuana)

Question

Have you used at least once in the last 12 months: Cannabis (hashish, marijuana)

Frequencies

label	value	n	%	v. %
No	0	699	13.7	65.9
Yes	1	362	7.1	34.1
System missing (SYSMIS)	.	4038	79.2	–
		5099	100.0	100.0

[K66_2] Have you used at least once in the last 12 months: Glue, thinners or other inhalants

Question

Have you used at least once in the last 12 months: Glue, thinners or other inhalants

Frequencies

2. Variables

label	value	n	%	v. %
No	0	15	0.3	88.2
Yes	1	2	0.0	11.8
System missing (SYSMIS)	.	5082	99.7	–
		5099	100.0	100.0

[K66_3] Have you used at least once in the last 12 months: Medicine and alcohol together

Question

Have you used at least once in the last 12 months: Medicine and alcohol together

Frequencies

label	value	n	%	v. %
No	0	138	2.7	75.0
Yes	1	46	0.9	25.0
System missing (SYSMIS)	.	4915	96.4	–
		5099	100.0	100.0

[K66_4] Have you used at least once in the last 12 months: Medicine

Question

Have you used at least once in the last 12 months: Medicine

Frequencies

label	value	n	%	v. %
No	0	47	0.9	69.1
Yes	1	21	0.4	30.9
System missing (SYSMIS)	.	5031	98.7	–
		5099	100.0	100.0

[K66_5] Have you used at least once in the last 12 months: Ecstasy

Question

Have you used at least once in the last 12 months: Ecstasy

Frequencies

label	value	n	%	v. %
No	0	85	1.7	74.6
Yes	1	29	0.6	25.4
System missing (SYSMIS)	.	4985	97.8	–
		5099	100.0	100.0

[K66_6] Have you used at least once in the last 12 months: Subutex or Temgesic

Question

Have you used at least once in the last 12 months: Subutex or Temgesic

Frequencies

label	value	n	%	v. %
No	0	17	0.3	85.0
Yes	1	3	0.1	15.0
System missing (SYSMIS)	.	5079	99.6	–
		5099	100.0	100.0

[K66_7] Have you used at least once in the last 12 months: Heroin, cocaine, amphetamine, LSD, GHB or GBL etc.

Question

Have you used at least once in the last 12 months: Heroin, cocaine, amphetamine, LSD, GHB or GBL etc.

Frequencies

label	value	n	%	v. %
No	0	88	1.7	69.8
Yes	1	38	0.7	30.2
System missing (SYSMIS)	.	4973	97.5	–
		5099	100.0	100.0

[K67] 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	4358	85.5	86.3
Sometimes	2	654	12.8	13.0
Yes, often	3	37	0.7	0.7
System missing (SYSMIS)	.	50	1.0	–
		5099	100.0	100.0

[K68] 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	2153	42.2	43.0
Occasionally	2	1629	31.9	32.5
Hardly ever	3	1230	24.1	24.5
System missing (SYSMIS)	.	87	1.7	–
		5099	100.0	100.0

[K69] 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	2642	51.8	52.6
Sometimes	2	1785	35.0	35.6
Almost always	3	593	11.6	11.8
System missing (SYSMIS)	.	79	1.5	–
		5099	100.0	100.0

[K70A] How many bottles of III beer (beer with 3.7 - 4.7% abv, 33 cl) do you drink on an average week?

Question

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

Descriptive statistics

statistic	value
number of valid cases	5049
minimum	0.00
maximum	70.00
mean	2.02
standard deviation	3.83

[K70B] How many bottles of IVA beer (beer with 4.8 - 5.2% abv, 33 cl) do you drink on an average week?

Question

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

Descriptive statistics

statistic	value
number of valid cases	5049
minimum	0.00
maximum	48.00
mean	0.11
standard deviation	0.99

[K70C] How many bottles of cider (33 cl) do you drink on an average week?

Question

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

Descriptive statistics

2. Variables

statistic	value
number of valid cases	5049
minimum	0.00
maximum	30.00
mean	0.72
standard deviation	1.54

[K70D] How many bottles of long drink (gin-and-grapefruit beverage, 33 cl) do you drink on an average week?

Question

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

Descriptive statistics

statistic	value
number of valid cases	5049
minimum	0.00
maximum	20.00
mean	0.38
standard deviation	1.08

[K70E] How many glasses of wine (12 cl) do you drink on an average week?

Question

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

Descriptive statistics

statistic	value
number of valid cases	5049
minimum	0.00
maximum	46.00
mean	0.89
standard deviation	1.68

[K70F] How many glasses of spirits (4 cl) do you drink on an average week?

Question

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

Descriptive statistics

statistic	value
number of valid cases	5049
minimum	0.00
maximum	20.00
mean	0.59
standard deviation	1.56

[K71] How often do you have a drink containing alcohol?**Question**

How often do you have a drink containing alcohol?

Descriptive statistics

statistic	value
number of valid cases	5046
minimum	0.00
maximum	4.00
mean	1.82
standard deviation	0.84

[K72] 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 or 2 drinks	0	1501	29.4	32.1
3 or 4 drinks	1	1156	22.7	24.8
5 or 6 drinks	2	941	18.5	20.1
7 to 9 drinks	3	636	12.5	13.6
10 or more drinks	4	436	8.6	9.3
System missing (SYSMIS)	.	429	8.4	—
		5099	100.0	100.0

[K73] 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	672	13.2	14.3
Less than monthly	1	1901	37.3	40.5
Monthly	2	1433	28.1	30.5
Weekly	3	681	13.4	14.5
Almost daily	4	6	0.1	0.1
System missing (SYSMIS)	.	406	8.0	–
		5099	100.0	100.0

[K74] 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	3958	77.6	84.4
Less than monthly	1	575	11.3	12.3
Monthly	2	133	2.6	2.8
Weekly	3	25	0.5	0.5
Almost daily	4	1	0.0	0.0
System missing (SYSMIS)	.	407	8.0	–
		5099	100.0	100.0

[K75] How often during the last year have you failed to do what you had planned to do because of drinking?**Question**

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

Frequencies

label	value	n	%	v. %
Drinking never prevents me from carrying out my plans	0	2973	58.3	63.3
Less than monthly	1	1487	29.2	31.7
Monthly	2	203	4.0	4.3
Weekly	3	30	0.6	0.6
Almost daily	4	2	0.0	0.0
System missing (SYSMIS)	.	404	7.9	—
		5099	100.0	100.0

[K76] 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	4314	84.6	92.0
Less than monthly	1	321	6.3	6.8
Monthly	2	49	1.0	1.0
Weekly	3	6	0.1	0.1
Almost daily	4	0	0.0	0.0
System missing (SYSMIS)	.	409	8.0	—
		5099	100.0	100.0

[K77] 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	2120	41.6	45.2

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2. Variables

(cont. from previous page)

label	value	n	%	v. %
Less than monthly	1	2061	40.4	44.0
Monthly	2	447	8.8	9.5
Weekly	3	57	1.1	1.2
Almost daily	4	4	0.1	0.1
System missing (SYSMIS)	.	410	8.0	—
		5099	100.0	100.0

[K78] How often during the last year have you been unable to remember what happened the night before because you had been drinking?

Question

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

Frequencies

label	value	n	%	v. %
I always remember what happened	0	2711	53.2	57.8
Less than monthly	1	1641	32.2	35.0
Monthly	2	301	5.9	6.4
Weekly	3	36	0.7	0.8
Almost daily	4	2	0.0	0.0
System missing (SYSMIS)	.	408	8.0	—
		5099	100.0	100.0

[K79] Have you or someone else been injured as a result of your drinking?

Question

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

Frequencies

label	value	n	%	v. %
No, never	0	3807	74.7	81.1
Yes, but not in the last year	2	618	12.1	13.2
Yes, during the last year	4	269	5.3	5.7
System missing (SYSMIS)	.	405	7.9	—

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label	value	n	%	v. %
		5099	100.0	100.0

[K80] Has a relative or friend or a doctor or another health worker been concerned about your drinking or suggested you cut down?

Question

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

Frequencies

label	value	n	%	v. %
No, never	0	4083	80.1	87.0
Yes, but not in the last year	2	291	5.7	6.2
Yes, during the last year	4	317	6.2	6.8
System missing (SYSMIS)	.	408	8.0	–
		5099	100.0	100.0

[K81] For how many academic years have you been enrolled and registered for attendance at the university/institution in connection with your present studies? (categorised)

Question

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

Frequencies

label	value	n	%	v. %
0 - 1.5 years	1	982	19.3	19.6
2.0 - 3.5 years	2	1927	37.8	38.4
4.0 - 5.5 years	3	1258	24.7	25.1
6.0 years or more	4	853	16.7	17.0
System missing (SYSMIS)	.	79	1.5	–
		5099	100.0	100.0

[K82A] How many credits have you gained by 31 January 2008 in connection with your present studies? (old system before the Bologna Process)

Question

How many credits have you gained by 31 January 2008 in connection with your present studies? (old system before the Bologna Process)

Descriptive statistics

statistic	value
number of valid cases	1160
minimum	1.00
maximum	400.00
mean	146.83
standard deviation	43.92

[K82B] How many credits have you gained by 31 January 2008 in connection with your present studies? (new system)

Question

How many credits have you gained by 31 January 2008 in connection with your present studies? (new system)

Descriptive statistics

statistic	value
number of valid cases	3647
minimum	0.00
maximum	800.00
mean	110.78
standard deviation	75.91

[K83] What year do you think you will graduate from your present studies?

Question

What year do you think you will graduate from your present studies?

Descriptive statistics

statistic	value
number of valid cases	4790
minimum	2008.00
maximum	2020.00
mean	2009.63
standard deviation	1.54

[K84] 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	3875	76.0	77.3
Part-time	2	908	17.8	18.1
Some other way	3	233	4.6	4.6
System missing (SYSMIS)	.	83	1.6	–
		5099	100.0	100.0

[K85] If you think about your own goals, how successful do you think you have been in your studies?

Question

If you think about your own goals, how successful do you think you have been in your studies?

Frequencies

label	value	n	%	v. %
More successful than expected	1	720	14.1	14.4
As successful as expected	2	3392	66.5	67.6
Less successful than expected	3	905	17.7	18.0
System missing (SYSMIS)	.	82	1.6	–
		5099	100.0	100.0

[K86] Do you feel that your field of study is the right one for you?

Question

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

Frequencies

label	value	n	%	v. %
No	0	452	8.9	9.0
Yes	1	3346	65.6	66.5
Can't say	2	1231	24.1	24.5
System missing (SYSMIS)	.	70	1.4	–
		5099	100.0	100.0

[K87] Has the advice and counselling you have received for your studies from your institution in the last 12 months been...

Question

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

Frequencies

label	value	n	%	v. %
Totally insufficient	0	601	11.8	12.0
Somewhat insufficient	1	1658	32.5	33.0
Sufficient enough or degree of sufficiency has varied	2	1566	30.7	31.2
Good	3	1060	20.8	21.1
Very good	4	137	2.7	2.7
System missing (SYSMIS)	.	77	1.5	–
		5099	100.0	100.0

[K88_1] Is anxiety/nervousness in study-related situations a problem for you? In exams and tests

Question

Is anxiety/nervousness in study-related situations a problem for you? In exams and tests

Frequencies

label	value	n	%	v. %
I do not get anxious/nervous	0	1593	31.2	31.6
I sometimes get anxious/nervous, not a problem	1	3003	58.9	59.6
A slight problem	2	381	7.5	7.6

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label	value	n	%	v. %
A big problem	3	62	1.2	1.2
System missing (SYSMIS)	.	60	1.2	–
		5099	100.0	100.0

[K88_2] Is anxiety/nervousness in study-related situations a problem for you? In public speaking, presentations etc.

Question

Is anxiety/nervousness in study-related situations a problem for you? In public speaking, presentations etc.

Frequencies

label	value	n	%	v. %
I do not get anxious/nervous	0	593	11.6	11.8
I sometimes get anxious/nervous, not a problem	1	2573	50.5	51.1
A slight problem	2	1465	28.7	29.1
A big problem	3	407	8.0	8.1
System missing (SYSMIS)	.	61	1.2	–
		5099	100.0	100.0

[K88_3] Is anxiety/nervousness in study-related situations a problem for you? In seminars

Question

Is anxiety/nervousness in study-related situations a problem for you? In seminars

Frequencies

label	value	n	%	v. %
I do not get anxious/nervous	0	1256	24.6	25.2
I sometimes get anxious/nervous, not a problem	1	2356	46.2	47.2
A slight problem	2	1091	21.4	21.9
A big problem	3	285	5.6	5.7
System missing (SYSMIS)	.	111	2.2	–
		5099	100.0	100.0

[K88_4] Is anxiety/nervousness in study-related situations a problem for you? When speaking a foreign language

Question

Is anxiety/nervousness in study-related situations a problem for you? When speaking a foreign language

Frequencies

label	value	n	%	v. %
I do not get anxious/nervous	0	1210	23.7	24.1
I sometimes get anxious/nervous, not a problem	1	2275	44.6	45.2
A slight problem	2	1148	22.5	22.8
A big problem	3	397	7.8	7.9
System missing (SYSMIS)	.	69	1.4	–
		5099	100.0	100.0

[K88_5] Is anxiety/nervousness in study-related situations a problem for you? When talking to a lecturer or a supervisor

Question

Is anxiety/nervousness in study-related situations a problem for you? When talking to a lecturer or a supervisor

Frequencies

label	value	n	%	v. %
I do not get anxious/nervous	0	3080	60.4	61.2
I sometimes get anxious/nervous, not a problem	1	1668	32.7	33.1
A slight problem	2	260	5.1	5.2
A big problem	3	27	0.5	0.5
System missing (SYSMIS)	.	64	1.3	–
		5099	100.0	100.0

[K88_6] Is anxiety/nervousness in study-related situations a problem for you? In some other situation

Question

Is anxiety/nervousness in study-related situations a problem for you? In some other situation

Frequencies

label	value	n	%	v. %
I do not get anxious/nervous	0	1579	31.0	88.4
I sometimes get anxious/nervous, not a problem	1	148	2.9	8.3
A slight problem	2	41	0.8	2.3
A big problem	3	19	0.4	1.1
System missing (SYSMIS)	.	3312	65.0	–
		5099	100.0	100.0

[K88_MUU] In some other situation, please specify (open-ended)**Question**

In some other situation, please specify (open-ended)

[K89] How does anxiety/nervousness in study-related situations affect you?**Question**

How does anxiety/nervousness in study-related situations affect you?

Frequencies

label	value	n	%	v. %
Doesn't affect me at all	0	1447	28.4	28.8
Affects positively	1	1597	31.3	31.8
Affects negatively	2	1984	38.9	39.5
System missing (SYSMIS)	.	71	1.4	–
		5099	100.0	100.0

[K90_1] If it affects you negatively, please specify how: I perform worse than my skills/competence would indicate**Question**

If it affects you negatively, please specify how: I perform worse than my skills/competence would indicate

Frequencies

2. Variables

label	value	n	%	v. %
Not mentioned	0	913	17.9	42.8
Mentioned	1	1222	24.0	57.2
System missing (SYSMIS)	.	2964	58.1	–
		5099	100.0	100.0

[K90_2] If it affects you negatively, please specify how: It hampers my concentration and learning

Question

If it affects you negatively, please specify how: It hampers my concentration and learning

Frequencies

label	value	n	%	v. %
Not mentioned	0	1312	25.7	61.5
Mentioned	1	823	16.1	38.5
System missing (SYSMIS)	.	2964	58.1	–
		5099	100.0	100.0

[K90_3] If it affects you negatively, please specify how: I don't participate in discussions as much as I normally would

Question

If it affects you negatively, please specify how: I don't participate in discussions as much as I normally would

Frequencies

label	value	n	%	v. %
Not mentioned	0	962	18.9	45.1
Mentioned	1	1173	23.0	54.9
System missing (SYSMIS)	.	2964	58.1	–
		5099	100.0	100.0

[K90_4] If it affects you negatively, please specify how: I begin to feel nauseous

Question

If it affects you negatively, please specify how: I begin to feel nauseous

Frequencies

label	value	n	%	v. %
Not mentioned	0	1800	35.3	84.3
Mentioned	1	335	6.6	15.7
System missing (SYSMIS)	.	2964	58.1	–
		5099	100.0	100.0

[K90_5] If it affects you negatively, please specify how: I feel incapacitated, it gets difficult for me to act**Question**

If it affects you negatively, please specify how: I feel incapacitated, it gets difficult for me to act

Frequencies

label	value	n	%	v. %
Not mentioned	0	1682	33.0	78.8
Mentioned	1	453	8.9	21.2
System missing (SYSMIS)	.	2964	58.1	–
		5099	100.0	100.0

[K90_6] If it affects you negatively, please specify how: Other effect**Question**

If it affects you negatively, please specify how: Other effect

Frequencies

label	value	n	%	v. %
Not mentioned	0	1960	38.4	91.8
Mentioned	1	175	3.4	8.2
System missing (SYSMIS)	.	2964	58.1	–
		5099	100.0	100.0

[K90_MUU] Other effect, please specify (open-ended)**Question**

Other effect, please specify (open-ended)

[K91_1] In the past month: I have felt being snowed under with study-related tasks

Question

In the past month: I have felt being snowed under with study-related tasks

Frequencies

label	value	n	%	v. %
Strongly disagree	1	612	12.0	12.2
Disagree	2	1152	22.6	23.0
Disagree to some extent	3	912	17.9	18.2
Agree to some extent	4	1557	30.5	31.2
Agree	5	505	9.9	10.1
Strongly agree	6	260	5.1	5.2
System missing (SYSMIS)	.	101	2.0	—
		5099	100.0	100.0

[K91_2] In the past month: I have felt apathetic about my studies and have often thought of quitting studies

Question

In the past month: I have felt apathetic about my studies and have often thought of quitting studies

Frequencies

label	value	n	%	v. %
Strongly disagree	1	1872	36.7	37.4
Disagree	2	1492	29.3	29.8
Disagree to some extent	3	604	11.8	12.1
Agree to some extent	4	680	13.3	13.6
Agree	5	223	4.4	4.5
Strongly agree	6	134	2.6	2.7
System missing (SYSMIS)	.	94	1.8	—
		5099	100.0	100.0

[K91_3] In the past month: I have often had feelings of inadequacy in my studies

Question

In the past month: I have often had feelings of inadequacy in my studies

Frequencies

label	value	n	%	v. %
Strongly disagree	1	896	17.6	17.9
Disagree	2	1321	25.9	26.4
Disagree to some extent	3	935	18.3	18.7
Agree to some extent	4	1222	24.0	24.4
Agree	5	452	8.9	9.0
Strongly agree	6	183	3.6	3.7
System missing (SYSMIS)	.	90	1.8	—
		5099	100.0	100.0

[K91_4] In the past month: I have often had trouble sleeping because of various study-related issues

Question

In the past month: I have often had trouble sleeping because of various study-related issues

Frequencies

label	value	n	%	v. %
Strongly disagree	1	1525	29.9	30.5
Disagree	2	1599	31.4	32.0
Disagree to some extent	3	790	15.5	15.8
Agree to some extent	4	816	16.0	16.3
Agree	5	202	4.0	4.0
Strongly agree	6	71	1.4	1.4
System missing (SYSMIS)	.	96	1.9	—
		5099	100.0	100.0

[K91_5] In the past month: I have felt that I'm losing interest in my studies

Question

In the past month: I have felt that I'm losing interest in my studies

Frequencies

label	value	n	%	v. %
Strongly disagree	1	1630	32.0	32.6
Disagree	2	1349	26.5	26.9
Disagree to some extent	3	647	12.7	12.9
Agree to some extent	4	863	16.9	17.2
Agree	5	326	6.4	6.5
Strongly agree	6	192	3.8	3.8
System missing (SYSMIS)	.	92	1.8	–
		5099	100.0	100.0

[K91_6] In the past month: I have constantly pondered whether my studies have any meaning**Question**

In the past month: I have constantly pondered whether my studies have any meaning

Frequencies

label	value	n	%	v. %
Strongly disagree	1	1682	33.0	33.6
Disagree	2	1222	24.0	24.4
Disagree to some extent	3	653	12.8	13.0
Agree to some extent	4	866	17.0	17.3
Agree	5	366	7.2	7.3
Strongly agree	6	216	4.2	4.3
System missing (SYSMIS)	.	94	1.8	–
		5099	100.0	100.0

[K91_7] In the past month: I have felt that I have less and less to contribute in my studies**Question**

In the past month: I have felt that I have less and less to contribute in my studies

Frequencies

label	value	n	%	v. %
Strongly disagree	1	1644	32.2	32.9

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label	value	n	%	v. %
Disagree	2	1627	31.9	32.6
Disagree to some extent	3	769	15.1	15.4
Agree to some extent	4	651	12.8	13.0
Agree	5	203	4.0	4.1
Strongly agree	6	104	2.0	2.1
System missing (SYSMIS)	.	101	2.0	–
		5099	100.0	100.0

[K91_8] In the past month: I have worried a lot over studies also in my spare time

Question

In the past month: I have worried a lot over studies also in my spare time

Frequencies

label	value	n	%	v. %
Strongly disagree	1	818	16.0	16.4
Disagree	2	1121	22.0	22.4
Disagree to some extent	3	823	16.1	16.5
Agree to some extent	4	1300	25.5	26.0
Agree	5	637	12.5	12.7
Strongly agree	6	299	5.9	6.0
System missing (SYSMIS)	.	101	2.0	–
		5099	100.0	100.0

[K91_9] In the past month: I used to expect to accomplish a lot more in my studies than I do now

Question

In the past month: I used to expect to accomplish a lot more in my studies than I do now

Frequencies

label	value	n	%	v. %
Strongly disagree	1	1017	19.9	20.4
Disagree	2	1314	25.8	26.3

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2. Variables

(cont. from previous page)

label	value	n	%	v. %
Disagree to some extent	3	695	13.6	13.9
Agree to some extent	4	1071	21.0	21.5
Agree	5	587	11.5	11.8
Strongly agree	6	308	6.0	6.2
System missing (SYSMIS)	.	107	2.1	–
		5099	100.0	100.0

[K91_10] In the past month: Study pressure has caused problems in my close relationships

Question

In the past month: Study pressure has caused problems in my close relationships

Frequencies

label	value	n	%	v. %
Strongly disagree	1	1700	33.3	34.0
Disagree	2	1561	30.6	31.3
Disagree to some extent	3	642	12.6	12.9
Agree to some extent	4	755	14.8	15.1
Agree	5	246	4.8	4.9
Strongly agree	6	91	1.8	1.8
System missing (SYSMIS)	.	104	2.0	–
		5099	100.0	100.0

[K91_11] In the past month: I have been full of energy when studying

Question

In the past month: I have been full of energy when studying

Frequencies

label	value	n	%	v. %
Strongly disagree	1	359	7.0	7.2
Disagree	2	1144	22.4	22.9
Disagree to some extent	3	1597	31.3	31.9
Agree to some extent	4	1428	28.0	28.5

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label	value	n	%	v. %
Agree	5	414	8.1	8.3
Strongly agree	6	61	1.2	1.2
System missing (SYSMIS)	.	96	1.9	–
		5099	100.0	100.0

[K91_12] In the past month: Studying has been very meaningful to me**Question***In the past month: Studying has been very meaningful to me***Frequencies**

label	value	n	%	v. %
Strongly disagree	1	110	2.2	2.2
Disagree	2	360	7.1	7.2
Disagree to some extent	3	749	14.7	15.0
Agree to some extent	4	1569	30.8	31.4
Agree	5	1603	31.4	32.1
Strongly agree	6	605	11.9	12.1
System missing (SYSMIS)	.	103	2.0	–
		5099	100.0	100.0

[K91_13] In the past month: It has seemed that time flies when I study**Question***In the past month: It has seemed that time flies when I study***Frequencies**

label	value	n	%	v. %
Strongly disagree	1	330	6.5	6.6
Disagree	2	863	16.9	17.3
Disagree to some extent	3	1403	27.5	28.1
Agree to some extent	4	1552	30.4	31.1
Agree	5	649	12.7	13.0
Strongly agree	6	196	3.8	3.9
System missing (SYSMIS)	.	106	2.1	–

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2. Variables

(cont. from previous page)

label	value	n	%	v. %
		5099	100.0	100.0

[K91_14] In the past month: I have felt energetic/productive when studying

Question

In the past month: I have felt energetic/productive when studying

Frequencies

label	value	n	%	v. %
Strongly disagree	1	249	4.9	5.0
Disagree	2	805	15.8	16.1
Disagree to some extent	3	1459	28.6	29.2
Agree to some extent	4	1813	35.6	36.3
Agree	5	586	11.5	11.7
Strongly agree	6	81	1.6	1.6
System missing (SYSMIS)	.	106	2.1	—
		5099	100.0	100.0

[K91_15] In the past month: I have been excited about studying

Question

In the past month: I have been excited about studying

Frequencies

label	value	n	%	v. %
Strongly disagree	1	200	3.9	4.0
Disagree	2	590	11.6	11.8
Disagree to some extent	3	1156	22.7	23.2
Agree to some extent	4	1799	35.3	36.1
Agree	5	962	18.9	19.3
Strongly agree	6	281	5.5	5.6
System missing (SYSMIS)	.	111	2.2	—
		5099	100.0	100.0

[K91_16] In the past month: When I have been studying, I have completely ignored my surroundings

Question

In the past month: When I have been studying, I have completely ignored my surroundings

Frequencies

label	value	n	%	v. %
Strongly disagree	1	477	9.4	9.5
Disagree	2	1412	27.7	28.3
Disagree to some extent	3	1663	32.6	33.3
Agree to some extent	4	1128	22.1	22.6
Agree	5	256	5.0	5.1
Strongly agree	6	62	1.2	1.2
System missing (SYSMIS)	.	101	2.0	—
		5099	100.0	100.0

[K91_17] In the past month: Studying has inspired me

Question

In the past month: Studying has inspired me

Frequencies

label	value	n	%	v. %
Strongly disagree	1	223	4.4	4.5
Disagree	2	643	12.6	12.9
Disagree to some extent	3	1166	22.9	23.3
Agree to some extent	4	1943	38.1	38.9
Agree	5	815	16.0	16.3
Strongly agree	6	206	4.0	4.1
System missing (SYSMIS)	.	103	2.0	—
		5099	100.0	100.0

[K91_18] In the past month: When I have woken up in the morning I have felt good about studying

Question

In the past month: When I have woken up in the morning I have felt good about studying

Frequencies

label	value	n	%	v. %
Strongly disagree	1	390	7.6	7.8
Disagree	2	823	16.1	16.5
Disagree to some extent	3	1406	27.6	28.2
Agree to some extent	4	1625	31.9	32.5
Agree	5	642	12.6	12.9
Strongly agree	6	107	2.1	2.1
System missing (SYSMIS)	.	106	2.1	–
		5099	100.0	100.0

[K91_19] In the past month: I have immersed myself in my studies**Question**

In the past month: I have immersed myself in my studies

Frequencies

label	value	n	%	v. %
Strongly disagree	1	485	9.5	9.7
Disagree	2	1120	22.0	22.4
Disagree to some extent	3	1675	32.8	33.6
Agree to some extent	4	1236	24.2	24.8
Agree	5	393	7.7	7.9
Strongly agree	6	82	1.6	1.6
System missing (SYSMIS)	.	108	2.1	–
		5099	100.0	100.0

[K92] Was your disposable income sufficient for your needs in the last 12 months?**Question**

Was your disposable income sufficient for your needs in the last 12 months?

Frequencies

label	value	n	%	v. %
Very sufficient	1	827	16.2	16.5
Sufficient enough	2	1530	30.0	30.5

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(cont. from previous page)

label	value	n	%	v. %
Sufficient when I lived frugally	3	1931	37.9	38.6
Money was very tight and my financial circumstances insecure	4	721	14.1	14.4
System missing (SYSMIS)	.	90	1.8	–
		5099	100.0	100.0

[K93A] Financial situation in the last 12 months: I had to work to get money for my basic living expenses

Question

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

Frequencies

label	value	n	%	v. %
No	0	1309	25.7	26.2
Yes	1	3509	68.8	70.2
Can't say	2	178	3.5	3.6
System missing (SYSMIS)	.	103	2.0	–
		5099	100.0	100.0

[K93B] Financial situation in the last 12 months: I got financial support from my parents or relatives in form of money, goods etc.

Question

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

Frequencies

label	value	n	%	v. %
No	0	1513	29.7	30.7
Yes	1	3331	65.3	67.6
Can't say	2	85	1.7	1.7
System missing (SYSMIS)	.	170	3.3	–
		5099	100.0	100.0

[K93C] Financial situation in the last 12 months: Housing costs were higher than half of my disposable income

Question

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

Frequencies

label	value	n	%	v. %
No	0	2090	41.0	42.4
Yes	1	2524	49.5	51.2
Can't say	2	320	6.3	6.5
System missing (SYSMIS)	.	165	3.2	—
		5099	100.0	100.0

[K94A1] Have you done any paid work in the last 12 months: Full-time work (30 hours or more per week) - Months in total

Question

Have you done any paid work in the last 12 months: Full-time work (30 hours or more per week) - Months in total

Descriptive statistics

statistic	value
number of valid cases	4947
minimum	0.00
maximum	12.00
mean	3.51
standard deviation	3.71

[K94A2] Have you done any paid work in the last 12 months: 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 in the last 12 months: 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	4713
minimum	0.00
maximum	12.00
mean	1.42
standard deviation	3.06

[K94A3] Have you done any paid work in the last 12 months: Full-time work (30 hours or more per week) - Was the work associated with your own field of study?

Question

Have you done any paid work in the last 12 months: Full-time work (30 hours or more per week) - Was the work associated with your own field of study?

Frequencies

label	value	n	%	v. %
Yes	0	1756	34.4	47.8
No	1	1918	37.6	52.2
System missing (SYSMIS)	.	1425	27.9	—
		5099	100.0	100.0

[K94B1] Have you done any paid work in the last 12 months: Regular part-time work - Hours per week

Question

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

Descriptive statistics

statistic	value
number of valid cases	4949
minimum	0.00
maximum	70.00
mean	5.91
standard deviation	8.84

[K94B2] Have you done any paid work in the last 12 months: Regular part-time work - Months in total

Question

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

Descriptive statistics

statistic	value
number of valid cases	4949
minimum	0.00
maximum	12.00
mean	2.64
standard deviation	4.03

[K94B3] Have you done any paid work in the last 12 months: Regular part-time work - Months during the academic year (i.e. excluding holiday times)

Question

Have you done any paid work in the last 12 months: Regular part-time work - Months during the academic year (i.e. excluding holiday times)

Descriptive statistics

statistic	value
number of valid cases	4949
minimum	0.00
maximum	12.00
mean	2.07
standard deviation	3.37

[K94B4] Have you done any paid work in the last 12 months: Regular part-time work - Was the work associated with your own field of study?

Question

Have you done any paid work in the last 12 months: Regular part-time work - Was the work associated with your own field of study?

Frequencies

label	value	n	%	v. %
Yes	0	1464	28.7	64.2
No	1	818	16.0	35.8
System missing (SYSMIS)	.	2817	55.2	—
		5099	100.0	100.0

[K94C1] Have you done any paid work in the last 12 months: Casual work during the academic year

Question

Have you done any paid work in the last 12 months: Casual work during the academic year

Frequencies

label	value	n	%	v. %
Not at all	0	3213	63.0	64.9
Occasionally	1	1409	27.6	28.5
Yes, often	2	327	6.4	6.6
System missing (SYSMIS)	.	150	2.9	—
		5099	100.0	100.0

[K94C2] Have you done any paid work in the last 12 months: Casual work during the academic year - Was the work associated with your own field of study?

Question

Have you done any paid work in the last 12 months: Casual work during the academic year - Was the work associated with your own field of study?

Frequencies

label	value	n	%	v. %
Yes	0	1039	20.4	52.9
No	1	925	18.1	47.1
System missing (SYSMIS)	.	3135	61.5	—
		5099	100.0	100.0

[K95] What is your current household composition?

Question

What is your current household composition?

Frequencies

label	value	n	%	v. %
I live alone in my flat/house or in a shared student flat	1	2123	41.6	42.2
I live in shared accommodation with other people (sharing resources or joint tenancy)	2	365	7.2	7.3
I live together with my partner/spouse (married, co- habiting or registered partnership)	3	1804	35.4	35.8
I live with partner/spouse and child/children	4	360	7.1	7.2
I live alone with child/children	5	40	0.8	0.8
I live with my parents	6	266	5.2	5.3
Other	7	75	1.5	1.5
System missing (SYSMIS)	.	66	1.3	–
		5099	100.0	100.0

[K96] Are you in a relationship (steady intimate relationship)?**Question**

Are you in a relationship (steady intimate relationship)?

Frequencies

label	value	n	%	v. %
No	0	1664	32.6	33.1
Yes, one	1	3345	65.6	66.5
Yes, two or more	2	21	0.4	0.4
System missing (SYSMIS)	.	69	1.4	–
		5099	100.0	100.0

[K97] How many times have you been married, or in a cohabiting relationship or a registered partnership?**Question**

How many times have you been married, or in a cohabiting relationship or a registered partnership?

Frequencies

label	value	n	%	v. %
Never	0	2222	43.6	44.2

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(cont. from previous page)

label		value	n	%	v. %	
Once (including riage/relationship/partnership)	current	mar-	1	2259	44.3	44.9
2 times (including riage/relationship/partnership)	current	mar-	2	474	9.3	9.4
3 times (including riage/relationship/partnership)	current	mar-	3	68	1.3	1.4
4 times (including riage/relationship/partnership)	current	mar-	4	5	0.1	0.1
System missing (SYSMIS)			.	71	1.4	–
				5099	100.0	100.0

[K98] How many children do you have? (categorised)**Question***How many children do you have? (categorised)***Frequencies**

label	value	n	%	v. %
	0	4243	83.2	91.1
	1	232	4.5	5.0
2 or more	2	184	3.6	3.9
System missing (SYSMIS)	.	440	8.6	–
		5099	100.0	100.0

[K99] 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	4601
minimum	0.00
maximum	10.00
mean	2.33

(continued on next page)

2. Variables

(cont. from previous page)

statistic	value
standard deviation	1.13

[K100] If you would like to have and don't yet have children, how old would you like to be when you have your first child?

Question

If you would like to have and don't yet have children, how old would you like to be when you have your first child?

Descriptive statistics

statistic	value
number of valid cases	4093
minimum	19.00
maximum	65.00
mean	28.48
standard deviation	2.99

[K101] Are you or your partner/spouse pregnant?

Question

Are you or your partner/spouse pregnant?

Frequencies

label	value	n	%	v. %
No	0	4852	95.2	97.2
Yes	1	140	2.7	2.8
System missing (SYSMIS)	.	107	2.1	—
		5099	100.0	100.0

[K102] 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 than once a month	0	274	5.4	5.4
1-3 times a month	1	1052	20.6	20.9
Approximately once a week	2	1312	25.7	26.1
2-3 times a week	3	1510	29.6	30.0
Almost every day	4	886	17.4	17.6
System missing (SYSMIS)	.	65	1.3	–
		5099	100.0	100.0

[K103] Do you feel lonely?

Question

Do you feel lonely?

Frequencies

label	value	n	%	v. %
No	0	2866	56.2	57.0
Yes, at times	1	1937	38.0	38.5
Yes, often	2	224	4.4	4.5
System missing (SYSMIS)	.	72	1.4	–
		5099	100.0	100.0

[K104] 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	1726	33.8	34.4
Yes	1	2779	54.5	55.3
Can't say	2	517	10.1	10.3
System missing (SYSMIS)	.	77	1.5	–
		5099	100.0	100.0

[K105] 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	57	1.1	1.1
Very rarely	1	210	4.1	4.2
Sometimes or about some issues	2	828	16.2	16.4
Often	3	1380	27.1	27.4
Always or most of the time	4	2561	50.2	50.9
System missing (SYSMIS)	.	63	1.2	–
		5099	100.0	100.0

[K106] How often have you participated in the activities of a voluntary organisation/association over the past year?

Question

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

Frequencies

label	value	n	%	v. %
Not at all or very rarely	0	2063	40.5	41.0
A few times a year	1	1010	19.8	20.1
1-3 times a month	2	805	15.8	16.0
Once a week or more often	3	1148	22.5	22.8
System missing (SYSMIS)	.	73	1.4	–
		5099	100.0	100.0

[K107A] When you last visited FSHS/student health care what was your experience of the services like? I got clarification on the issues that had worried me

Question

When you last visited FSHS/student health care what was your experience of the services like? I got clarification on the issues that had worried me

Frequencies

label	value	n	%	v. %
Strongly agree	1	1916	37.6	44.4
Agree	2	1797	35.2	41.7
Disagree a little	3	430	8.4	10.0
Strongly disagree	4	169	3.3	3.9
System missing (SYSMIS)	.	787	15.4	—
		5099	100.0	100.0

[K107B] When you last visited FSHS/student health care what was your experience of the services like? I was listened to and felt understood

Question

When you last visited FSHS/student health care what was your experience of the services like? I was listened to and felt understood

Frequencies

label	value	n	%	v. %
Strongly agree	1	2067	40.5	48.0
Agree	2	1690	33.1	39.3
Disagree a little	3	405	7.9	9.4
Strongly disagree	4	142	2.8	3.3
System missing (SYSMIS)	.	795	15.6	—
		5099	100.0	100.0

[K108_0] Reason for using other service provider than the FSHS/student health care: I have not used other service providers

Question

Reason for using other service provider than the FSHS/student health care: I have not used other service providers

2. Variables

Frequencies

label	value	n	%	v. %
Not mentioned	0	3466	68.0	71.3
Mentioned	1	1396	27.4	28.7
System missing (SYSMIS)	.	237	4.6	–
		5099	100.0	100.0

[K108_1] Reason for using other service provider than the FSHS/student health care: I did not have the right to use the FSHS/student health services for the whole 12-month period

Question

Reason for using other service provider than the FSHS/student health care: I did not have the right to use the FSHS/student health services for the whole 12-month period

Frequencies

label	value	n	%	v. %
Not mentioned	0	4500	88.3	92.6
Mentioned	1	362	7.1	7.4
System missing (SYSMIS)	.	237	4.6	–
		5099	100.0	100.0

[K108_2] Reason for using other service provider than the FSHS/student health care: I have been working / in military service / pregnant

Question

Reason for using other service provider than the FSHS/student health care: I have been working / in military service / pregnant

Frequencies

label	value	n	%	v. %
Not mentioned	0	3993	78.3	82.1
Mentioned	1	869	17.0	17.9
System missing (SYSMIS)	.	237	4.6	–
		5099	100.0	100.0

[K108_3] Reason for using other service provider than the FSHS/student health care: I was referred somewhere else

Question

Reason for using other service provider than the FSHS/student health care: I was referred somewhere else

Frequencies

label	value	n	%	v. %
Not mentioned	0	4239	83.1	87.2
Mentioned	1	623	12.2	12.8
System missing (SYSMIS)	.	237	4.6	–
		5099	100.0	100.0

[K108_4] Reason for using other service provider than the FSHS/student health care: I continue using the service provider that has treated me before

Question

Reason for using other service provider than the FSHS/student health care: I continue using the service provider that has treated me before

Frequencies

label	value	n	%	v. %
Not mentioned	0	4195	82.3	86.3
Mentioned	1	667	13.1	13.7
System missing (SYSMIS)	.	237	4.6	–
		5099	100.0	100.0

[K108_5] Reason for using other service provider than the FSHS/student health care: I needed help in a place where there were no FSHS/student health services

Question

Reason for using other service provider than the FSHS/student health care: I needed help in a place where there were no FSHS/student health services

Frequencies

2. Variables

label	value	n	%	v. %
Not mentioned	0	4475	87.8	92.0
Mentioned	1	387	7.6	8.0
System missing (SYSMIS)	.	237	4.6	–
		5099	100.0	100.0

[K108_6] Reason for using other service provider than the FSHS/student health care: I needed emergency care outside normal office hours

Question

Reason for using other service provider than the FSHS/student health care: I needed emergency care outside normal office hours

Frequencies

label	value	n	%	v. %
Not mentioned	0	4231	83.0	87.4
Mentioned	1	612	12.0	12.6
System missing (SYSMIS)	.	256	5.0	–
		5099	100.0	100.0

[K108_7] Reason for using other service provider than the FSHS/student health care: Student health care does not provide the service I want or I can no longer get it

Question

Reason for using other service provider than the FSHS/student health care: Student health care does not provide the service I want or I can no longer get it

Frequencies

label	value	n	%	v. %
Not mentioned	0	3908	76.6	80.4
Mentioned	1	954	18.7	19.6
System missing (SYSMIS)	.	237	4.6	–
		5099	100.0	100.0

[K108_8] Reason for using other service provider than the FSHS/student health care: I could not get an appointment quickly enough at student health care

Question

Reason for using other service provider than the FSHS/student health care: I could not get an appointment quickly enough at student health care

Frequencies

label	value	n	%	v. %
Not mentioned	0	4322	84.8	88.9
Mentioned	1	540	10.6	11.1
System missing (SYSMIS)	.	237	4.6	–
		5099	100.0	100.0

[K108_9] Reason for using other service provider than the FSHS/student health care: I have not been satisfied with the FSHS/student health services

Question

Reason for using other service provider than the FSHS/student health care: I have not been satisfied with the FSHS/student health services

Frequencies

label	value	n	%	v. %
Not mentioned	0	4611	90.4	94.8
Mentioned	1	251	4.9	5.2
System missing (SYSMIS)	.	237	4.6	–
		5099	100.0	100.0

[K108_10] Reason for using other service provider than the FSHS/student health care: Other reason

Question

Reason for using other service provider than the FSHS/student health care: Other reason

Frequencies

2. Variables

label	value	n	%	v. %
Not mentioned	0	4516	88.6	92.9
Mentioned	1	346	6.8	7.1
System missing (SYSMIS)	.	237	4.6	–
		5099	100.0	100.0

[K109A1] Have you visited a doctor, public health nurse or other health professional in the past year? Public health nurse in the FSHS/municipal student health care

Question

*Have you visited a doctor, public health nurse or other health professional in the past year?
Public health nurse in the FSHS/municipal student health care*

Frequencies

label	value	n	%	v. %
No	0	2697	52.9	56.3
Once	1	1202	23.6	25.1
2-5 times	2	827	16.2	17.3
Over 5 times	3	67	1.3	1.4
System missing (SYSMIS)	.	306	6.0	–
		5099	100.0	100.0

[K109A2] Have you visited a doctor, public health nurse or other health professional in the past year? Public health nurse in a health centre (other than student health care)

Question

*Have you visited a doctor, public health nurse or other health professional in the past year?
Public health nurse in a health centre (other than student health care)*

Frequencies

label	value	n	%	v. %
No	0	3269	64.1	69.6
Once	1	776	15.2	16.5
2-5 times	2	530	10.4	11.3
Over 5 times	3	120	2.4	2.6

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(cont. from previous page)

label	value	n	%	v. %
System missing (SYSMIS)	.	404	7.9	–
		5099	100.0	100.0

[K109A3] Have you visited a doctor, public health nurse or other health professional in the past year? Public health nurse working for other health service provider

Question

Have you visited a doctor, public health nurse or other health professional in the past year? Public health nurse working for other health service provider

Frequencies

label	value	n	%	v. %
No	0	3906	76.6	85.0
Once	1	355	7.0	7.7
2-5 times	2	284	5.6	6.2
Over 5 times	3	49	1.0	1.1
System missing (SYSMIS)	.	505	9.9	–
		5099	100.0	100.0

[K109B1] Have you visited a doctor, public health nurse or other health professional in the past year? Physiotherapist in the FSHS/municipal student health care

Question

Have you visited a doctor, public health nurse or other health professional in the past year? Physiotherapist in the FSHS/municipal student health care

Frequencies

label	value	n	%	v. %
No	0	4508	88.4	96.0
Once	1	99	1.9	2.1
2-5 times	2	77	1.5	1.6
Over 5 times	3	14	0.3	0.3

(continued on next page)

2. Variables

(cont. from previous page)

label	value	n	%	v. %
System missing (SYSMIS)	.	401	7.9	–
		5099	100.0	100.0

[K109B2] Have you visited a doctor, public health nurse or other health professional in the past year? Physiotherapist in a health centre (other than student health care)

Question

Have you visited a doctor, public health nurse or other health professional in the past year? Physiotherapist in a health centre (other than student health care)

Frequencies

label	value	n	%	v. %
No	0	4520	88.6	97.8
Once	1	54	1.1	1.2
2-5 times	2	29	0.6	0.6
Over 5 times	3	19	0.4	0.4
System missing (SYSMIS)	.	477	9.4	–
		5099	100.0	100.0

[K109B3] Have you visited a doctor, public health nurse or other health professional in the past year? Physiotherapist working for other health service provider

Question

Have you visited a doctor, public health nurse or other health professional in the past year? Physiotherapist working for other health service provider

Frequencies

label	value	n	%	v. %
No	0	4285	84.0	92.3
Once	1	114	2.2	2.5
2-5 times	2	151	3.0	3.3
Over 5 times	3	94	1.8	2.0

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(cont. from previous page)

label	value	n	%	v. %
System missing (SYSMIS)	.	455	8.9	–
		5099	100.0	100.0

[K109C1] Have you visited a doctor, public health nurse or other health professional in the past year? General practitioner in the FSHS/municipal student health care

Question

*Have you visited a doctor, public health nurse or other health professional in the past year?
General practitioner in the FSHS/municipal student health care*

Frequencies

label	value	n	%	v. %
No	0	3303	64.8	70.7
Once	1	784	15.4	16.8
2-5 times	2	534	10.5	11.4
Over 5 times	3	50	1.0	1.1
System missing (SYSMIS)	.	428	8.4	–
		5099	100.0	100.0

[K109C2] Have you visited a doctor, public health nurse or other health professional in the past year? General practitioner in a health centre (other than student health care)

Question

*Have you visited a doctor, public health nurse or other health professional in the past year?
General practitioner in a health centre (other than student health care)*

Frequencies

label	value	n	%	v. %
No	0	2983	58.5	63.8
Once	1	898	17.6	19.2
2-5 times	2	717	14.1	15.3
Over 5 times	3	78	1.5	1.7

(continued on next page)

2. Variables

(cont. from previous page)

label	value	n	%	v. %
System missing (SYSMIS)	.	423	8.3	–
		5099	100.0	100.0

[K109C3] Have you visited a doctor, public health nurse or other health professional in the past year? General practitioner working for other health service provider

Question

*Have you visited a doctor, public health nurse or other health professional in the past year?
General practitioner working for other health service provider*

Frequencies

label	value	n	%	v. %
No	0	3556	69.7	76.8
Once	1	516	10.1	11.1
2-5 times	2	471	9.2	10.2
Over 5 times	3	85	1.7	1.8
System missing (SYSMIS)	.	471	9.2	–
		5099	100.0	100.0

[K109D1] Have you visited a doctor, public health nurse or other health professional in the past year? Specialist doctor in the FSHS/municipal student health care

Question

*Have you visited a doctor, public health nurse or other health professional in the past year?
Specialist doctor in the FSHS/municipal student health care*

Frequencies

label	value	n	%	v. %
No	0	4085	80.1	87.6
Once	1	380	7.5	8.1
2-5 times	2	180	3.5	3.9
Over 5 times	3	19	0.4	0.4

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(cont. from previous page)

label	value	n	%	v. %
System missing (SYSMIS)	.	435	8.5	–
		5099	100.0	100.0

[K109D2] Have you visited a doctor, public health nurse or other health professional in the past year? Specialist doctor in a health centre (other than student health care)

Question

*Have you visited a doctor, public health nurse or other health professional in the past year?
Specialist doctor in a health centre (other than student health care)*

Frequencies

label	value	n	%	v. %
No	0	4184	82.1	91.0
Once	1	241	4.7	5.2
2-5 times	2	146	2.9	3.2
Over 5 times	3	29	0.6	0.6
System missing (SYSMIS)	.	499	9.8	–
		5099	100.0	100.0

[K109D3] Have you visited a doctor, public health nurse or other health professional in the past year? Specialist doctor working for other health service provider

Question

*Have you visited a doctor, public health nurse or other health professional in the past year?
Specialist doctor working for other health service provider*

Frequencies

label	value	n	%	v. %
No	0	3581	70.2	76.7
Once	1	612	12.0	13.1
2-5 times	2	401	7.9	8.6
Over 5 times	3	77	1.5	1.6

(continued on next page)

2. Variables

(cont. from previous page)

label	value	n	%	v. %
System missing (SYSMIS)	.	428	8.4	–
		5099	100.0	100.0

[K109E1] Have you visited a doctor, public health nurse or other health professional in the past year? Dental hygienist in the FSHS/municipal student health care

Question

*Have you visited a doctor, public health nurse or other health professional in the past year?
Dental hygienist in the FSHS/municipal student health care*

Frequencies

label	value	n	%	v. %
No	0	4006	78.6	85.0
Once	1	543	10.6	11.5
2-5 times	2	155	3.0	3.3
Over 5 times	3	8	0.2	0.2
System missing (SYSMIS)	.	387	7.6	–
		5099	100.0	100.0

[K109E2] Have you visited a doctor, public health nurse or other health professional in the past year? Dental hygienist in a health centre (other than student health care)

Question

*Have you visited a doctor, public health nurse or other health professional in the past year?
Dental hygienist in a health centre (other than student health care)*

Frequencies

label	value	n	%	v. %
No	0	4234	83.0	91.3
Once	1	305	6.0	6.6
2-5 times	2	91	1.8	2.0
Over 5 times	3	5	0.1	0.1

(continued on next page)

(cont. from previous page)

label	value	n	%	v. %
System missing (SYSMIS)	.	464	9.1	–
		5099	100.0	100.0

[K109E3] Have you visited a doctor, public health nurse or other health professional in the past year? Dental hygienist working for other health service provider

Question

*Have you visited a doctor, public health nurse or other health professional in the past year?
Dental hygienist working for other health service provider*

Frequencies

label	value	n	%	v. %
No	0	4421	86.7	95.7
Once	1	165	3.2	3.6
2-5 times	2	33	0.6	0.7
Over 5 times	3	3	0.1	0.1
System missing (SYSMIS)	.	477	9.4	–
		5099	100.0	100.0

[K109F1] Have you visited a doctor, public health nurse or other health professional in the past year? Dentist in the FSHS/municipal student health care

Question

*Have you visited a doctor, public health nurse or other health professional in the past year?
Dentist in the FSHS/municipal student health care*

Frequencies

label	value	n	%	v. %
No	0	3566	69.9	75.6
Once	1	627	12.3	13.3
2-5 times	2	463	9.1	9.8
Over 5 times	3	64	1.3	1.4

(continued on next page)

2. Variables

(cont. from previous page)

label	value	n	%	v. %
System missing (SYSMIS)	.	379	7.4	–
		5099	100.0	100.0

[K109F2] Have you visited a doctor, public health nurse or other health professional in the past year? Dentist in a health centre (other than student health care)

Question

*Have you visited a doctor, public health nurse or other health professional in the past year?
Dentist in a health centre (other than student health care)*

Frequencies

label	value	n	%	v. %
No	0	3882	76.1	83.7
Once	1	491	9.6	10.6
2-5 times	2	236	4.6	5.1
Over 5 times	3	31	0.6	0.7
System missing (SYSMIS)	.	459	9.0	–
		5099	100.0	100.0

[K109F3] Have you visited a doctor, public health nurse or other health professional in the past year? Dentist working for other health service provider

Question

*Have you visited a doctor, public health nurse or other health professional in the past year?
Dentist working for other health service provider*

Frequencies

label	value	n	%	v. %
No	0	4104	80.5	88.4
Once	1	326	6.4	7.0
2-5 times	2	177	3.5	3.8
Over 5 times	3	34	0.7	0.7
System missing (SYSMIS)	.	458	9.0	–
		5099	100.0	100.0

[K109G1] Have you visited a doctor, public health nurse or other health professional in the past year? Specialised dentist in the FSHS/municipal student health care

Question

Have you visited a doctor, public health nurse or other health professional in the past year? Specialised dentist in the FSHS/municipal student health care

Frequencies

label	value	n	%	v. %
No	0	4535	88.9	96.4
Once	1	102	2.0	2.2
2-5 times	2	67	1.3	1.4
Over 5 times	3	2	0.0	0.0
System missing (SYSMIS)	.	393	7.7	–
		5099	100.0	100.0

[K109G2] Have you visited a doctor, public health nurse or other health professional in the past year? Specialised dentist in a health centre (other than student health care)

Question

Have you visited a doctor, public health nurse or other health professional in the past year? Specialised dentist in a health centre (other than student health care)

Frequencies

label	value	n	%	v. %
No	0	4574	89.7	98.7
Once	1	41	0.8	0.9
2-5 times	2	15	0.3	0.3
Over 5 times	3	6	0.1	0.1
System missing (SYSMIS)	.	463	9.1	–
		5099	100.0	100.0

[K109G3] Have you visited a doctor, public health nurse or other health professional in the past year? Specialised dentist working for other health service provider

Question

Have you visited a doctor, public health nurse or other health professional in the past year? Specialised dentist working for other health service provider

Frequencies

label	value	n	%	v. %
No	0	4512	88.5	97.3
Once	1	74	1.5	1.6
2-5 times	2	38	0.7	0.8
Over 5 times	3	15	0.3	0.3
System missing (SYSMIS)	.	460	9.0	–
		5099	100.0	100.0

[K109H1] Have you visited a doctor, public health nurse or other health professional in the past year? Psychologist in the FSHS/municipal student health care

Question

Have you visited a doctor, public health nurse or other health professional in the past year? Psychologist in the FSHS/municipal student health care

Frequencies

label	value	n	%	v. %
No	0	4515	88.5	95.9
Once	1	58	1.1	1.2
2-5 times	2	77	1.5	1.6
Over 5 times	3	59	1.2	1.3
System missing (SYSMIS)	.	390	7.6	–
		5099	100.0	100.0

[K109H2] Have you visited a doctor, public health nurse or other health professional in the past year? Psychologist in a health centre (other than student health care)

Question

*Have you visited a doctor, public health nurse or other health professional in the past year?
Psychologist in a health centre (other than student health care)*

Frequencies

label	value	n	%	v. %
No	0	4573	89.7	98.5
Once	1	22	0.4	0.5
2-5 times	2	19	0.4	0.4
Over 5 times	3	27	0.5	0.6
System missing (SYSMIS)	.	458	9.0	–
		5099	100.0	100.0

[K109H3] Have you visited a doctor, public health nurse or other health professional in the past year? Psychologist working for other health service provider

Question

*Have you visited a doctor, public health nurse or other health professional in the past year?
Psychologist working for other health service provider*

Frequencies

label	value	n	%	v. %
No	0	4493	88.1	96.6
Once	1	37	0.7	0.8
2-5 times	2	40	0.8	0.9
Over 5 times	3	80	1.6	1.7
System missing (SYSMIS)	.	449	8.8	–
		5099	100.0	100.0

[K109I1] Have you visited a doctor, public health nurse or other health professional in the past year? Psychiatrist in the FSHS/municipal student health care

Question

*Have you visited a doctor, public health nurse or other health professional in the past year?
Psychiatrist in the FSHS/municipal student health care*

Frequencies

label	value	n	%	v. %
No	0	4605	90.3	98.0
Once	1	30	0.6	0.6
2-5 times	2	40	0.8	0.9
Over 5 times	3	26	0.5	0.6
System missing (SYSMIS)	.	398	7.8	–
		5099	100.0	100.0

[K109I2] Have you visited a doctor, public health nurse or other health professional in the past year? Psychiatrist in a health centre (other than student health care)

Question

*Have you visited a doctor, public health nurse or other health professional in the past year?
Psychiatrist in a health centre (other than student health care)*

Frequencies

label	value	n	%	v. %
No	0	4587	90.0	98.9
Once	1	19	0.4	0.4
2-5 times	2	18	0.4	0.4
Over 5 times	3	12	0.2	0.3
System missing (SYSMIS)	.	463	9.1	–
		5099	100.0	100.0

[K109I3] Have you visited a doctor, public health nurse or other health professional in the past year? Psychiatrist working for other health service provider

Question

*Have you visited a doctor, public health nurse or other health professional in the past year?
Psychiatrist working for other health service provider*

Frequencies

label	value	n	%	v. %
No	0	4541	89.1	97.6
Once	1	30	0.6	0.6
2-5 times	2	36	0.7	0.8
Over 5 times	3	46	0.9	1.0
System missing (SYSMIS)	.	446	8.7	–
		5099	100.0	100.0

[K110_1] 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. %
Not mentioned	0	4049	79.4	80.3
Mentioned	1	996	19.5	19.7
System missing (SYSMIS)	.	54	1.1	–
		5099	100.0	100.0

[K110_2] Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Problems caused by anxiety/nervousness

Question

*Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures)
in the following matters: Problems caused by anxiety/nervousness*

Frequencies

label	value	n	%	v. %
Not mentioned	0	4224	82.8	83.7
Mentioned	1	821	16.1	16.3
System missing (SYSMIS)	.	54	1.1	–
		5099	100.0	100.0

[K110_3] Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Social relationships or self-esteem

Question

Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Social relationships or self-esteem

Frequencies

label	value	n	%	v. %
Not mentioned	0	4246	83.3	84.2
Mentioned	1	799	15.7	15.8
System missing (SYSMIS)	.	54	1.1	–
		5099	100.0	100.0

[K110_4] Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Sexuality

Question

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

Frequencies

label	value	n	%	v. %
Not mentioned	0	4707	92.3	93.3
Mentioned	1	338	6.6	6.7
System missing (SYSMIS)	.	54	1.1	–
		5099	100.0	100.0

[K110_5] Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Eating-related problem

Question

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

Frequencies

label	value	n	%	v. %
Not mentioned	0	4862	95.4	96.4
Mentioned	1	183	3.6	3.6
System missing (SYSMIS)	.	54	1.1	–
		5099	100.0	100.0

[K110_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. %
Not mentioned	0	4335	85.0	85.9
Mentioned	1	710	13.9	14.1
System missing (SYSMIS)	.	54	1.1	–
		5099	100.0	100.0

[K110_7] 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

2. Variables

label	value	n	%	v. %
Not mentioned	0	4392	86.1	87.1
Mentioned	1	653	12.8	12.9
System missing (SYSMIS)	.	54	1.1	–
		5099	100.0	100.0

[K110_8] 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. %
Not mentioned	0	4406	86.4	87.3
Mentioned	1	639	12.5	12.7
System missing (SYSMIS)	.	54	1.1	–
		5099	100.0	100.0

[K110_9] Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Ergonomics

Question

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

Frequencies

label	value	n	%	v. %
Not mentioned	0	4468	87.6	88.6
Mentioned	1	577	11.3	11.4
System missing (SYSMIS)	.	54	1.1	–
		5099	100.0	100.0

[K110_10] 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. %
Not mentioned	0	4960	97.3	98.3
Mentioned	1	85	1.7	1.7
System missing (SYSMIS)	.	54	1.1	–
		5099	100.0	100.0

[K110_11] 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. %
Not mentioned	0	4882	95.7	96.8
Mentioned	1	163	3.2	3.2
System missing (SYSMIS)	.	54	1.1	–
		5099	100.0	100.0

[K110_12] Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Other addiction (gambling, Internet etc.)

Question

Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Other addiction (gambling, Internet etc.)

Frequencies

label	value	n	%	v. %
Not mentioned	0	4994	97.9	99.0
Mentioned	1	51	1.0	1.0
System missing (SYSMIS)	.	54	1.1	–
		5099	100.0	100.0

[K110_13] 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. %
Not mentioned	0	4073	79.9	80.7
Mentioned	1	972	19.1	19.3
System missing (SYSMIS)	.	54	1.1	–
		5099	100.0	100.0

[K110_14] Would you like to get 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 get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Allergies and skin issues

Frequencies

label	value	n	%	v. %
Not mentioned	0	4617	90.5	91.5
Mentioned	1	428	8.4	8.5
System missing (SYSMIS)	.	54	1.1	–
		5099	100.0	100.0

[K110_15] Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Vaccines

Question

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

Frequencies

label	value	n	%	v. %
Not mentioned	0	4738	92.9	93.9
Mentioned	1	307	6.0	6.1
System missing (SYSMIS)	.	54	1.1	–
		5099	100.0	100.0

[K110_16] Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Other problem

Question

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

Frequencies

label	value	n	%	v. %
Not mentioned	0	4989	97.8	98.9
Mentioned	1	56	1.1	1.1
System missing (SYSMIS)	.	54	1.1	–
		5099	100.0	100.0

[K111] How much were you bullied when you were in school?

Question

How much were you bullied when you were in school?

Frequencies

2. Variables

label	value	n	%	v. %
Hardly at all	0	3152	61.8	63.1
For some months	1	833	16.3	16.7
For a year	2	290	5.7	5.8
For several years	3	723	14.2	14.5
System missing (SYSMIS)	.	101	2.0	–
		5099	100.0	100.0

[K112] Thinking about the periods of time when you were bullied, how often did it happen?

Question

Thinking about the periods of time when you were bullied, how often did it happen?

Frequencies

label	value	n	%	v. %
Was not bullied at all	0	2019	39.6	41.5
Occasionally, now and then	1	1889	37.0	38.9
Every week	2	610	12.0	12.5
Daily	3	343	6.7	7.1
System missing (SYSMIS)	.	238	4.7	–
		5099	100.0	100.0

[K113_1] If you were bullied, what kind of bullying was it? Physical abuse

Question

If you were bullied, what kind of bullying was it? Physical abuse

Frequencies

label	value	n	%	v. %
Never	1	3175	62.3	81.7
Occasionally	2	635	12.5	16.3
Once a week	3	57	1.1	1.5
Daily	4	18	0.4	0.5
System missing (SYSMIS)	.	1214	23.8	–
		5099	100.0	100.0

[K113_2] If you were bullied, what kind of bullying was it? Verbal abuse**Question**

If you were bullied, what kind of bullying was it? Verbal abuse

Frequencies

label	value	n	%	v. %
Never	1	1152	22.6	29.0
Occasionally	2	1849	36.3	46.5
Once a week	3	568	11.1	14.3
Daily	4	406	8.0	10.2
System missing (SYSMIS)	.	1124	22.0	—
		5099	100.0	100.0

[K113_3] If you were bullied, what kind of bullying was it? Exclusion, shunning, discrimination**Question**

If you were bullied, what kind of bullying was it? Exclusion, shunning, discrimination

Frequencies

label	value	n	%	v. %
Never	1	2052	40.2	52.2
Occasionally	2	1166	22.9	29.7
Once a week	3	328	6.4	8.3
Daily	4	386	7.6	9.8
System missing (SYSMIS)	.	1167	22.9	—
		5099	100.0	100.0

[K113_4] If you were bullied, what kind of bullying was it? Hurting your friendships**Question**

If you were bullied, what kind of bullying was it? Hurting your friendships

Frequencies

2. Variables

label	value	n	%	v. %
Never	1	2784	54.6	71.5
Occasionally	2	851	16.7	21.9
Once a week	3	142	2.8	3.6
Daily	4	115	2.3	3.0
System missing (SYSMIS)	.	1207	23.7	–
		5099	100.0	100.0

[K114] Compared to your classmates, how much did you yourself bully other pupils?

Question

Compared to your classmates, how much did you yourself bully other pupils?

Frequencies

label	value	n	%	v. %
Never	0	2131	41.8	42.9
Very little	1	2658	52.1	53.4
Quite a lot	2	175	3.4	3.5
A lot	3	9	0.2	0.2
System missing (SYSMIS)	.	126	2.5	–
		5099	100.0	100.0

[K115] Have you, during your studies, been the target of repeated physical abuse, verbal abuse and/or exclusion/discrimination by one or more other students?

Question

Have you, during your studies, been the target of repeated physical abuse, verbal abuse and/or exclusion/discrimination by one or more other students?

Frequencies

label	value	n	%	v. %
Never	0	3712	72.8	74.6
Very little	1	984	19.3	19.8
Quite a lot	2	224	4.4	4.5
A lot	3	53	1.0	1.1
System missing (SYSMIS)	.	126	2.5	–

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label	value	n	%	v. %
		5099	100.0	100.0

[K116] During your studies, have you, in your opinion, repeatedly physically or verbally abused or discriminated against/excluded one or more students?

Question

During your studies, have you, in your opinion, repeatedly physically or verbally abused or discriminated against/excluded one or more students?

Frequencies

label	value	n	%	v. %
Never	0	3599	70.6	72.4
Very little	1	1285	25.2	25.9
Quite a lot	2	76	1.5	1.5
A lot	3	9	0.2	0.2
System missing (SYSMIS)	.	130	2.5	—
		5099	100.0	100.0

[K117] Is your sexual orientation...

Question

Is your sexual orientation...

Frequencies

label	value	n	%	v. %
Heterosexual	1	4774	93.6	95.5
Gay/lesbian	2	53	1.0	1.1
Bisexual	3	173	3.4	3.5
System missing (SYSMIS)	.	99	1.9	—
		5099	100.0	100.0

[K118] At what age did you have sexual intercourse for the first time?

Question

At what age did you have sexual intercourse for the first time?

Descriptive statistics

statistic	value
number of valid cases	4479
minimum	5.00
maximum	31.00
mean	17.39
standard deviation	2.42

[K119] How often have you had sexual intercourse in the past month?**Question**

How often have you had sexual intercourse in the past month?

Frequencies

label	value	n	%	v. %
Never	0	1402	27.5	28.2
Less than once a week	1	1323	25.9	26.6
Once a week	2	2254	44.2	45.3
System missing (SYSMIS)	.	120	2.4	—
		5099	100.0	100.0

[K120] Have you ever had chlamydia?**Question**

Have you ever had chlamydia?

Frequencies

label	value	n	%	v. %
No	0	4613	90.5	92.9
Yes	1	354	6.9	7.1
System missing (SYSMIS)	.	132	2.6	—
		5099	100.0	100.0

[K121_0] Which contraceptive method have you and your partner used in the past month? Nothing**Question**

Which contraceptive method have you and your partner used in the past month? Nothing

Frequencies

label	value	n	%	v. %
Not mentioned	0	3429	67.2	76.0
Mentioned	1	1084	21.3	24.0
System missing (SYSMIS)	.	586	11.5	–
		5099	100.0	100.0

[K121_1] Which contraceptive method have you and your partner used in the past month? Condom**Question**

Which contraceptive method have you and your partner used in the past month? Condom

Frequencies

label	value	n	%	v. %
Not mentioned	0	2985	58.5	66.1
Mentioned	1	1528	30.0	33.9
System missing (SYSMIS)	.	586	11.5	–
		5099	100.0	100.0

[K121_2] Which contraceptive method have you and your partner used in the past month? Contraceptive pill**Question**

Which contraceptive method have you and your partner used in the past month? Contraceptive pill

Frequencies

label	value	n	%	v. %
Not mentioned	0	2543	49.9	56.3
Mentioned	1	1970	38.6	43.7
System missing (SYSMIS)	.	586	11.5	–
		5099	100.0	100.0

[K121_3] Which contraceptive method have you and your partner used in the past month? Contraceptive patch

Question

Which contraceptive method have you and your partner used in the past month? Contraceptive patch

Frequencies

label	value	n	%	v. %
Not mentioned	0	4472	87.7	99.1
Mentioned	1	41	0.8	0.9
System missing (SYSMIS)	.	586	11.5	–
		5099	100.0	100.0

[K121_4] Which contraceptive method have you and your partner used in the past month? Contraceptive ring

Question

Which contraceptive method have you and your partner used in the past month? Contraceptive ring

Frequencies

label	value	n	%	v. %
Not mentioned	0	4236	83.1	93.9
Mentioned	1	277	5.4	6.1
System missing (SYSMIS)	.	586	11.5	–
		5099	100.0	100.0

[K121_5] Which contraceptive method have you and your partner used in the past month? Contraceptive implant

Question

Which contraceptive method have you and your partner used in the past month? Contraceptive implant

Frequencies

label	value	n	%	v. %
Not mentioned	0	4486	88.0	99.4
Mentioned	1	27	0.5	0.6
System missing (SYSMIS)	.	586	11.5	–
		5099	100.0	100.0

[K121_6] Which contraceptive method have you and your partner used in the past month? Hormonal intrauterine device

Question

Which contraceptive method have you and your partner used in the past month? Hormonal intrauterine device

Frequencies

label	value	n	%	v. %
Not mentioned	0	4423	86.7	98.0
Mentioned	1	90	1.8	2.0
System missing (SYSMIS)	.	586	11.5	–
		5099	100.0	100.0

[K121_7] Which contraceptive method have you and your partner used in the past month? Copper intrauterine device

Question

Which contraceptive method have you and your partner used in the past month? Copper intrauterine device

Frequencies

label	value	n	%	v. %
Not mentioned	0	4467	87.6	99.0
Mentioned	1	46	0.9	1.0
System missing (SYSMIS)	.	586	11.5	–
		5099	100.0	100.0

[K122A] Have you or has your partner ever used emergency contraception?

Question

Have you or has your partner ever used emergency contraception?

2. Variables

Frequencies

label	value	n	%	v. %
No	0	2614	51.3	54.8
Yes	1	1898	37.2	39.8
Don't know	2	258	5.1	5.4
System missing (SYSMIS)	.	329	6.5	—
		5099	100.0	100.0

[K122B] Have you or has your partner ever used emergency contraception? How many times?

Question

Have you or has your partner ever used emergency contraception? How many times?

Descriptive statistics

statistic	value
number of valid cases	1883
minimum	1.00
maximum	30.00
mean	1.83
standard deviation	1.35

[K123] Have you or has your partner ever had an abortion?

Question

Have you or has your partner ever had an abortion?

Frequencies

label	value	n	%	v. %
No	0	4437	87.0	93.1
Yes	1	250	4.9	5.2
Don't know	2	81	1.6	1.7
System missing (SYSMIS)	.	331	6.5	—
		5099	100.0	100.0

[K124_0] Have you had problems with using condom? Have not used condom

Question

Have you had problems with using condom? Have not used condom

Frequencies

label	value	n	%	v. %
Not mentioned	0	4180	82.0	88.8
Mentioned	1	525	10.3	11.2
System missing (SYSMIS)	.	394	7.7	—
		5099	100.0	100.0

[K124_1] Have you had problems with using condom? Have not had problems

Question

Have you had problems with using condom? Have not had problems

Frequencies

label	value	n	%	v. %
Not mentioned	0	1862	36.5	39.6
Mentioned	1	2843	55.8	60.4
System missing (SYSMIS)	.	394	7.7	—
		5099	100.0	100.0

[K124_2] Have you had problems with using condom: Condom has slipped off

Question

Have you had problems with using condom: Condom has slipped off

Frequencies

label	value	n	%	v. %
Not mentioned	0	4275	83.8	90.9

(continued on next page)

2. Variables

(cont. from previous page)

label	value	n	%	v. %
Mentioned	1	430	8.4	9.1
System missing (SYSMIS)	.	394	7.7	–
		5099	100.0	100.0

[K124_3] Have you had problems with using condom? Condom has broken

Question

Have you had problems with using condom? Condom has broken

Frequencies

label	value	n	%	v. %
Not mentioned	0	3867	75.8	82.2
Mentioned	1	838	16.4	17.8
System missing (SYSMIS)	.	394	7.7	–
		5099	100.0	100.0

[K124_4] Have you had problems with using condom? Some other problem

Question

Have you had problems with using condom? Some other problem

Frequencies

label	value	n	%	v. %
Not mentioned	0	4355	85.4	92.6
Mentioned	1	350	6.9	7.4
System missing (SYSMIS)	.	394	7.7	–
		5099	100.0	100.0

[K125] Have you ever used erection-enhancing drugs?

Question

Have you ever used erection-enhancing drugs?

Frequencies

label	value	n	%	v. %
Never	0	1710	33.5	97.6
1-5 times	1	35	0.7	2.0
Occasionally	2	5	0.1	0.3
Use constantly	3	2	0.0	0.1
System missing (SYSMIS)	.	3347	65.6	–
		5099	100.0	100.0

[K126] If you have used erection-enhancing drugs, how did you get them?

Question

If you have used erection-enhancing drugs, how did you get them?

Frequencies

label	value	n	%	v. %
With a prescription	1	23	0.5	46.9
Purchased online over the Internet	2	5	0.1	10.2
From a friend	3	21	0.4	42.9
System missing (SYSMIS)	.	5050	99.0	–
		5099	100.0	100.0

[K127_1] What do you think is the age when a woman's chance of getting pregnant starts to decrease a little?

Question

What do you think is the age when a woman's chance of getting pregnant starts to decrease a little?

Descriptive statistics

statistic	value
number of valid cases	4931
minimum	17.00
maximum	60.00
mean	34.25
standard deviation	6.29

[K127_2] What do you think is the age when a woman's chance of getting pregnant starts to decrease significantly?**Question**

What do you think is the age when a woman's chance of getting pregnant starts to decrease significantly?

Descriptive statistics

statistic	value
number of valid cases	4940
minimum	18.00
maximum	80.00
mean	42.73
standard deviation	6.89

[K127_3A] If a man and a woman have regular intercourse for a period of one year, not using contraception, what do you think is the percentage of women that get pregnant at 25-30 years old?**Question**

If a man and a woman have regular intercourse for a period of one year, not using contraception, what do you think is the percentage of women that get pregnant at 25-30 years old?

Descriptive statistics

statistic	value
number of valid cases	4853
minimum	2.00
maximum	100.00
mean	76.09
standard deviation	18.99

[K127_3B] If a man and a woman have regular intercourse for a period of one year, not using contraception, what do you think is the percentage of women that get pregnant at 35-40 years old?**Question**

If a man and a woman have regular intercourse for a period of one year, not using contraception, what do you think is the percentage of women that get pregnant at 35-40 years old?

Descriptive statistics

statistic	value
number of valid cases	4844
minimum	0.00
maximum	100.00
mean	52.85
standard deviation	21.72

[K128] Have you had acne in the past 12 months?**Question**

Have you had acne in the past 12 months?

Frequencies

label	value	n	%	v. %
No	0	2005	39.3	66.5
Yes	1	1010	19.8	33.5
System missing (SYSMIS)	.	2084	40.9	–
		5099	100.0	100.0

[K129] Have you visited a doctor because of acne in the past 12 months?**Question**

Have you visited a doctor because of acne in the past 12 months?

Frequencies

label	value	n	%	v. %
No	0	2260	44.3	90.0
Yes	1	252	4.9	10.0
System missing (SYSMIS)	.	2587	50.7	–
		5099	100.0	100.0

[K130] Do you feel acne has caused or causes harm in your social relationships?**Question**

Do you feel acne has caused or causes harm in your social relationships?

Frequencies

label	value	n	%	v. %
No, not at all	0	1459	28.6	59.4
Yes, to some extent	1	830	16.3	33.8
Yes, a lot	2	167	3.3	6.8
System missing (SYSMIS)	.	2643	51.8	—
		5099	100.0	100.0

[K131_1A] Have you used the following treatments for acne? Antibiotics (e.g. Apocyclin, Tetralysal) in the last 12 months, how many months in total

Question

Have you used the following treatments for acne? Antibiotics (e.g. Apocyclin, Tetralysal) in the last 12 months, how many months in total

Descriptive statistics

statistic	value
number of valid cases	117
minimum	1.00
maximum	12.00
mean	3.41
standard deviation	2.43

[K131_1B] Have you used the following treatments for acne? Antibiotics (e.g. Apocyclin, Tetralysal) in previous years

Question

Have you used the following treatments for acne? Antibiotics (e.g. Apocyclin, Tetralysal) in previous years

Frequencies

label	value	n	%	v. %
Have used in previous years	2	551	10.8	100.0
System missing (SYSMIS)	.	4548	89.2	—
		5099	100.0	100.0

[K131_2A] Have you used the following treatments for acne? Isotretinoin (Roaccutane, Isotretinoin) in the last 12 months, how many months in total

Question

Have you used the following treatments for acne? Isotretinoin (Roaccutane, Isotretinoin) in the last 12 months, how many months in total

Descriptive statistics

statistic	value
number of valid cases	64
minimum	1.00
maximum	12.00
mean	5.44
standard deviation	2.98

[K131_2B] Have you used the following treatments for acne? Isotretinoin (Roaccutane, Isotretinoin) in previous years

Question

Have you used the following treatments for acne? Isotretinoin (Roaccutane, Isotretinoin) in previous years

Frequencies

label	value	n	%	v. %
Have used in previous years	2	343	6.7	100.0
System missing (SYSMIS)	.	4756	93.3	–
		5099	100.0	100.0

[K131_3A] Have you used the following treatments for acne? Tretinoin or adapalene creams/gels (Avitcid crem, Differin gel) in the last 12 months, how many months in total

Question

Have you used the following treatments for acne? Tretinoin or adapalene creams/gels (Avitcid crem, Differin gel) in the last 12 months, how many months in total

Descriptive statistics

2. Variables

statistic	value
number of valid cases	93
minimum	1.00
maximum	12.00
mean	4.71
standard deviation	3.65

[K131_3B] Have you used the following treatments for acne? Tretinoin or adapalene creams/gels (Avitcid crem, Differin gel) in previous years

Question

Have you used the following treatments for acne? Tretinoin or adapalene creams/gels (Avitcid crem, Differin gel) in previous years

Frequencies

label	value	n	%	v. %
Have used in previous years	2	233	4.6	100.0
System missing (SYSMIS)	.	4866	95.4	–
		5099	100.0	100.0

[K131_4A] Have you used the following treatments for acne? Azelaic acid cream (Skinoren crem) in the last 12 months, how many months in total

Question

Have you used the following treatments for acne? Azelaic acid cream (Skinoren crem) in the last 12 months, how many months in total

Descriptive statistics

statistic	value
number of valid cases	68
minimum	1.00
maximum	12.00
mean	4.75
standard deviation	4.00

[K131_4B] Have you used the following treatments for acne? Azelaic acid cream (Skinoren crem) in previous years

Question

Have you used the following treatments for acne? Azelaic acid cream (Skinoren crem) in previous years

Frequencies

label	value	n	%	v. %
Have used in previous years	2	204	4.0	100.0
System missing (SYSMIS)	.	4895	96.0	–
		5099	100.0	100.0

[K131_5A] Have you used the following treatments for acne? Benzoyl peroxide cream/gel wash (Basiron, Brevoxyl) in the last 12 months, how many months in total

Question

Have you used the following treatments for acne? Benzoyl peroxide cream/gel wash (Basiron, Brevoxyl) in the last 12 months, how many months in total

Descriptive statistics

statistic	value
number of valid cases	99
minimum	1.00
maximum	12.00
mean	4.51
standard deviation	3.93

[K131_5B] Have you used the following treatments for acne? Benzoyl peroxide cream/gel wash (Basiron, Brevoxyl) in previous years

Question

Have you used the following treatments for acne? Benzoyl peroxide cream/gel wash (Basiron, Brevoxyl) in previous years

Frequencies

2. Variables

label	value	n	%	v. %
Have used in previous years	2	192	3.8	100.0
System missing (SYSMIS)	.	4907	96.2	–
		5099	100.0	100.0

[K131_6A] Have you used the following treatments for acne? Clindamycin solution (Dalacin solution) in the last 12 months, how many months in total

Question

Have you used the following treatments for acne? Clindamycin solution (Dalacin solution) in the last 12 months, how many months in total

Descriptive statistics

statistic	value
number of valid cases	70
minimum	1.00
maximum	12.00
mean	3.91
standard deviation	3.42

[K131_6B] Have you used the following treatments for acne? Clindamycin solution (Dalacin solution) in previous years

Question

Have you used the following treatments for acne? Clindamycin solution (Dalacin solution) in previous years

Frequencies

label	value	n	%	v. %
Have used in previous years	2	198	3.9	100.0
System missing (SYSMIS)	.	4901	96.1	–
		5099	100.0	100.0

[K131_7A] Have you used the following treatments for acne? Benzoyl peroxide + clindamycin gel (Clindoxyl gel) in the last 12 months, how many months in total

Question

Have you used the following treatments for acne? Benzoyl peroxide + clindamycin gel (Clindoxyl gel) in the last 12 months, how many months in total

Descriptive statistics

statistic	value
number of valid cases	35
minimum	1.00
maximum	12.00
mean	2.77
standard deviation	2.43

[K131_7B] Have you used the following treatments for acne? Benzoyl peroxide + clindamycin gel (Clindoxyl gel) in previous years

Question

Have you used the following treatments for acne? Benzoyl peroxide + clindamycin gel (Clindoxyl gel) in previous years

Frequencies

label	value	n	%	v. %
Have used in previous years	2	25	0.5	100.0
System missing (SYSMIS)	.	5074	99.5	–
		5099	100.0	100.0

[K131_8A] Have you used the following treatments for acne? Light therapy (solarium, SUP therapy) in the last 12 months, how many months in total

Question

Have you used the following treatments for acne? Light therapy (solarium, SUP therapy) in the last 12 months, how many months in total

Descriptive statistics

2. Variables

statistic	value
number of valid cases	26
minimum	1.00
maximum	12.00
mean	2.92
standard deviation	2.64

[K131_8B] Have you used the following treatments for acne? Light therapy (solarium, SUP therapy) in previous years

Question

Have you used the following treatments for acne? Light therapy (solarium, SUP therapy) in previous years

Frequencies

label	value	n	%	v. %
Have used in previous years	2	76	1.5	100.0
System missing (SYSMIS)	.	5023	98.5	–
		5099	100.0	100.0

[K131_9A] Have you used the following treatments for acne? Contraceptive pills in the last 12 months, how many months in total

Question

Have you used the following treatments for acne? Contraceptive pills in the last 12 months, how many months in total

Descriptive statistics

statistic	value
number of valid cases	265
minimum	1.00
maximum	12.00
mean	7.85
standard deviation	4.66

[K131_9B] Have you used the following treatments for acne? Contraceptive pills in previous years

Question

Have you used the following treatments for acne? Contraceptive pills in previous years

Frequencies

label	value	n	%	v. %
Have used in previous years	2	311	6.1	100.0
System missing (SYSMIS)	.	4788	93.9	–
		5099	100.0	100.0

[K131_10A] Have you used the following treatments for acne? Self-help products (over-the-counter products) in the last 12 months, how many months in total

Question

Have you used the following treatments for acne? Self-help products (over-the-counter products) in the last 12 months, how many months in total

Descriptive statistics

statistic	value
number of valid cases	317
minimum	1.00
maximum	12.00
mean	8.57
standard deviation	4.35

[K131_10B] Have you used the following treatments for acne? Self-help products (over-the-counter products) in previous years

Question

Have you used the following treatments for acne? Self-help products (over-the-counter products) in previous years

Frequencies

2. Variables

label	value	n	%	v. %
Have used in previous years	2	557	10.9	100.0
System missing (SYSMIS)	.	4542	89.1	–
		5099	100.0	100.0

[K132] Have you taken a trip or trips abroad lasting more than 10 days in the past 12 months?

Question

Have you taken a trip or trips abroad lasting more than 10 days in the past 12 months?

Frequencies

label	value	n	%	v. %
No	0	3215	63.1	64.6
Yes	1	1758	34.5	35.4
System missing (SYSMIS)	.	126	2.5	–
		5099	100.0	100.0

[K133_1] Destination of the trip: Europe

Question

Destination of the trip: Europe

Frequencies

label	value	n	%	v. %
Not mentioned	0	545	10.7	29.7
Mentioned	1	1288	25.3	70.3
System missing (SYSMIS)	.	3266	64.1	–
		5099	100.0	100.0

[K133_2] Destination of the trip: Asia

Question

Destination of the trip: Asia

Frequencies

label	value	n	%	v. %
Not mentioned	0	1459	28.6	79.6
Mentioned	1	374	7.3	20.4
System missing (SYSMIS)	.	3266	64.1	–
		5099	100.0	100.0

[K133_3] Destination of the trip: Africa

Question

Destination of the trip: Africa

Frequencies

label	value	n	%	v. %
Not mentioned	0	1739	34.1	94.9
Mentioned	1	94	1.8	5.1
System missing (SYSMIS)	.	3266	64.1	–
		5099	100.0	100.0

[K133_4] Destination of the trip: North America

Question

Destination of the trip: North America

Frequencies

label	value	n	%	v. %
Not mentioned	0	1654	32.4	90.2
Mentioned	1	179	3.5	9.8
System missing (SYSMIS)	.	3266	64.1	–
		5099	100.0	100.0

[K133_5] Destination of the trip: South America

Question

Destination of the trip: South America

Frequencies

2. Variables

label	value	n	%	v. %
Not mentioned	0	1757	34.5	95.9
Mentioned	1	76	1.5	4.1
System missing (SYSMIS)	.	3266	64.1	–
		5099	100.0	100.0

[K133_6] Destination of the trip: Australia

Question

Destination of the trip: Australia

Frequencies

label	value	n	%	v. %
Not mentioned	0	1797	35.2	98.0
Mentioned	1	36	0.7	2.0
System missing (SYSMIS)	.	3266	64.1	–
		5099	100.0	100.0

[K134_1] Purpose of the trip: Holiday

Question

Purpose of the trip: Holiday

Frequencies

label	value	n	%	v. %
Not mentioned	0	338	6.6	18.8
Mentioned	1	1463	28.7	81.2
System missing (SYSMIS)	.	3298	64.7	–
		5099	100.0	100.0

[K134_2] Purpose of the trip: Volunteer work

Question

Purpose of the trip: Volunteer work

Frequencies

label	value	n	%	v. %
Not mentioned	0	1744	34.2	96.8
Mentioned	1	57	1.1	3.2
System missing (SYSMIS)	.	3298	64.7	–
		5099	100.0	100.0

[K134_3] Purpose of the trip: Studying

Question

Purpose of the trip: Studying

Frequencies

label	value	n	%	v. %
Not mentioned	0	1493	29.3	82.9
Mentioned	1	308	6.0	17.1
System missing (SYSMIS)	.	3298	64.7	–
		5099	100.0	100.0

[K135] Did you take the recommended vaccines and preventive medicine before the trip?

Question

Did you take the recommended vaccines and preventive medicine before the trip?

Frequencies

label	value	n	%	v. %
No	0	597	11.7	34.2
Yes	1	1061	20.8	60.8
Didn't take all the recommended ones, only some	2	88	1.7	5.0
System missing (SYSMIS)	.	3353	65.8	–
		5099	100.0	100.0

[K136] Did you have a travel insurance?

Question

Did you have a travel insurance?

Frequencies

2. Variables

label	value	n	%	v. %
No	0	147	2.9	8.2
Yes	1	1635	32.1	91.8
System missing (SYSMIS)	.	3317	65.1	—
		5099	100.0	100.0

[K137] Did you get sick during the trip or right after it?

Question

Did you get sick during the trip or right after it?

Frequencies

label	value	n	%	v. %
No	0	1332	26.1	74.8
Yes	1	448	8.8	25.2
System missing (SYSMIS)	.	3319	65.1	—
		5099	100.0	100.0

[K138_1] If you did get sick, which symptoms did you have? Diarrhea

Question

If you did get sick, which symptoms did you have? Diarrhea

Frequencies

label	value	n	%	v. %
Not mentioned	0	259	5.1	52.7
Mentioned	1	232	4.5	47.3
System missing (SYSMIS)	.	4608	90.4	—
		5099	100.0	100.0

[K138_2] If you did get sick, which symptoms did you have? Fever

Question

If you did get sick, which symptoms did you have? Fever

Frequencies

label	value	n	%	v. %
Not mentioned	0	294	5.8	61.3
Mentioned	1	186	3.6	38.8
System missing (SYSMIS)	.	4619	90.6	—
		5099	100.0	100.0

[K138_3] If you did get sick, which symptoms did you have? Skin problems

Question

If you did get sick, which symptoms did you have? Skin problems

Frequencies

label	value	n	%	v. %
Not mentioned	0	410	8.0	94.7
Mentioned	1	23	0.5	5.3
System missing (SYSMIS)	.	4666	91.5	—
		5099	100.0	100.0

[K138_4] If you did get sick, which symptoms did you have? Respiratory tract symptoms

Question

If you did get sick, which symptoms did you have? Respiratory tract symptoms

Frequencies

label	value	n	%	v. %
Not mentioned	0	391	7.7	89.5
Mentioned	1	46	0.9	10.5
System missing (SYSMIS)	.	4662	91.4	—
		5099	100.0	100.0

[K138_5] If you did get sick, which symptoms did you have? Other symptom

Question

If you did get sick, which symptoms did you have? Other symptom

Frequencies

2. Variables

label	value	n	%	v. %
Not mentioned	0	286	5.6	67.5
Mentioned	1	138	2.7	32.5
System missing (SYSMIS)	.	4675	91.7	—
		5099	100.0	100.0

[K138_MUU] Other symptom, please specify (open-ended)

Question

Other symptom, please specify (open-ended)

[K139] Were you robbed, assaulted or involved in an accident during the trip?

Question

Were you robbed, assaulted or involved in an accident during the trip?

Frequencies

label	value	n	%	v. %
No	0	1371	26.9	77.5
Yes	1	399	7.8	22.5
System missing (SYSMIS)	.	3329	65.3	—
		5099	100.0	100.0

[K140] Did you visit a doctor in the destination of your trip?

Question

Did you visit a doctor in the destination of your trip?

Frequencies

label	value	n	%	v. %
No	0	1588	31.1	89.9
Yes	1	179	3.5	10.1
System missing (SYSMIS)	.	3332	65.3	—
		5099	100.0	100.0

[K141] Any wishes for health care services in developing travel health information? (open-ended)

Question

Any wishes for health care services in developing travel health information? (open-ended)

[A1_0] Have you been to an asthma follow-up in the past 12 months (not because of exacerbation)? I have not

Question

Have you been to an asthma follow-up in the past 12 months (not because of exacerbation)? I have not

Frequencies

label	value	n	%	v. %
Not mentioned	0	723	14.2	77.7
Mentioned	1	208	4.1	22.3
System missing (SYSMIS)	.	4168	81.7	—
		5099	100.0	100.0

[A1_1] Have you been to an asthma follow-up in the past 12 months (not because of exacerbation)? I have visited an asthma nurse

Question

Have you been to an asthma follow-up in the past 12 months (not because of exacerbation)? I have visited an asthma nurse

Frequencies

label	value	n	%	v. %
Not mentioned	0	898	17.6	96.5
Mentioned	1	33	0.6	3.5
System missing (SYSMIS)	.	4168	81.7	—
		5099	100.0	100.0

[A1_2] Have you been to an asthma follow-up in the past 12 months (not because of exacerbation)? I have visited a doctor in FSHS/student health care

Question

Have you been to an asthma follow-up in the past 12 months (not because of exacerbation)? I have visited a doctor in FSHS/student health care

Frequencies

label	value	n	%	v. %
Not mentioned	0	882	17.3	94.7
Mentioned	1	49	1.0	5.3
System missing (SYSMIS)	.	4168	81.7	–
		5099	100.0	100.0

[A1_3] Have you been to an asthma follow-up in the past 12 months (not because of exacerbation)? I have visited a doctor in private health care

Question

Have you been to an asthma follow-up in the past 12 months (not because of exacerbation)? I have visited a doctor in private health care

Frequencies

label	value	n	%	v. %
Not mentioned	0	901	17.7	96.8
Mentioned	1	30	0.6	3.2
System missing (SYSMIS)	.	4168	81.7	–
		5099	100.0	100.0

[A1_4] Have you been to an asthma follow-up in the past 12 months (not because of exacerbation)? I have renewed my prescription without making an appointment

Question

Have you been to an asthma follow-up in the past 12 months (not because of exacerbation)? I have renewed my prescription without making an appointment

Frequencies

label	value	n	%	v. %
Not mentioned	0	885	17.4	95.1
Mentioned	1	46	0.9	4.9
System missing (SYSMIS)	.	4168	81.7	–
		5099	100.0	100.0

[A2_0] Have you visited a doctor because of asthma exacerbation in the past 12 months? I have not

Question

Have you visited a doctor because of asthma exacerbation in the past 12 months? I have not

Frequencies

label	value	n	%	v. %
Not mentioned	0	650	12.7	69.8
Mentioned	1	281	5.5	30.2
System missing (SYSMIS)	.	4168	81.7	–
		5099	100.0	100.0

[A2_1] Have you visited a doctor because of asthma exacerbation in the past 12 months? In emergency services at a municipal health centre

Question

Have you visited a doctor because of asthma exacerbation in the past 12 months? In emergency services at a municipal health centre

Frequencies

label	value	n	%	v. %
Not mentioned	0	899	17.6	96.6
Mentioned	1	32	0.6	3.4
System missing (SYSMIS)	.	4168	81.7	–
		5099	100.0	100.0

[A2_2] Have you visited a doctor because of asthma exacerbation in the past 12 months? In acute/emergency health services at the FSHS

Question

Have you visited a doctor because of asthma exacerbation in the past 12 months? In acute/emergency health services at the FSHS

2. Variables

Frequencies

label	value	n	%	v. %
Not mentioned	0	916	18.0	98.4
Mentioned	1	15	0.3	1.6
System missing (SYSMIS)	.	4168	81.7	–
		5099	100.0	100.0

[A2_3] Have you visited a doctor because of asthma exacerbation in the past 12 months? In a hospital

Question

Have you visited a doctor because of asthma exacerbation in the past 12 months? In a hospital

Frequencies

label	value	n	%	v. %
Not mentioned	0	924	18.1	99.2
Mentioned	1	7	0.1	0.8
System missing (SYSMIS)	.	4168	81.7	–
		5099	100.0	100.0

[A2_4] Have you visited a doctor because of asthma exacerbation in the past 12 months? Somewhere else

Question

Have you visited a doctor because of asthma exacerbation in the past 12 months? Somewhere else

Frequencies

label	value	n	%	v. %
Not mentioned	0	920	18.0	98.8
Mentioned	1	11	0.2	1.2
System missing (SYSMIS)	.	4168	81.7	–
		5099	100.0	100.0

[A3] How often in the past four weeks has your asthma prevented you from doing your daily activities at work, school/university or home (including physical exercise)?

Question

How often in the past four weeks has your asthma prevented you from doing your daily activities at work, school/university or home (including physical exercise)?

Frequencies

label	value	n	%	v. %
Not at all	0	228	4.5	66.9
Rarely	1	82	1.6	24.0
Occasionally	2	26	0.5	7.6
Often	3	3	0.1	0.9
All of the time	4	2	0.0	0.6
System missing (SYSMIS)	.	4758	93.3	–
		5099	100.0	100.0

[A4] How often in the past four weeks have you had shortness of breath?

Question

How often in the past four weeks have you had shortness of breath?

Frequencies

label	value	n	%	v. %
Not at all	0	180	3.5	53.3
Once or twice a week	1	124	2.4	36.7
3-6 times a week	2	19	0.4	5.6
Once a day	3	7	0.1	2.1
Several times a day	4	8	0.2	2.4
System missing (SYSMIS)	.	4761	93.4	–
		5099	100.0	100.0

[A5] How often in the past four weeks have your asthma symptoms woken you up at night or early in the morning?

Question

How often in the past four weeks have your asthma symptoms woken you up at night or early in the morning?

Frequencies

label	value	n	%	v. %
Not at all	0	256	5.0	76.4
Once or twice	1	61	1.2	18.2
Once a week	2	11	0.2	3.3
2 or 3 nights a week	3	4	0.1	1.2
4 or more nights a week	4	3	0.1	0.9
System missing (SYSMIS)	.	4764	93.4	–
		5099	100.0	100.0

[A6] How often in the past four weeks have you used additional medication (Airomir, Bricanyl, Buventol or Ventoline) to open your airways?

Question

How often in the past four weeks have you used additional medication (Airomir, Bricanyl, Buventol or Ventoline) to open your airways?

Frequencies

label	value	n	%	v. %
Not at all	0	160	3.1	47.6
Once a week or less often	1	89	1.7	26.5
2-3 times a week	2	58	1.1	17.3
1-2 times a day	3	25	0.5	7.4
3 times a day or more often	4	4	0.1	1.2
System missing (SYSMIS)	.	4763	93.4	–
		5099	100.0	100.0

[A7] To what extent would you say your asthma has been under control in the past four weeks?

Question

To what extent would you say your asthma has been under control in the past four weeks?

Frequencies

label	value	n	%	v. %
Not at all under control	0	6	0.1	1.8

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label	value	n	%	v. %
Very little	1	16	0.3	4.8
To some extent	2	46	0.9	13.9
To a large extent	3	91	1.8	27.4
Completely	4	173	3.4	52.1
System missing (SYSMIS)	.	4767	93.5	–
		5099	100.0	100.0

[A8] Have you ever reduced the amount of medication you use because of fear of side effects?

Question

Have you ever reduced the amount of medication you use because of fear of side effects?

Frequencies

label	value	n	%	v. %
Never	0	253	5.0	76.2
Yes, sometimes	1	61	1.2	18.4
Yes, often	2	18	0.4	5.4
System missing (SYSMIS)	.	4767	93.5	–
		5099	100.0	100.0

[A9] What is the significance of the costs incurred by your asthma to your financial circumstances?

Question

What is the significance of the costs incurred by your asthma to your financial circumstances?

Frequencies

label	value	n	%	v. %
No significance at all	0	172	3.4	52.0
Cause some financial harm	1	116	2.3	35.0
Cause considerable financial harm	2	28	0.5	8.5
High prices have made me take less or no medication	3	15	0.3	4.5
System missing (SYSMIS)	.	4768	93.5	–
		5099	100.0	100.0

[A10] Are you entitled to special reimbursement provided by Kela for your asthma medicine?

Question

Are you entitled to special reimbursement provided by Kela for your asthma medicine?

Frequencies

label	value	n	%	v. %
Yes	1	131	2.6	39.9
No	2	135	2.6	41.2
Don't know	3	62	1.2	18.9
System missing (SYSMIS)	.	4771	93.6	–
		5099	100.0	100.0

[A11_1] On how many days in the past 12 months have you used the following medicine for asthma or asthma symptoms? Medicine for opening airways administered via inhaler (Airomir, Buventol, Ventoline, Bricanyl, Serevent, Oxis, Atrovent)

Question

On how many days in the past 12 months have you used the following medicine for asthma or asthma symptoms? Medicine for opening airways administered via inhaler (Airomir, Buventol, Ventoline, Bricanyl, Serevent, Oxis, Atrovent)

Frequencies

label	value	n	%	v. %
Haven't used at all	0	80	1.6	24.3
On under 10 days	1	68	1.3	20.7
On 10-15 days (under 2 months)	2	98	1.9	29.8
On 60-180 days (2-6 months)	3	62	1.2	18.8
On over 180 days (over 6 months)	4	21	0.4	6.4
System missing (SYSMIS)	.	4770	93.5	–
		5099	100.0	100.0

[A11_2] On how many days in the past 12 months have you used the following medicine for asthma or asthma symptoms? The combination of inhaled cortisone and extended-release medicine for opening airways (Sere-tide, Symbicort)

Question

On how many days in the past 12 months have you used the following medicine for asthma or asthma symptoms? The combination of inhaled cortisone and extended-release medicine for opening airways (Seretide, Symbicort)

Frequencies

label	value	n	%	v. %
Haven't used at all	0	239	4.7	74.5
On under 10 days	1	19	0.4	5.9
On 10-15 days (under 2 months)	2	14	0.3	4.4
On 60-180 days (2-6 months)	3	11	0.2	3.4
On over 180 days (over 6 months)	4	38	0.7	11.8
System missing (SYSMIS)	.	4778	93.7	–
		5099	100.0	100.0

[A11_3] On how many days in the past 12 months have you used the following medicine for asthma or asthma symptoms? Inhaled cortisone (Aerobec, Beclomet, Budesonid, Pulmicort, Flixotide)

Question

On how many days in the past 12 months have you used the following medicine for asthma or asthma symptoms? Inhaled cortisone (Aerobec, Beclomet, Budesonid, Pulmicort, Flixotide)

Frequencies

label	value	n	%	v. %
Haven't used at all	0	166	3.3	51.9
On under 10 days	1	26	0.5	8.1
On 10-15 days (under 2 months)	2	31	0.6	9.7
On 60-180 days (2-6 months)	3	42	0.8	13.1
On over 180 days (over 6 months)	4	55	1.1	17.2
System missing (SYSMIS)	.	4779	93.7	–
		5099	100.0	100.0

[A11_4] On how many days in the past 12 months have you used the following medicine for asthma or asthma symptoms? Leukotriene inhibitors (Singulair, Accolate)

Question

On how many days in the past 12 months have you used the following medicine for asthma or asthma symptoms? Leukotriene inhibitors (Singulair, Accolate)

Frequencies

label	value	n	%	v. %
Haven't used at all	0	284	5.6	91.6
On under 10 days	1	1	0.0	0.3
On 10-15 days (under 2 months)	2	10	0.2	3.2
On 60-180 days (2-6 months)	3	2	0.0	0.6
On over 180 days (over 6 months)	4	13	0.3	4.2
System missing (SYSMIS)	.	4789	93.9	–
		5099	100.0	100.0

[A11_5] On how many days in the past 12 months have you used the following medicine for asthma or asthma symptoms? Other asthma medicine (e.g. Tilade, Lomudal, Theo-Dur, Retafyllin)

Question

On how many days in the past 12 months have you used the following medicine for asthma or asthma symptoms? Other asthma medicine (e.g. Tilade, Lomudal, Theo-Dur, Retafyllin)

Frequencies

label	value	n	%	v. %
Haven't used at all	0	285	5.6	92.2
On under 10 days	1	9	0.2	2.9
On 10-15 days (under 2 months)	2	8	0.2	2.6
On 60-180 days (2-6 months)	3	4	0.1	1.3
On over 180 days (over 6 months)	4	3	0.1	1.0
System missing (SYSMIS)	.	4790	93.9	–
		5099	100.0	100.0

[A11_6] On how many days in the past 12 months have you used the following medicine for asthma or asthma symptoms? Cortisone tablets

Question

On how many days in the past 12 months have you used the following medicine for asthma or asthma symptoms? Cortisone tablets

Frequencies

label	value	n	%	v. %
Haven't used at all	0	286	5.6	91.4
On under 10 days	1	8	0.2	2.6
On 10-15 days (under 2 months)	2	15	0.3	4.8
On 60-180 days (2-6 months)	3	3	0.1	1.0
On over 180 days (over 6 months)	4	1	0.0	0.3
System missing (SYSMIS)	.	4786	93.9	—
		5099	100.0	100.0

[A11_7] On how many days in the past 12 months have you used the following medicine for asthma or asthma symptoms? Antibiotics

Question

On how many days in the past 12 months have you used the following medicine for asthma or asthma symptoms? Antibiotics

Frequencies

label	value	n	%	v. %
Haven't used at all	0	257	5.0	81.6
On under 10 days	1	25	0.5	7.9
On 10-15 days (under 2 months)	2	30	0.6	9.5
On 60-180 days (2-6 months)	3	2	0.0	0.6
On over 180 days (over 6 months)	4	1	0.0	0.3
System missing (SYSMIS)	.	4784	93.8	—
		5099	100.0	100.0

[A11_8] On how many days in the past 12 months have you used the following medicine for asthma or asthma symptoms? Natural medicine

Question

On how many days in the past 12 months have you used the following medicine for asthma or asthma symptoms? Natural medicine

Frequencies

label	value	n	%	v. %
Haven't used at all	0	295	5.8	94.6
On under 10 days	1	6	0.1	1.9
On 10-15 days (under 2 months)	2	6	0.1	1.9
On 60-180 days (2-6 months)	3	4	0.1	1.3
On over 180 days (over 6 months)	4	1	0.0	0.3
System missing (SYSMIS)	.	4787	93.9	–
		5099	100.0	100.0

[A12] Have you ever had atopic dermatitis/eczema?

Question

Have you ever had atopic dermatitis/eczema?

Frequencies

label	value	n	%	v. %
No	0	48	0.9	6.2
Yes	1	720	14.1	93.8
System missing (SYSMIS)	.	4331	84.9	–
		5099	100.0	100.0

[A13] Has a doctor diagnosed the aforementioned atopic dermatitis/eczema?

Question

Has a doctor diagnosed the aforementioned atopic dermatitis/eczema?

Frequencies

label	value	n	%	v. %
No	0	156	3.1	21.3
Yes	1	577	11.3	78.7
System missing (SYSMIS)	.	4366	85.6	–
		5099	100.0	100.0

[A13_V] Has a doctor diagnosed the aforementioned atopic dermatitis/eczema? Yes, which year?

Question

Has a doctor diagnosed the aforementioned atopic dermatitis/eczema? Yes, which year?

Descriptive statistics

statistic	value
number of valid cases	571
minimum	1975.00
maximum	2008.00
mean	1993.95
standard deviation	8.65

[A14] When did you have the first occurrence of atopic dermatitis/eczema?

Question

When did you have the first occurrence of atopic dermatitis/eczema?

Frequencies

label	value	n	%	v. %
When I was 0-1 years old	1	115	2.3	16.0
When I was 1-5 years old	2	269	5.3	37.3
When I was 5-12 years old	3	134	2.6	18.6
When I was 13-18 years old	4	101	2.0	14.0
When I was over 18 years old	5	102	2.0	14.1
System missing (SYSMIS)	.	4378	85.9	–
		5099	100.0	100.0

[A15] Have you had atopic dermatitis/eczema in the past 12 months?

Question

Have you had atopic dermatitis/eczema in the past 12 months?

2. Variables

Frequencies

label	value	n	%	v. %
No	0	176	3.5	23.7
Yes	1	567	11.1	76.3
System missing (SYSMIS)	.	4356	85.4	–
		5099	100.0	100.0

[A16] Have you visited a doctor because of the atopic dermatitis/eczema in the past 12 months?

Question

Have you visited a doctor because of the atopic dermatitis/eczema in the past 12 months?

Frequencies

label	value	n	%	v. %
No	0	571	11.2	76.9
Yes	1	172	3.4	23.1
System missing (SYSMIS)	.	4356	85.4	–
		5099	100.0	100.0

[A16_K] Have you visited a doctor because of the atopic dermatitis/eczema in the past 12 months? Yes, how many times?

Question

Have you visited a doctor because of the atopic dermatitis/eczema in the past 12 months? Yes, how many times?

Descriptive statistics

statistic	value
number of valid cases	169
minimum	1.00
maximum	20.00
mean	2.02
standard deviation	2.25

[A17] In the past 12 months, compared to previous years, has your atopic dermatitis/eczema been...

Question

In the past 12 months, compared to previous years, has your atopic dermatitis/eczema been...

Frequencies

label	value	n	%	v. %
Better than before	1	355	7.0	50.0
The same as before	2	224	4.4	31.5
Worse than before	3	131	2.6	18.5
System missing (SYSMIS)	.	4389	86.1	—
		5099	100.0	100.0

[A18] For how long have you had the atopic dermatitis/eczema in the last 12 months?

Question

For how long have you had the atopic dermatitis/eczema in the last 12 months?

Frequencies

label	value	n	%	v. %
For 1-4 weeks	1	211	4.1	33.0
For 1-3 months	2	125	2.5	19.5
For 4-6 months	3	102	2.0	15.9
Almost continuously	4	202	4.0	31.6
System missing (SYSMIS)	.	4459	87.4	—
		5099	100.0	100.0

[A19_1] On which parts of the body have you had the atopic dermatitis/eczema in the past 12 months? On the face

Question

*On which parts of the body have you had the atopic dermatitis/eczema in the past 12 months?
On the face*

Frequencies

2. Variables

label	value	n	%	v. %
Not mentioned	0	393	7.7	61.7
Mentioned	1	244	4.8	38.3
System missing (SYSMIS)	.	4462	87.5	–
		5099	100.0	100.0

[A19_2] On which parts of the body have you had the eczema in the past 12 months? On the neck

Question

On which parts of the body have you had the eczema in the past 12 months? On the neck

Frequencies

label	value	n	%	v. %
Not mentioned	0	448	8.8	70.3
Mentioned	1	189	3.7	29.7
System missing (SYSMIS)	.	4462	87.5	–
		5099	100.0	100.0

[A19_3] On which parts of the body have you had the eczema in the past 12 months? On the torso

Question

On which parts of the body have you had the eczema in the past 12 months? On the torso

Frequencies

label	value	n	%	v. %
Not mentioned	0	438	8.6	68.8
Mentioned	1	199	3.9	31.2
System missing (SYSMIS)	.	4462	87.5	–
		5099	100.0	100.0

[A19_4] On which parts of the body have you had the eczema in the past 12 months? On the upper limbs

Question

On which parts of the body have you had the eczema in the past 12 months? On the upper limbs

Frequencies

label	value	n	%	v. %
Not mentioned	0	296	5.8	46.5
Mentioned	1	341	6.7	53.5
System missing (SYSMIS)	.	4462	87.5	–
		5099	100.0	100.0

[A19_5] On which parts of the body have you had the eczema in the past 12 months? On the lower limbs**Question**

On which parts of the body have you had the eczema in the past 12 months? On the lower limbs

Frequencies

label	value	n	%	v. %
Not mentioned	0	361	7.1	56.7
Mentioned	1	276	5.4	43.3
System missing (SYSMIS)	.	4462	87.5	–
		5099	100.0	100.0

[A19_6] On which parts of the body have you had the eczema in the past 12 months? On the hands**Question**

On which parts of the body have you had the eczema in the past 12 months? On the hands

Frequencies

label	value	n	%	v. %
Not mentioned	0	304	6.0	47.7
Mentioned	1	333	6.5	52.3
System missing (SYSMIS)	.	4462	87.5	–
		5099	100.0	100.0

[A20_1] Have you used some of the following to treat your atopic dermatitis/eczema in the past 12 months: Moisturizers

Question

Have you used some of the following to treat your atopic dermatitis/eczema in the past 12 months: Moisturizers

Frequencies

label	value	n	%	v. %
No	0	55	1.1	7.8
Occasionally, on under 15 days in the past year	1	68	1.3	9.7
Monthly, on 1-15 days per month	2	117	2.3	16.6
Almost daily, on over 15 days per month	3	463	9.1	65.9
System missing (SYSMIS)	.	4396	86.2	–
		5099	100.0	100.0

[A20_2] Have you used some of the following to treat your eczema in the past 12 months: Cortisone creams/lotions/ointments

Question

Have you used some of the following to treat your eczema in the past 12 months: Cortisone creams/lotions/ointments

Frequencies

label	value	n	%	v. %
No	0	160	3.1	23.7
Occasionally, on under 15 days in the past year	1	230	4.5	34.1
Monthly, on 1-15 days per month	2	243	4.8	36.1
Almost daily, on over 15 days per month	3	41	0.8	6.1
System missing (SYSMIS)	.	4425	86.8	–
		5099	100.0	100.0

[A20_3] Have you used some of the following to treat your eczema in the past 12 months: Tacrolimus or pimecrolimus cream/ointment (Protopic, Elidel)

Question

Have you used some of the following to treat your eczema in the past 12 months: Tacrolimus or pimecrolimus cream/ointment (Protopic, Elidel)

Frequencies

label	value	n	%	v. %
No	0	541	10.6	90.8
Occasionally, on under 15 days in the past year	1	26	0.5	4.4
Monthly, on 1-15 days per month	2	25	0.5	4.2
Almost daily, on over 15 days per month	3	4	0.1	0.7
System missing (SYSMIS)	.	4503	88.3	–
		5099	100.0	100.0

[A20_4] Have you used some of the following to treat your eczema in the past 12 months: Medication for itching (antihistamine)**Question**

Have you used some of the following to treat your eczema in the past 12 months: Medication for itching (antihistamine)

Frequencies

label	value	n	%	v. %
No	0	397	7.8	64.1
Occasionally, on under 15 days in the past year	1	128	2.5	20.7
Monthly, on 1-15 days per month	2	67	1.3	10.8
Almost daily, on over 15 days per month	3	27	0.5	4.4
System missing (SYSMIS)	.	4480	87.9	–
		5099	100.0	100.0

[A20_5] Have you used some of the following to treat your eczema in the past 12 months: Cortisone tablets**Question**

Have you used some of the following to treat your eczema in the past 12 months: Cortisone tablets

Frequencies

label	value	n	%	v. %
No	0	581	11.4	96.7
Occasionally, on under 15 days in the past year	1	17	0.3	2.8

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2. Variables

(cont. from previous page)

label	value	n	%	v. %
Monthly, on 1-15 days per month	2	2	0.0	0.3
Almost daily, on over 15 days per month	3	1	0.0	0.2
System missing (SYSMIS)	.	4498	88.2	–
		5099	100.0	100.0

[A20_6] Have you used some of the following to treat your eczema in the past 12 months: Light therapy

Question

Have you used some of the following to treat your eczema in the past 12 months: Light therapy

Frequencies

label	value	n	%	v. %
No	0	565	11.1	93.9
Occasionally, on under 15 days in the past year	1	27	0.5	4.5
Monthly, on 1-15 days per month	2	9	0.2	1.5
Almost daily, on over 15 days per month	3	1	0.0	0.2
System missing (SYSMIS)	.	4497	88.2	–
		5099	100.0	100.0

[A20_7] Have you used some of the following to treat your eczema in the past 12 months: Ciclosporin (Sandimmun Neoral)

Question

Have you used some of the following to treat your eczema in the past 12 months: Ciclosporin (Sandimmun Neoral)

Frequencies

label	value	n	%	v. %
No	0	599	11.7	100.0
Occasionally, on under 15 days in the past year	1	0	0.0	0.0
Monthly, on 1-15 days per month	2	0	0.0	0.0
Almost daily, on over 15 days per month	3	0	0.0	0.0
System missing (SYSMIS)	.	4500	88.3	–
		5099	100.0	100.0

[A20_8] Have you used some of the following to treat your eczema in the past 12 months: Natural remedies (vitamins, minerals etc.)

Question

Have you used some of the following to treat your eczema in the past 12 months: Natural remedies (vitamins, minerals etc.)

Frequencies

label	value	n	%	v. %
No	0	424	8.3	68.7
Occasionally, on under 15 days in the past year	1	56	1.1	9.1
Monthly, on 1-15 days per month	2	54	1.1	8.8
Almost daily, on over 15 days per month	3	83	1.6	13.5
System missing (SYSMIS)	.	4482	87.9	–
		5099	100.0	100.0

[A21_1] Are you receiving or have you received allergen immunotherapy (the so-called hyposensibilization treatment) for allergic rhinitis, inflammation of the eye or asthma? For grass pollen

Question

Are you receiving or have you received allergen immunotherapy (the so-called hyposensibilization treatment) for allergic rhinitis, inflammation of the eye or asthma? For grass pollen

Frequencies

label	value	n	%	v. %
No	0	695	13.6	96.0
Yes	1	29	0.6	4.0
System missing (SYSMIS)	.	4375	85.8	–
		5099	100.0	100.0

[A21_2] Are you receiving or have you received allergen immunotherapy (the so-called hyposensibilization treatment) for allergic rhinitis, inflammation of the eye or asthma? For tree (e.g. birch) pollen

Question

Are you receiving or have you received allergen immunotherapy (the so-called hyposensibilization treatment) for allergic rhinitis, inflammation of the eye or asthma? For tree (e.g. birch) pollen

2. Variables

Frequencies

label	value	n	%	v. %
No	0	690	13.5	94.8
Yes	1	38	0.7	5.2
System missing (SYSMIS)	.	4371	85.7	–
		5099	100.0	100.0

[A21_3] Are you receiving or have you received allergen immunotherapy (the so-called hyposensibilization treatment) for allergic rhinitis, inflammation of the eye or asthma? For mugwort pollen

Question

Are you receiving or have you received allergen immunotherapy (the so-called hyposensibilization treatment) for allergic rhinitis, inflammation of the eye or asthma? For mugwort pollen

Frequencies

label	value	n	%	v. %
No	0	711	13.9	98.2
Yes	1	13	0.3	1.8
System missing (SYSMIS)	.	4375	85.8	–
		5099	100.0	100.0

[A21_4] Are you receiving or have you received allergen immunotherapy (the so-called hyposensibilization treatment) for allergic rhinitis, inflammation of the eye or asthma? For animal dander (cat, dog)

Question

Are you receiving or have you received allergen immunotherapy (the so-called hyposensibilization treatment) for allergic rhinitis, inflammation of the eye or asthma? For animal dander (cat, dog)

Frequencies

label	value	n	%	v. %
No	0	711	13.9	98.1
Yes	1	14	0.3	1.9
System missing (SYSMIS)	.	4374	85.8	–

(continued on next page)

(cont. from previous page)

label	value	n	%	v. %
		5099	100.0	100.0

[A21_5] Are you receiving or have you received allergen immunotherapy (the so-called hyposensibilization treatment) for allergic rhinitis, inflammation of the eye or asthma? For house dust mite

Question

Are you receiving or have you received allergen immunotherapy (the so-called hyposensibilization treatment) for allergic rhinitis, inflammation of the eye or asthma? For house dust mite

Frequencies

label	value	n	%	v. %
No	0	713	14.0	99.0
Yes	1	7	0.1	1.0
System missing (SYSMIS)	.	4379	85.9	–
		5099	100.0	100.0

[A21_6] Are you receiving or have you received allergen immunotherapy (the so-called hyposensibilization treatment) for allergic rhinitis, inflammation of the eye or asthma? For bee or wasp venom

Question

Are you receiving or have you received allergen immunotherapy (the so-called hyposensibilization treatment) for allergic rhinitis, inflammation of the eye or asthma? For bee or wasp venom

Frequencies

label	value	n	%	v. %
No	0	720	14.1	99.6
Yes	1	3	0.1	0.4
System missing (SYSMIS)	.	4376	85.8	–
		5099	100.0	100.0

[A22_1] What kind of harm/hindrance has your atopic dermatitis/eczema caused in the past 12 months? Treating the eczema is laborious and time-consuming

Question

What kind of harm/hindrance has your atopic dermatitis/eczema caused in the past 12 months? Treating the eczema is laborious and time-consuming

Frequencies

label	value	n	%	v. %
Not mentioned	0	225	4.4	41.1
Mentioned	1	322	6.3	58.9
System missing (SYSMIS)	.	4552	89.3	–
		5099	100.0	100.0

[A22_2] What kind of harm/hindrance has your eczema caused in the past 12 months? Hands need to be protected by gloves

Question

What kind of harm/hindrance has your eczema caused in the past 12 months? Hands need to be protected by gloves

Frequencies

label	value	n	%	v. %
Not mentioned	0	399	7.8	72.9
Mentioned	1	148	2.9	27.1
System missing (SYSMIS)	.	4552	89.3	–
		5099	100.0	100.0

[A22_3] What kind of harm/hindrance has your eczema caused in the past 12 months? Itching caused by the eczema disturbs sleep

Question

What kind of harm/hindrance has your eczema caused in the past 12 months? Itching caused by the eczema disturbs sleep

Frequencies

label	value	n	%	v. %
Not mentioned	0	288	5.6	52.7
Mentioned	1	259	5.1	47.3
System missing (SYSMIS)	.	4552	89.3	–
		5099	100.0	100.0

[A22_4] What kind of harm/hindrance has your eczema caused in the past 12 months? Itching caused by the eczema disturbs concentration and studying

Question

What kind of harm/hindrance has your eczema caused in the past 12 months? Itching caused by the eczema disturbs concentration and studying

Frequencies

label	value	n	%	v. %
Not mentioned	0	355	7.0	64.9
Mentioned	1	192	3.8	35.1
System missing (SYSMIS)	.	4552	89.3	–
		5099	100.0	100.0

[A22_5] What kind of harm/hindrance has your eczema caused in the past 12 months? The eczema causes feelings of unease or embarrassment

Question

What kind of harm/hindrance has your eczema caused in the past 12 months? The eczema causes feelings of unease or embarrassment

Frequencies

label	value	n	%	v. %
Not mentioned	0	347	6.8	63.4
Mentioned	1	200	3.9	36.6
System missing (SYSMIS)	.	4552	89.3	–
		5099	100.0	100.0

[A23] How do you feel your atopic dermatitis/eczema has affected your mood lately?

Question

How do you feel your atopic dermatitis/eczema has affected your mood lately?

Frequencies

label	value	n	%	v. %
Not at all	0	423	8.3	60.8
A little	1	225	4.4	32.3
Quite a lot	2	35	0.7	5.0
A lot	3	13	0.3	1.9
System missing (SYSMIS)	.	4403	86.4	–
		5099	100.0	100.0

[A24_1] How do you feel your atopic dermatitis/eczema has affected the following in the past months: Coping with studies/work

Question

How do you feel your atopic dermatitis/eczema has affected the following in the past months: Coping with studies/work

Frequencies

label	value	n	%	v. %
Has not affected at all	0	534	10.5	76.6
Has affected but does not limit	1	134	2.6	19.2
Limits to some extent	2	21	0.4	3.0
Limits considerably	3	7	0.1	1.0
Prevents completely	4	1	0.0	0.1
System missing (SYSMIS)	.	4402	86.3	–
		5099	100.0	100.0

[A24_2] How do you feel your eczema has affected the following in the past months: Coping with housework and everyday activities (washing, getting dressed etc.)

Question

How do you feel your eczema has affected the following in the past months: Coping with housework and everyday activities (washing, getting dressed etc.)

Frequencies

label	value	n	%	v. %
Has not affected at all	0	388	7.6	55.5
Has affected but does not limit	1	208	4.1	29.8
Limits to some extent	2	88	1.7	12.6
Limits considerably	3	15	0.3	2.1
Prevents completely	4	0	0.0	0.0
System missing (SYSMIS)	.	4400	86.3	–
		5099	100.0	100.0

[A24_3] How do you feel your eczema has affected the following in the past months: Sporting activities**Question**

How do you feel your eczema has affected the following in the past months: Sporting activities

Frequencies

label	value	n	%	v. %
Has not affected at all	0	447	8.8	63.9
Has affected but does not limit	1	165	3.2	23.6
Limits to some extent	2	68	1.3	9.7
Limits considerably	3	18	0.4	2.6
Prevents completely	4	1	0.0	0.1
System missing (SYSMIS)	.	4400	86.3	–
		5099	100.0	100.0

[A24_4] How do you feel your eczema has affected the following in the past months: Other hobbies**Question**

How do you feel your eczema has affected the following in the past months: Other hobbies

Frequencies

label	value	n	%	v. %
Has not affected at all	0	569	11.2	81.6
Has affected but does not limit	1	87	1.7	12.5

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2. Variables

(cont. from previous page)

label	value	n	%	v. %
Limits to some extent	2	36	0.7	5.2
Limits considerably	3	4	0.1	0.6
Prevents completely	4	1	0.0	0.1
System missing (SYSMIS)	.	4402	86.3	–
		5099	100.0	100.0

[A24_5] How do you feel your eczema has affected the following in the past months: Commuting and travelling

Question

How do you feel your eczema has affected the following in the past months: Commuting and travelling

Frequencies

label	value	n	%	v. %
Has not affected at all	0	537	10.5	76.8
Has affected but does not limit	1	133	2.6	19.0
Limits to some extent	2	27	0.5	3.9
Limits considerably	3	2	0.0	0.3
Prevents completely	4	0	0.0	0.0
System missing (SYSMIS)	.	4400	86.3	–
		5099	100.0	100.0

[A24_6] How do you feel your eczema has affected the following in the past months: Social interaction (friends, fellow students etc.)

Question

How do you feel your eczema has affected the following in the past months: Social interaction (friends, fellow students etc.)

Frequencies

label	value	n	%	v. %
Has not affected at all	0	567	11.1	81.3
Has affected but does not limit	1	105	2.1	15.1
Limits to some extent	2	22	0.4	3.2

(continued on next page)

(cont. from previous page)

label	value	n	%	v. %
Limits considerably	3	3	0.1	0.4
Prevents completely	4	0	0.0	0.0
System missing (SYSMIS)	.	4402	86.3	–
		5099	100.0	100.0

[A24_7] How do you feel your eczema has affected the following in the past months: Close relationships (family, relatives, partner)

Question

How do you feel your eczema has affected the following in the past months: Close relationships (family, relatives, partner)

Frequencies

label	value	n	%	v. %
Has not affected at all	0	572	11.2	81.9
Has affected but does not limit	1	104	2.0	14.9
Limits to some extent	2	17	0.3	2.4
Limits considerably	3	5	0.1	0.7
Prevents completely	4	0	0.0	0.0
System missing (SYSMIS)	.	4401	86.3	–
		5099	100.0	100.0

[A24_8] How do you feel your eczema has affected the following in the past months: Sex life

Question

How do you feel your eczema has affected the following in the past months: Sex life

Frequencies

label	value	n	%	v. %
Has not affected at all	0	566	11.1	81.1
Has affected but does not limit	1	95	1.9	13.6
Limits to some extent	2	25	0.5	3.6
Limits considerably	3	11	0.2	1.6
Prevents completely	4	1	0.0	0.1

(continued on next page)

2. Variables

(cont. from previous page)

label	value	n	%	v. %
System missing (SYSMIS)	.	4401	86.3	–
		5099	100.0	100.0

[A25] What is the significance of the costs incurred by your eczema to your financial circumstances?

Question

What is the significance of the costs incurred by your eczema to your financial circumstances?

Frequencies

label	value	n	%	v. %
The eczema doesn't incur costs or the costs do not cause financial harm	1	407	8.0	58.1
Cause some financial harm	2	250	4.9	35.7
Cause considerable financial harm	3	38	0.7	5.4
Can't pay medical treatment expenses incurred by my eczema	4	5	0.1	0.7
System missing (SYSMIS)	.	4399	86.3	–
		5099	100.0	100.0

[A26] Do you receive disability allowance provided by Kela because of your eczema?

Question

Do you receive disability allowance provided by Kela because of your eczema?

Frequencies

label	value	n	%	v. %
No	0	694	13.6	98.6
Yes	1	10	0.2	1.4
System missing (SYSMIS)	.	4395	86.2	–
		5099	100.0	100.0

[A27] Do you have pets?**Question***Do you have pets?***Frequencies**

label	value	n	%	v. %
Yes	1	166	3.3	23.0
No	2	372	7.3	51.5
Not at present, but have received previously	3	184	3.6	25.5
System missing (SYSMIS)	.	4377	85.8	—
		5099	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
The respondent's age (categorised) [K1]	14
The respondent's gender [K2]	14
NUTS3 region of the respondent's university/polytechnic [K3]	15
Location of the respondent's university/polytechnic: More than one location [K3_USEA] ..	15
The respondent's field of study: University students [K4A]	16
The respondent's field of study: University students, more than one field of study [K4A_USEA]	16
The respondent's field of study: Polytechnic students [K4B]	17
The respondent's field of study: Polytechnic students, more than one field of study [K4B_USEA]	17
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Diabetes [K5_1]	17
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Thyroid disease/condition [K5_2]	18
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: High blood pressure/hypertension [K5_3]	18
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Arrhythmia or other heart condition [K5_4]	19

3. Indexes

Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Rheumatoid arthritis [K5_5]	19
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Other musculoskeletal disorder [K5_6]	20
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Asthma [K5_7]	20
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Allergic rhinitis or conjunctivitis (eyes) [K5_8]	21
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Atopic dermatitis [K5_9]	21
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Acne [K5_10]	22
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Lactose intolerance [K5_11]	22
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/problem which has given you symptoms or has been treated during the past 12 months: Other gastrointestinal condition [K5_12]	23
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/problem which has given you symptoms or has been treated during the past 12 months: Recurring urinary tract infection, renal disease [K5_13]	23
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Male urogenital disorder [K5_14]	24
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Gynaecological disorder [K5_15]	24
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Eyesight condition (spectacles) [K5_16]	25
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Eye condition [K5_17]	25
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Ear, nose or throat problem [K5_18]	26

Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Caries (cavities) [K5_19]	26
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Infected wisdom tooth [K5_20]	27
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Other mouth or dental disorder [K5_21]	27
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Migraine [K5_22]	28
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Epilepsy, other neurological condition [K5_23]	28
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Anorexia, bulimia, other eating disorder [K5_24]	29
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/problem which has given you symptoms or has been treated during the past 12 months: Anxiety disorder (panic disorder, social anxiety) [K5_25]	29
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Depression [K5_26]	30
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Other mental health problem [K5_27]	30
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Other illness, disorder, health problem [K5_28]	31
No illness, disorder or health problem [K5_ALL]	31
In general, would you say your health is... [K6]	31
Are you taking any drugs, medicines, or contraceptive pills prescribed by a doctor for an illness: No [K7_0]	32
Are you taking any drugs, medicines, or contraceptive pills prescribed by a doctor for an illness: Regular medication (tablets, injections, inhalants, sprays, drops, lotions/ointments, rectal suppositories) [K7_1]	32
Are you taking any drugs, medicines, or contraceptive pills prescribed by a doctor for an illness: Medicine that is taken when necessary [K7_2]	33
Are you taking any medicine not prescribed by a doctor? [K8]	33
How many hours a night do you sleep on average? [K9]	33

3. Indexes

Do you feel you sleep enough? [K10]	34
(Men) How tall are you? (cm) [K11A]	34
(Women) How tall are you? (cm) [K11B]	35
(Men) How much do you weigh? (kg) [K12A]	35
(Women) How much do you weigh? (kg) [K12B]	35
Waist circumference as measured below the ribs (1-2 cm above the umbilicus at the end of exhalation) (males) [K13A]	36
Waist circumference as measured below the ribs (1-2 cm above the umbilicus at the end of exhalation) (females) [K13B]	36
Have you ever been diagnosed with high blood glucose levels? [K14]	37
Is there diabetes in your family (type 1 or 2)? No [K15_0]	37
Is there diabetes in your family (type 1 or 2)? Yes, grandparents, uncles and aunts, cousins [K15_1]	37
Is there diabetes in your family (type 1 or 2)? Yes, parents, siblings or own children [K15_2]	38
What do you think of your weight? Do you think you are... [K16]	38
Is your relationship to food normal? [K17]	38
Have you ever lost a lot of weight through dieting? [K18]	39
Did you have symptoms or problems related to eating in puberty? [K19]	39
If you did have symptoms or problems related to eating, did you receive treatment for them? [K20]	39
How do you see the following in your case at present: Progress with studies [K21_1]	40
How do you see the following in your case at present: Public appearances such as giving presentations [K21_2]	40
How do you see the following in your case at present: Making contact with fellow students and other people in general [K21_3]	41
How do you see the following in your case at present: Making contact with the opposite sex [K21_4]	41
How do you see the following in your case at present: Your sexuality [K21_5]	41
How do you see the following in your case at present: Relationship with your parents [K21_6]	42
How do you see the following in your case at present: Planning the future [K21_7]	42
How do you see the following in your case at present: Own endurance and strengths/abilities [K21_8]	43
How do you see the following in your case at present: How you feel in general/Your mood in general [K21_9]	43
Have you experienced any of the following during the past month (30 days): Headache [K22_1]	43

Have you experienced any of the following during the past month (30 days): Dizziness [K22_2]	44
Have you experienced any of the following during the past month (30 days): Exhaustion, fatigue [K22_3]	44
Have you experienced any of the following during the past month (30 days): Shoulder or neck pain or discomfort [K22_4]	45
Have you experienced any of the following during the past month (30 days): Lower back pain or discomfort [K22_5]	45
Have you experienced any of the following during the past month (30 days): Pain in the limbs or joints [K22_6]	45
Have you experienced any of the following during the past month (30 days): Stomach pain, heartburn/acid indigestion [K22_7]	46
Have you experienced any of the following during the past month (30 days): Nausea or vomiting [K22_8]	46
Have you experienced any of the following during the past month (30 days): Flatulence or swelling [K22_9]	47
Have you experienced any of the following during the past month (30 days): Constipation or diarrhea [K22_10]	47
Have you experienced any of the following during the past month (30 days): Binge eating/overeating [K22_11]	48
Have you experienced any of the following during the past month (30 days): Heart palpitations, irregular heartbeat [K22_12]	48
Have you experienced any of the following during the past month (30 days): Skin problems [K22_13]	48
Have you experienced any of the following during the past month (30 days): Voice problems [K22_14]	49
Have you experienced any of the following during the past month (30 days): Rhinitis, stuffy/runny nose [K22_15]	49
Have you experienced any of the following during the past month: Throat problems (sore throat, phlegm) [K22_16]	50
Have you experienced any of the following during the past month (30 days): Persistent cough or shortness of breath [K22_17]	50
Have you experienced any of the following during the past month (30 days): Bleeding gums or other gum problems [K22_18]	50
Have you experienced any of the following during the past month (30 days): Dental problems (sensitive teeth, toothache) [K22_19]	51
Have you experienced any of the following during the past month (30 days): Wisdom tooth problems [K22_20]	51
Have you experienced any of the following during the past month (30 days): Bite (occlusion) problems [K22_21]	52

3. Indexes

Have you experienced any of the following during the past month (30 days): Waking up during the night or difficulty in falling asleep [K22_22]	52
Have you experienced any of the following during the past month (30 days): Difficulty concentrating [K22_23]	53
Have you experienced any of the following during the past month (30 days): Nervous tension/nervousness [K22_24]	53
Have you experienced any of the following during the past month (30 days): Depression or feeling low [K22_25]	54
Have you experienced any of the following during the past month (30 days): Anxiety [K22_26]	54
Have you experienced any of the following during the past month (30 days): Something else [K22_27]	54
Have you experienced any of the following women's health issues during the past 6 months: No [K23N_0]	55
Have you experienced any of the following women's health issues during the past 6 months: Menstrual pain requiring medication [K23N_1]	55
Have you experienced any of the following women's health issues during the past 6 months: Excessive menstrual discharge [K23N_2]	56
Have you experienced any of the following women's health issues during the past 6 months: Absence of menstruation for more than six months [K23N_3]	56
Have you experienced any of the following women's health issues during the past 6 months: Irregular discharge [K23N_4]	56
Have you experienced any of the following women's health issues during the past 6 months: Abnormal vaginal discharge [K23N_5]	57
Have you experienced any of the following women's health issues during the past 6 months: Pain during intercourse [K23N_6]	57
Have you experienced any of the following women's health issues during the past 6 months: Other health issue [K23N_7]	58
Have you experienced any of the following men's health issues during the past 6 months: No [K23M_0]	58
Have you experienced any of the following men's health issues during the past 6 months: Fore-skin problems [K23M_1]	58
Have you experienced any of the following men's health issues during the past 6 months: Urethral problems (discharge or irritation) [K23M_2]	59
Have you experienced any of the following men's health issues during the past 6 months: Erection problems [K23M_3]	59
Erection problems, how often? [K23M_3B]	59
Have you experienced any of the following men's health issues during the past 6 months: Premature ejaculation (<2 min) [K23M_4]	60
Have you experienced any of the following men's health issues during the past 6 months: De-	

layed/inhibited ejaculation [K23M_5]	60
Have you experienced any of the following men's health issues during the past 6 months: Prostate problems [K23M_6]	61
Have you experienced any of the following men's health issues during the past 6 months: Other health issue [K23M_7]	61
Have you recently been able to concentrate on whatever you are doing? [K24]	61
Have you recently lost much sleep over worry? [K25]	62
Have you recently felt that you are playing a useful part in things? [K26]	62
Have you recently felt capable of making decisions about things? [K27]	63
Have you recently felt constantly under strain? [K28]	63
Have you recently felt you couldn't overcome your difficulties? [K29]	63
Have you recently been able to enjoy your normal day to day activities? [K30]	64
Have you recently been able to face up to your problems? [K31]	64
Have you recently been feeling unhappy and depressed? [K32]	65
Have you recently been losing confidence in yourself? [K33]	65
Have you recently been thinking of yourself as a worthless person? [K34]	65
Have you recently been feeling reasonably happy, all things considered? [K35]	66
Have you ever felt the need to spend increasingly more money on gambling? [K36]	66
Have you ever lied to people close to you about how much money you spend on gambling? [K37]	67
How often do you notice that you have spent more time on the Internet than you at first intended? [K38]	67
In the past month, how many hours a day on average have you spent on the Internet because of the following: Studies [K39_1]	67
In the past month, how many hours a day on average have you spent on the Internet because of the following: Paid work [K39_2]	68
In the past month, how many hours a day on average have you spent on the Internet because of the following: Other information retrieval, reading newspapers online [K39_3]	68
In the past month, how many hours a day on average have you spent on the Internet because of the following: Listening to the radio, watching TV online [K39_4]	69
In the past month, how many hours a day on average have you spent on the Internet because of the following: Phone calls over the Internet (e.g. Skype) [K39_5]	69
In the past month, how many hours a day on average have you spent on the Internet because of the following: Email [K39_6]	69
In the past month, how many hours a day on average have you spent on the Internet because of the following: Taking care of things that need doing (banking, job-seeking etc.) [K39_7] ...	70
In the past month, how many hours a day on average have you spent on the Internet because of the following: Forums, chatting, communities etc. [K39_8]	70

3. Indexes

In the past month, how many hours a day on average have you spent on the Internet because of the following: Playing games online [K39_9]	71
In the past month, how many hours a day on average have you spent on the Internet because of the following: Something else [K39_10]	71
Something else, please specify (open-ended) [K39_MUU]	72
In the past month, how many hours a day on average have you spent on the Internet in total? [K39_11]	72
Does the use of the Internet cause problems in your personal relationships? [K40]	72
Does the time you spend on the Internet cause problems in your studies? [K41]	72
Does the time you spend on the Internet cause problems in your sleep-wake cycle? [K42] ..	73
In your leisure time, how often do you engage in a physical activity for at least half an hour so that you get at least slightly out of breath and sweaty? (e.g. jogging, cycling, ball games) [K43]	73
For how many hours a week do you engage in such physical activity? [K44]	74
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)? [K45A]	74
How many hours a week do you spend walking or cycling to get from one place to another (i.e. not for exercise)? [K45B]	75
How often do you take light physical exercise at the minimum of 30 minutes at a time or exercise in connection with other hobbies (e.g. walking in nature, dancing, walking the dog)? [K46]	75
Who organizes the physical exercise you take part in: I do not exercise [K47_0]	75
Who organizes the physical exercise you take part in: I do it alone and organize it myself [K47_1]	76
Who organizes the physical exercise you take part in: I do it with a friend/friends and we organize it ourselves [K47_2]	76
Who organizes the physical exercise you take part in: The university or the student union [K47_3]	77
Who organizes the physical exercise you take part in: A student association/club (e.g. student association of a particular faculty/field of study) [K47_4]	77
Who organizes the physical exercise you take part in: A sports club (not connected to the university) [K47_5]	77
Who organizes the physical exercise you take part in: Other voluntary association/club [K47_6]	78
Who organizes the physical exercise you take part in: Commercial sports facility/service [K47_7]	78
Who organizes the physical exercise you take part in: Municipal/local government sports facility/service [K47_8]	78
Have you used or do you use performance-enhancing substances: Permitted substances, for example, protein supplements [K48A]	79

Have you used or do you use performance-enhancing substances: Illegal substances (doping) [K48B]	79
Do you follow a special diet? [K49]	80
What kind of diet do you follow? Lactose-free diet [K49_1]	80
What kind of diet do you follow? Gluten-free diet [K49_2]	80
What kind of diet do you follow? Weight loss diet [K49_3]	81
What kind of diet do you follow? Diet for food allergy [K49_4]	81
What kind of diet do you follow? Diabetic diet, or a diet for high cholesterol or high blood pressure [K49_5]	81
What kind of diet do you follow? Diet including vegetables, dairy products and eggs, chicken or fish [K49_6]	82
What kind of diet do you follow? Lacto vegetarian diet (vegetarian diet+dairy products) [K49_7]	82
What kind of diet do you follow? Vegan diet (no animal products) [K49_8]	82
What kind of diet do you follow? Raw food diet [K49_9]	83
What kind of diet do you follow? Other diet [K49_10A]	83
Other diet, please specify (open-ended) [K49_10B]	83
When buying/acquiring food, do you take health factors into account? [K50]	84
Where do you generally eat your main meal? [K51]	84
How often do you add salt to your food at the table? [K52]	84
How many glasses of milk or sour milk (glass = 2 dl) do you drink a day? [K53]	85
What kind of spread do you generally use on bread? [K54]	85
How many slices of bread do you usually eat per day: Dark/brown bread (e.g. rye bread, crisp bread) [K55A]	86
How many slices of bread do you usually eat per day: Mixed grain, yeast, graham, oat bread [K55B]	86
How often have you eaten the following during the past week (7 days): Fruit or berries [K56_1]	87
How often have you eaten the following during the past week (7 days): Fresh vegetables [K56_2]	87
How often have you eaten the following during the past week (7 days): Cooked vegetables (excluding potatoes) [K56_3]	88
How often have you eaten the following during the past week (7 days): Porridge, muesli, cereal [K56_4]	88
How often have you eaten the following during the past week : Yoghurt or viili (a sour milk product) (portions of 1,5 - 2 dl) [K56_5]	89
How often have you eaten the following during the past week (7 days): Ice cream [K56_6] .	89

3. Indexes

How often have you eaten the following during the past week (7 days): Sweet pastries [K56_7]	90
How often have you eaten the following during the past week (7 days): Sweets/candy, chocolate [K56_8]	90
How often have you drunk the following during the past week (7 days): Sugary drinks [K56_9]	90
How often have you drunk the following during the past week (7 days): Light drinks (diet drinks) [K56_10]	91
How often have you eaten the following during the past week (7 days): Chips/French fries [K56_11]	91
How often have you eaten the following during the past week (7 days): Potato crisps etc. [K56_12]	92
How often have you eaten the following during the past week (7 days): Cheese [K56_13] ..	92
How often have you eaten the following during the past week (7 days): Pizza [K56_14]	93
How often do you brush your teeth? [K57]	93
Do you use tooth paste? [K58]	94
Do you floss your teeth? [K59]	94
Do you use xylitol-based chewing gum or other xylitol-based products? [K60]	94
Do you smoke nowadays? [K61]	95
Do you use snus (Swedish snuff)/chewing tobacco? [K62]	95
Have you ever tried or used any drugs, medicine or medicine+alcohol for intoxication purposes? [K63]	96
Have you tried or used for intoxication purposes: Cannabis (hashish, marijuana) [K64_1] ..	96
Have you tried or used for intoxication purposes: Glue, thinners or other inhalants [K64_2]	96
Have you tried or used for intoxication purposes: Medicine and alcohol together [K64_3] ..	97
Have you tried or used for intoxication purposes: Medicine [K64_4]	97
Have you tried or used for intoxication purposes: Ecstasy [K64_5]	97
Have you tried or used for intoxication purposes: Subutex or Temgesic [K64_6]	98
Have you tried or used for intoxication purposes: Heroin, cocaine, amphetamine, LSD, GHB, GBL etc. [K64_7]	98
How many times have you used for intoxication purposes: Cannabis (hashish, marijuana) [K65_1]	98
How many times have you used for intoxication purposes: Glue, thinners or other inhalants [K65_2]	99
How many times have you used for intoxication purposes: Medicine and alcohol together [K65_3]	99
How many times have you used for intoxication purposes: Medicine [K65_4]	99

How many times have you used for intoxication purposes: Ecstasy [K65_5]	100
How many times have you used for intoxication purposes: Subutex or Temgesic [K65_6] .	100
How many times have you used for intoxication purposes: Heroin, cocaine, amphetamine, LSD, GHB, GBL etc. [K65_7]	101
Have you used at least once in the last 12 months: Cannabis (hashish, marijuana) [K66_1]	101
Have you used at least once in the last 12 months: Glue, thinners or other inhalants [K66_2]	101
Have you used at least once in the last 12 months: Medicine and alcohol together [K66_3]	102
Have you used at least once in the last 12 months: Medicine [K66_4]	102
Have you used at least once in the last 12 months: Ecstasy [K66_5]	102
Have you used at least once in the last 12 months: Subutex or Temgesic [K66_6]	103
Have you used at least once in the last 12 months: Heroin, cocaine, amphetamine, LSD, GHB or GBL etc. [K66_7]	103
Do you feel that the influence of your friends causes you to drink more alcohol than you would in fact like to drink? [K67]	103
If you are at a party/gathering where alcohol is served, is there also a non-alcoholic alternative on offer? [K68]	104
If someone from your own group chooses the non-alcoholic option, will this choice draw the attention of others? [K69]	104
How many bottles of III beer (beer with 3.7 - 4.7% abv, 33 cl) do you drink on an average week? [K70A]	105
How many bottles of IVA beer (beer with 4.8 - 5.2% abv, 33 cl) do you drink on an average week? [K70B]	105
How many bottles of cider (33 cl) do you drink on an average week? [K70C]	105
How many bottles of long drink (gin-and-grapefruit beverage, 33 cl) do you drink on an average week? [K70D]	106
How many glasses of wine (12 cl) do you drink on an average week? [K70E]	106
How many glasses of spirits (4 cl) do you drink on an average week? [K70F]	106
How often do you have a drink containing alcohol? [K71]	107
How many drinks containing alcohol do you have on a typical day when you are drinking? [K72]	107
How often do you have six or more drinks on one occasion? [K73]	108
How often during the last year have you found that you were not able to stop drinking once you had started? [K74]	108
How often during the last year have you failed to do what you had planned to do because of drinking? [K75]	108
How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session? [K76]	109

3. Indexes

How often during the last year have you had a feeling of guilt or remorse after drinking? [K77]	109
How often during the last year have you been unable to remember what happened the night before because you had been drinking? [K78]	110
Have you or someone else been injured as a result of your drinking? [K79]	110
Has a relative or friend or a doctor or another health worker been concerned about your drinking or suggested you cut down? [K80]	111
For how many academic years have you been enrolled and registered for attendance at the university/institution in connection with your present studies? (categorised) [K81]	111
How many credits have you gained by 31 January 2008 in connection with your present studies? (old system before the Bologna Process) [K82A]	112
How many credits have you gained by 31 January 2008 in connection with your present studies? (new system) [K82B]	112
What year do you think you will graduate from your present studies? [K83]	112
Do you see yourself as studying full-time or part-time? [K84]	113
If you think about your own goals, how successful do you think you have been in your studies? [K85]	113
Do you feel that your field of study is the right one for you? [K86]	113
Has the advice and counselling you have received for your studies from your institution in the last 12 months been... [K87]	114
Is anxiety/nervousness in study-related situations a problem for you? In exams and tests [K88_1]	114
Is anxiety/nervousness in study-related situations a problem for you? In public speaking, presentations etc. [K88_2]	115
Is anxiety/nervousness in study-related situations a problem for you? In seminars [K88_3]	115
Is anxiety/nervousness in study-related situations a problem for you? When speaking a foreign language [K88_4]	116
Is anxiety/nervousness in study-related situations a problem for you? When talking to a lecturer or a supervisor [K88_5]	116
Is anxiety/nervousness in study-related situations a problem for you? In some other situation [K88_6]	116
In some other situation, please specify (open-ended) [K88_MUU]	117
How does anxiety/nervousness in study-related situations affect you? [K89]	117
If it affects you negatively, please specify how: I perform worse than my skills/competence would indicate [K90_1]	117
If it affects you negatively, please specify how: It hampers my concentration and learning [K90_2]	118
If it affects you negatively, please specify how: I don't participate in discussions as much as I normally would [K90_3]	118

If it affects you negatively, please specify how: I begin to feel nauseous [K90_4]	118
If it affects you negatively, please specify how: I feel incapacitated, it gets difficult for me to act [K90_5]	119
If it affects you negatively, please specify how: Other effect [K90_6]	119
Other effect, please specify (open-ended) [K90_MUU]	119
In the past month: I have felt being snowed under with study-related tasks [K91_1]	120
In the past month: I have felt apathetic about my studies and have often thought of quitting studies [K91_2]	120
In the past month: I have often had feelings of inadequacy in my studies [K91_3]	121
In the past month: I have often had trouble sleeping because of various study-related issues [K91_4]	121
In the past month: I have felt that I'm losing interest in my studies [K91_5]	121
In the past month: I have constantly pondered whether my studies have any meaning [K91_6]	122
In the past month: I have felt that I have less and less to contribute in my studies [K91_7] .	122
In the past month: I have worried a lot over studies also in my spare time [K91_8]	123
In the past month: I used to expect to accomplish a lot more in my studies than I do now [K91_9]	123
In the past month: Study pressure has caused problems in my close relationships [K91_10]	124
In the past month: I have been full of energy when studying [K91_11]	124
In the past month: Studying has been very meaningful to me [K91_12]	125
In the past month: It has seemed that time flies when I study [K91_13]	125
In the past month: I have felt energetic/productive when studying [K91_14]	126
In the past month: I have been excited about studying [K91_15]	126
In the past month: When I have been studying, I have completely ignored my surroundings [K91_16]	127
In the past month: Studying has inspired me [K91_17]	127
In the past month: When I have woken up in the morning I have felt good about studying [K91_18]	127
In the past month: I have immersed myself in my studies [K91_19]	128
Was your disposable income sufficient for your needs in the last 12 months? [K92]	128
Financial situation in the last 12 months: I had to work to get money for my basic living expenses [K93A]	129
Financial situation in the last 12 months: I got financial support from my parents or relatives in form of money, goods etc. [K93B]	129
Financial situation in the last 12 months: Housing costs were higher than half of my disposable income [K93C]	130

3. Indexes

Have you done any paid work in the last 12 months: Full-time work (30 hours or more per week) - Months in total [K94A1]	130
Have you done any paid work in the last 12 months: Full-time work (30 hours or more per week) - Months during the academic year (i.e. excluding holiday times) [K94A2]	130
Have you done any paid work in the last 12 months: Full-time work (30 hours or more per week) - Was the work associated with your own field of study? [K94A3]	131
Have you done any paid work in the last 12 months: Regular part-time work - Hours per week [K94B1]	131
Have you done any paid work in the last 12 months: Regular part-time work - Months in total [K94B2]	132
Have you done any paid work in the last 12 months: Regular part-time work - Months during the academic year (i.e. excluding holiday times) [K94B3]	132
Have you done any paid work in the last 12 months: Regular part-time work - Was the work associated with your own field of study? [K94B4]	132
Have you done any paid work in the last 12 months: Casual work during the academic year [K94C1]	133
Have you done any paid work in the last 12 months: Casual work during the academic year - Was the work associated with your own field of study? [K94C2]	133
What is your current household composition? [K95]	133
Are you in a relationship (steady intimate relationship)? [K96]	134
How many times have you been married, or in a cohabiting relationship or a registered partnership? [K97]	134
How many children do you have? (categorised) [K98]	135
How many children would you like to have? [K99]	135
If you would like to have and don't yet have children, how old would you like to be when you have your first child? [K100]	136
Are you or your partner/spouse pregnant? [K101]	136
How often do you meet with your friend(s) in your spare time? [K102]	136
Do you feel lonely? [K103]	137
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)? [K104]	137
Can you discuss your affairs and problems openly with someone close to you, should you want to? [K105]	138
How often have you participated in the activities of a voluntary organisation/association over the past year? [K106]	138
When you last visited FSHS/student health care what was your experience of the services like? I got clarification on the issues that had worried me [K107A]	139
When you last visited FSHS/student health care what was your experience of the services like?	

I was listened to and felt understood [K107B]	139
Reason for using other service provider than the FSHS/student health care: I have not used other service providers [K108_0]	139
Reason for using other service provider than the FSHS/student health care: I did not have the right to use the FSHS/student health services for the whole 12-month period [K108_1] ...	140
Reason for using other service provider than the FSHS/student health care: I have been working / in military service / pregnant [K108_2]	140
Reason for using other service provider than the FSHS/student health care: I was referred somewhere else [K108_3]	141
Reason for using other service provider than the FSHS/student health care: I continue using the service provider that has treated me before [K108_4]	141
Reason for using other service provider than the FSHS/student health care: I needed help in a place where there were no FSHS/student health services [K108_5]	141
Reason for using other service provider than the FSHS/student health care: I needed emergency care outside normal office hours [K108_6]	142
Reason for using other service provider than the FSHS/student health care: Student health care does not provide the service I want or I can no longer get it [K108_7]	142
Reason for using other service provider than the FSHS/student health care: I could not get an appointment quickly enough at student health care [K108_8]	143
Reason for using other service provider than the FSHS/student health care: I have not been satisfied with the FSHS/student health services [K108_9]	143
Reason for using other service provider than the FSHS/student health care: Other reason [K108_10]	143
Have you visited a doctor, public health nurse or other health professional in the past year? Public health nurse in the FSHS/municipal student health care [K109A1]	144
Have you visited a doctor, public health nurse or other health professional in the past year? Public health nurse in a health centre (other than student health care) [K109A2]	144
Have you visited a doctor, public health nurse or other health professional in the past year? Public health nurse working for other health service provider [K109A3]	145
Have you visited a doctor, public health nurse or other health professional in the past year? Physiotherapist in the FSHS/municipal student health care [K109B1]	145
Have you visited a doctor, public health nurse or other health professional in the past year? Physiotherapist in a health centre (other than student health care) [K109B2]	146
Have you visited a doctor, public health nurse or other health professional in the past year? Physiotherapist working for other health service provider [K109B3]	146
Have you visited a doctor, public health nurse or other health professional in the past year? General practitioner in the FSHS/municipal student health care [K109C1]	147
Have you visited a doctor, public health nurse or other health professional in the past year? General practitioner in a health centre (other than student health care) [K109C2]	147
Have you visited a doctor, public health nurse or other health professional in the past year?	

3. Indexes

General practitioner working for other health service provider [K109C3]	148
Have you visited a doctor, public health nurse or other health professional in the past year? Specialist doctor in the FSHS/municipal student health care [K109D1]	148
Have you visited a doctor, public health nurse or other health professional in the past year? Specialist doctor in a health centre (other than student health care) [K109D2]	149
Have you visited a doctor, public health nurse or other health professional in the past year? Specialist doctor working for other health service provider [K109D3]	149
Have you visited a doctor, public health nurse or other health professional in the past year? Dental hygienist in the FSHS/municipal student health care [K109E1]	150
Have you visited a doctor, public health nurse or other health professional in the past year? Dental hygienist in a health centre (other than student health care) [K109E2]	150
Have you visited a doctor, public health nurse or other health professional in the past year? Dental hygienist working for other health service provider [K109E3]	151
Have you visited a doctor, public health nurse or other health professional in the past year? Dentist in the FSHS/municipal student health care [K109F1]	151
Have you visited a doctor, public health nurse or other health professional in the past year? Dentist in a health centre (other than student health care) [K109F2]	152
Have you visited a doctor, public health nurse or other health professional in the past year? Dentist working for other health service provider [K109F3]	152
Have you visited a doctor, public health nurse or other health professional in the past year? Specialised dentist in the FSHS/municipal student health care [K109G1]	153
Have you visited a doctor, public health nurse or other health professional in the past year? Specialised dentist in a health centre (other than student health care) [K109G2]	153
Have you visited a doctor, public health nurse or other health professional in the past year? Specialised dentist working for other health service provider [K109G3]	154
Have you visited a doctor, public health nurse or other health professional in the past year? Psychologist in the FSHS/municipal student health care [K109H1]	154
Have you visited a doctor, public health nurse or other health professional in the past year? Psychologist in a health centre (other than student health care) [K109H2]	155
Have you visited a doctor, public health nurse or other health professional in the past year? Psychologist working for other health service provider [K109H3]	155
Have you visited a doctor, public health nurse or other health professional in the past year? Psychiatrist in the FSHS/municipal student health care [K109I1]	156
Have you visited a doctor, public health nurse or other health professional in the past year? Psychiatrist in a health centre (other than student health care) [K109I2]	156
Have you visited a doctor, public health nurse or other health professional in the past year? Psychiatrist working for other health service provider [K109I3]	157
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lec- tures) in the following matters: Stress control [K110_1]	157
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lec-	

tures) in the following matters: Problems caused by anxiety/nervousness [K110_2]	157
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Social relationships or self-esteem [K110_3]	158
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Sexuality [K110_4]	158
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Eating-related problem [K110_5]	159
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Nutritional issues [K110_6]	159
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Weight control [K110_7]	159
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Physical exercise issues [K110_8]	160
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Ergonomics [K110_9]	160
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Controlling alcohol consumption [K110_10]	161
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Quitting smoking [K110_11]	161
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Other addiction (gambling, Internet etc.) [K110_12]	161
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 [K110_13]	162
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Allergies and skin issues [K110_14]	162
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Vaccines [K110_15]	163
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Other problem [K110_16]	163
How much were you bullied when you were in school? [K111]	163
Thinking about the periods of time when you were bullied, how often did it happen? [K112]	164
If you were bullied, what kind of bullying was it? Physical abuse [K113_1]	164
If you were bullied, what kind of bullying was it? Verbal abuse [K113_2]	165
If you were bullied, what kind of bullying was it? Exclusion, shunning, discrimination [K113_3]	165
If you were bullied, what kind of bullying was it? Hurting your friendships [K113_4]	165
Compared to your classmates, how much did you yourself bully other pupils? [K114]	166
Have you, during your studies, been the target of repeated physical abuse, verbal abuse and/or	

3. Indexes

exclusion/discrimination by one or more other students? [K115]	166
During your studies, have you, in your opinion, repeatedly physically or verbally abused or discriminated against/excluded one or more students? [K116]	167
Is your sexual orientation... [K117]	167
At what age did you have sexual intercourse for the first time? [K118]	167
How often have you had sexual intercourse in the past month? [K119]	168
Have you ever had chlamydia? [K120]	168
Which contraceptive method have you and your partner used in the past month? Nothing [K121_0]	168
Which contraceptive method have you and your partner used in the past month? Condom [K121_1]	169
Which contraceptive method have you and your partner used in the past month? Contraceptive pill [K121_2]	169
Which contraceptive method have you and your partner used in the past month? Contraceptive patch [K121_3]	170
Which contraceptive method have you and your partner used in the past month? Contraceptive ring [K121_4]	170
Which contraceptive method have you and your partner used in the past month? Contraceptive implant [K121_5]	170
Which contraceptive method have you and your partner used in the past month? Hormonal intrauterine device [K121_6]	171
Which contraceptive method have you and your partner used in the past month? Copper intrauterine device [K121_7]	171
Have you or has your partner ever used emergency contraception? [K122A]	171
Have you or has your partner ever used emergency contraception? How many times? [K122B]	172
Have you or has your partner ever had an abortion? [K123]	172
Have you had problems with using condom? Have not used condom [K124_0]	173
Have you had problems with using condom? Have not had problems [K124_1]	173
Have you had problems with using condom: Condom has slipped off [K124_2]	173
Have you had problems with using condom? Condom has broken [K124_3]	174
Have you had problems with using condom? Some other problem [K124_4]	174
Have you ever used erection-enhancing drugs? [K125]	174
If you have used erection-enhancing drugs, how did you get them? [K126]	175
What do you think is the age when a woman's chance of getting pregnant starts to decrease a little? [K127_1]	175
What do you think is the age when a woman's chance of getting pregnant starts to decrease significantly? [K127_2]	176

If a man and a woman have regular intercourse for a period of one year, not using contraception, what do you think is the percentage of women that get pregnant at 25-30 years old? [K127_3A] 176

If a man and a woman have regular intercourse for a period of one year, not using contraception, what do you think is the percentage of women that get pregnant at 35-40 years old? [K127_3B] 176

Have you had acne in the past 12 months? [K128] 177

Have you visited a doctor because of acne in the past 12 months? [K129] 177

Do you feel acne has caused or causes harm in your social relationships? [K130] 177

Have you used the following treatments for acne? Antibiotics (e.g. Apocyclin, Tetralysal) in the last 12 months, how many months in total [K131_1A] 178

Have you used the following treatments for acne? Antibiotics (e.g. Apocyclin, Tetralysal) in previous years [K131_1B] 178

Have you used the following treatments for acne? Isotretinoin (Roaccutane, Isotretinoin) in the last 12 months, how many months in total [K131_2A] 179

Have you used the following treatments for acne? Isotretinoin (Roaccutane, Isotretinoin) in previous years [K131_2B] 179

Have you used the following treatments for acne? Tretinoin or adapalene creams/gels (Avitcid crem, Differin gel) in the last 12 months, how many months in total [K131_3A] 179

Have you used the following treatments for acne? Tretinoin or adapalene creams/gels (Avitcid crem, Differin gel) in previous years [K131_3B] 180

Have you used the following treatments for acne? Azelaic acid cream (Skinoren crem) in the last 12 months, how many months in total [K131_4A] 180

Have you used the following treatments for acne? Azelaic acid cream (Skinoren crem) in previous years [K131_4B] 181

Have you used the following treatments for acne? Benzoyl peroxide cream/gel wash (Basiron, Brevoxyl) in the last 12 months, how many months in total [K131_5A] 181

Have you used the following treatments for acne? Benzoyl peroxide cream/gel wash (Basiron, Brevoxyl) in previous years [K131_5B] 181

Have you used the following treatments for acne? Clindamycin solution (Dalacin solution) in the last 12 months, how many months in total [K131_6A] 182

Have you used the following treatments for acne? Clindamycin solution (Dalacin solution) in previous years [K131_6B] 182

Have you used the following treatments for acne? Benzoyl peroxide + clindamycin gel (Cindoxyl gel) in the last 12 months, how many months in total [K131_7A] 183

Have you used the following treatments for acne? Benzoyl peroxide + clindamycin gel (Cindoxyl gel) in previous years [K131_7B] 183

Have you used the following treatments for acne? Light therapy (solarium, SUP therapy) in the last 12 months, how many months in total [K131_8A] 183

Have you used the following treatments for acne? Light therapy (solarium, SUP therapy) in

3. Indexes

previous years [K131_8B]	184
Have you used the following treatments for acne? Contraceptive pills in the last 12 months, how many months in total [K131_9A]	184
Have you used the following treatments for acne? Contraceptive pills in previous years [K131_9B]	185
Have you used the following treatments for acne? Self-help products (over-the-counter products) in the last 12 months, how many months in total [K131_10A]	185
Have you used the following treatments for acne? Self-help products (over-the-counter products) in previous years [K131_10B]	185
Have you taken a trip or trips abroad lasting more than 10 days in the past 12 months? [K132]	186
Destination of the trip: Europe [K133_1]	186
Destination of the trip: Asia [K133_2]	186
Destination of the trip: Africa [K133_3]	187
Destination of the trip: North America [K133_4]	187
Destination of the trip: South America [K133_5]	187
Destination of the trip: Australia [K133_6]	188
Purpose of the trip: Holiday [K134_1]	188
Purpose of the trip: Volunteer work [K134_2]	188
Purpose of the trip: Studying [K134_3]	189
Did you take the recommended vaccines and preventive medicine before the trip? [K135] .	189
Did you have a travel insurance? [K136]	189
Did you get sick during the trip or right after it? [K137]	190
If you did get sick, which symptoms did you have? Diarrhea [K138_1]	190
If you did get sick, which symptoms did you have? Fever [K138_2]	190
If you did get sick, which symptoms did you have? Skin problems [K138_3]	191
If you did get sick, which symptoms did you have? Respiratory tract symptoms [K138_4]	191
If you did get sick, which symptoms did you have? Other symptom [K138_5]	191
Other symptom, please specify (open-ended) [K138_MUU]	192
Were you robbed, assaulted or involved in an accident during the trip? [K139]	192
Did you visit a doctor in the destination of your trip? [K140]	192
Any wishes for health care services in developing travel health information? (open-ended) [K141]	193
Have you been to an asthma follow-up in the past 12 months (not because of exacerbation)? I have not [A1_0]	193
Have you been to an asthma follow-up in the past 12 months (not because of exacerbation)? I have visited an asthma nurse [A1_1]	193

Have you been to an asthma follow-up in the past 12 months (not because of exacerbation)? I have visited a doctor in FSHS/student health care [A1_2]	194
Have you been to an asthma follow-up in the past 12 months (not because of exacerbation)? I have visited a doctor in private health care [A1_3]	194
Have you been to an asthma follow-up in the past 12 months (not because of exacerbation)? I have renewed my prescription without making an appointment [A1_4]	194
Have you visited a doctor because of asthma exacerbation in the past 12 months? I have not [A2_0]	195
Have you visited a doctor because of asthma exacerbation in the past 12 months? In emergency services at a municipal health centre [A2_1]	195
Have you visited a doctor because of asthma exacerbation in the past 12 months? In acute/emergency health services at the FSHS [A2_2]	195
Have you visited a doctor because of asthma exacerbation in the past 12 months? In a hospital [A2_3]	196
Have you visited a doctor because of asthma exacerbation in the past 12 months? Somewhere else [A2_4]	196
How often in the past four weeks has your asthma prevented you from doing your daily activities at work, school/university or home (including physical exercise)? [A3]	197
How often in the past four weeks have you had shortness of breath? [A4]	197
How often in the past four weeks have your asthma symptoms woken you up at night or early in the morning? [A5]	197
How often in the past four weeks have you used additional medication (Airomir, Bricanyl, Buventol or Ventoline) to open your airways? [A6]	198
To what extent would you say your asthma has been under control in the past four weeks? [A7]	198
Have you ever reduced the amount of medication you use because of fear of side effects? [A8]	199
What is the significance of the costs incurred by your asthma to your financial circumstances? [A9]	199
Are you entitled to special reimbursement provided by Kela for your asthma medicine? [A10]	200
On how many days in the past 12 months have you used the following medicine for asthma or asthma symptoms? Medicine for opening airways administered via inhaler (Airomir, Buventol, Ventoline, Bricanyl, Serevent, Oxis, Atrovent) [A11_1]	200
On how many days in the past 12 months have you used the following medicine for asthma or asthma symptoms? The combination of inhaled cortisone and extended-release medicine for opening airways (Seretide, Symbicort) [A11_2]	201
On how many days in the past 12 months have you used the following medicine for asthma or asthma symptoms? Inhaled cortisone (Aerobec, Beclomet, Budesonid, Pulmicort, Flixotide) [A11_3]	201

3. Indexes

On how many days in the past 12 months have you used the following medicine for asthma or asthma symptoms? Leukotriene inhibitors (Singulair, Accolate) [A11_4]	202
On how many days in the past 12 months have you used the following medicine for asthma or asthma symptoms? Other asthma medicine (e.g. Tilade, Lomudal, Theo-Dur, Retafyllin) [A11_5]	202
On how many days in the past 12 months have you used the following medicine for asthma or asthma symptoms? Cortisone tablets [A11_6]	203
On how many days in the past 12 months have you used the following medicine for asthma or asthma symptoms? Antibiotics [A11_7]	203
On how many days in the past 12 months have you used the following medicine for asthma or asthma symptoms? Natural medicine [A11_8]	204
Have you ever had atopic dermatitis/eczema? [A12]	204
Has a doctor diagnosed the aforementioned atopic dermatitis/eczema? [A13]	204
Has a doctor diagnosed the aforementioned atopic dermatitis/eczema? Yes, which year? [A13_V]	205
When did you have the first occurrence of atopic dermatitis/eczema? [A14]	205
Have you had atopic dermatitis/eczema in the past 12 months? [A15]	205
Have you visited a doctor because of the atopic dermatitis/eczema in the past 12 months? [A16]	206
Have you visited a doctor because of the atopic dermatitis/eczema in the past 12 months? Yes, how many times? [A16_K]	206
In the past 12 months, compared to previous years, has your atopic dermatitis/eczema been... [A17]	207
For how long have you had the atopic dermatitis/eczema in the last 12 months? [A18]	207
On which parts of the body have you had the atopic dermatitis/eczema in the past 12 months? On the face [A19_1]	207
On which parts of the body have you had the eczema in the past 12 months? On the neck [A19_2]	208
On which parts of the body have you had the eczema in the past 12 months? On the torso [A19_3]	208
On which parts of the body have you had the eczema in the past 12 months? On the upper limbs [A19_4]	208
On which parts of the body have you had the eczema in the past 12 months? On the lower limbs [A19_5]	209
On which parts of the body have you had the eczema in the past 12 months? On the hands [A19_6]	209
Have you used some of the following to treat your atopic dermatitis/eczema in the past 12 months: Moisturizers [A20_1]	210
Have you used some of the following to treat your eczema in the past 12 months: Cortisone	

creams/lotions/ointments [A20_2]	210
Have you used some of the following to treat your eczema in the past 12 months: Tacrolimus or pimecrolimus cream/ointment (Protopic, Elidel) [A20_3]	210
Have you used some of the following to treat your eczema in the past 12 months: Medication for itching (antihistamine) [A20_4]	211
Have you used some of the following to treat your eczema in the past 12 months: Cortisone tablets [A20_5]	211
Have you used some of the following to treat your eczema in the past 12 months: Light therapy [A20_6]	212
Have you used some of the following to treat your eczema in the past 12 months: Ciclosporin (Sandimmun Neoral) [A20_7]	212
Have you used some of the following to treat your eczema in the past 12 months: Natural remedies (vitamins, minerals etc.) [A20_8]	213
Are you receiving or have you received allergen immunotherapy (the so-called hyposensibilization treatment) for allergic rhinitis, inflammation of the eye or asthma? For grass pollen [A21_1]	213
Are you receiving or have you received allergen immunotherapy (the so-called hyposensibilization treatment) for allergic rhinitis, inflammation of the eye or asthma? For tree (e.g. birch) pollen [A21_2]	213
Are you receiving or have you received allergen immunotherapy (the so-called hyposensibilization treatment) for allergic rhinitis, inflammation of the eye or asthma? For mugwort pollen [A21_3]	214
Are you receiving or have you received allergen immunotherapy (the so-called hyposensibilization treatment) for allergic rhinitis, inflammation of the eye or asthma? For animal dander (cat, dog) [A21_4]	214
Are you receiving or have you received allergen immunotherapy (the so-called hyposensibilization treatment) for allergic rhinitis, inflammation of the eye or asthma? For house dust mite [A21_5]	215
Are you receiving or have you received allergen immunotherapy (the so-called hyposensibilization treatment) for allergic rhinitis, inflammation of the eye or asthma? For bee or wasp venom [A21_6]	215
What kind of harm/hindrance has your atopic dermatitis/eczema caused in the past 12 months? Treating the eczema is laborious and time-consuming [A22_1]	216
What kind of harm/hindrance has your eczema caused in the past 12 months? Hands need to be protected by gloves [A22_2]	216
What kind of harm/hindrance has your eczema caused in the past 12 months? Itching caused by the eczema disturbs sleep [A22_3]	216
What kind of harm/hindrance has your eczema caused in the past 12 months? Itching caused by the eczema disturbs concentration and studying [A22_4]	217
What kind of harm/hindrance has your eczema caused in the past 12 months? The eczema causes feelings of unease or embarrassment [A22_5]	217

3. Indexes

How do you feel your atopic dermatitis/eczema has affected your mood lately? [A23]	218
How do you feel your atopic dermatitis/eczema has affected the following in the past months: Coping with studies/work [A24_1]	218
How do you feel your eczema has affected the following in the past months: Coping with house- work and everyday activities (washing, getting dressed etc.) [A24_2]	218
How do you feel your eczema has affected the following in the past months: Sporting activities [A24_3]	219
How do you feel your eczema has affected the following in the past months: Other hobbies [A24_4]	219
How do you feel your eczema has affected the following in the past months: Commuting and travelling [A24_5]	220
How do you feel your eczema has affected the following in the past months: Social interaction (friends, fellow students etc.) [A24_6]	220
How do you feel your eczema has affected the following in the past months: Close relationships (family, relatives, partner) [A24_7]	221
How do you feel your eczema has affected the following in the past months: Sex life [A24_8] 221	
What is the significance of the costs incurred by your eczema to your financial circumstances? [A25]	222
Do you receive disability allowance provided by Kela because of your eczema? [A26]	222
Do you have pets? [A27]	223

3.2 Variables in alphabetical order

Any wishes for health care services in developing travel health information? (open-ended)	193
Are you entitled to special reimbursement provided by Kela for your asthma medicine? ..	200
Are you in a relationship (steady intimate relationship)?	134
Are you or your partner/spouse pregnant?	136
Are you receiving or have you received allergen immunotherapy (the so-called hyposensibilization treatment) for allergic rhinitis, inflammation of the eye or asthma? For animal dander (cat, dog)	214
Are you receiving or have you received allergen immunotherapy (the so-called hyposensibilization treatment) for allergic rhinitis, inflammation of the eye or asthma? For bee or wasp venom	215
Are you receiving or have you received allergen immunotherapy (the so-called hyposensibilization treatment) for allergic rhinitis, inflammation of the eye or asthma? For grass pollen ..	213
Are you receiving or have you received allergen immunotherapy (the so-called hyposensibilization treatment) for allergic rhinitis, inflammation of the eye or asthma? For house dust mite	215
Are you receiving or have you received allergen immunotherapy (the so-called hyposensibilization treatment) for allergic rhinitis, inflammation of the eye or asthma? For mugwort pollen	214
Are you receiving or have you received allergen immunotherapy (the so-called hyposensibilization treatment) for allergic rhinitis, inflammation of the eye or asthma? For tree (e.g. birch) pollen	213
Are you taking any drugs, medicines, or contraceptive pills prescribed by a doctor for an illness: Medicine that is taken when necessary	33
Are you taking any drugs, medicines, or contraceptive pills prescribed by a doctor for an illness: No	32
Are you taking any drugs, medicines, or contraceptive pills prescribed by a doctor for an illness: Regular medication (tablets, injections, inhalants, sprays, drops, lotions/ointments, rectal suppositories)	32
Are you taking any medicine not prescribed by a doctor?	33
At what age did you have sexual intercourse for the first time?	167
Can you discuss your affairs and problems openly with someone close to you, should you want to?	138
Compared to your classmates, how much did you yourself bully other pupils?	166
Destination of the trip: Africa	187
Destination of the trip: Asia	186
Destination of the trip: Australia	188
Destination of the trip: Europe	186

3. Indexes

Destination of the trip: North America	187
Destination of the trip: South America	187
Did you get sick during the trip or right after it?	190
Did you have a travel insurance?	189
Did you have symptoms or problems related to eating in puberty?	39
Did you take the recommended vaccines and preventive medicine before the trip?	189
Did you visit a doctor in the destination of your trip?	192
Do you feel acne has caused or causes harm in your social relationships?	177
Do you feel lonely?	137
Do you feel that the influence of your friends causes you to drink more alcohol than you would in fact like to drink?	103
Do you feel that your field of study is the right one for you?	113
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)?	137
Do you feel you sleep enough?	34
Do you floss your teeth?	94
Do you follow a special diet?	80
Do you have pets?	223
Do you receive disability allowance provided by Kela because of your eczema?	222
Do you see yourself as studying full-time or part-time?	113
Do you smoke nowadays?	95
Do you use snus (Swedish snuff)/chewing tobacco?	95
Do you use tooth paste?	94
Do you use xylitol-based chewing gum or other xylitol-based products?	94
Does the time you spend on the Internet cause problems in your sleep-wake cycle?	73
Does the time you spend on the Internet cause problems in your studies?	72
Does the use of the Internet cause problems in your personal relationships?	72
During your studies, have you, in your opinion, repeatedly physically or verbally abused or discriminated against/excluded one or more students?	167
Erection problems, how often?	59
Financial situation in the last 12 months: Housing costs were higher than half of my disposable income	130
Financial situation in the last 12 months: I got financial support from my parents or relatives in form of money, goods etc.	129
Financial situation in the last 12 months: I had to work to get money for my basic living expenses	129

For how long have you had the atopic dermatitis/eczema in the last 12 months?	207
For how many academic years have you been enrolled and registered for attendance at the university/institution in connection with your present studies? (categorised)	111
For how many hours a week do you engage in such physical activity?	74
FSD case id	14
FSD edition number	13
FSD study number	13
Has a doctor diagnosed the aforementioned atopic dermatitis/eczema?	204
Has a doctor diagnosed the aforementioned atopic dermatitis/eczema? Yes, which year? ..	205
Has a relative or friend or a doctor or another health worker been concerned about your drinking or suggested you cut down?	111
Has the advice and counselling you have received for your studies from your institution in the last 12 months been... ..	114
Have you been to an asthma follow-up in the past 12 months (not because of exacerbation)? I have not	193
Have you been to an asthma follow-up in the past 12 months (not because of exacerbation)? I have renewed my prescription without making an appointment	194
Have you been to an asthma follow-up in the past 12 months (not because of exacerbation)? I have visited a doctor in FSHS/student health care	194
Have you been to an asthma follow-up in the past 12 months (not because of exacerbation)? I have visited a doctor in private health care	194
Have you been to an asthma follow-up in the past 12 months (not because of exacerbation)? I have visited an asthma nurse	193
Have you done any paid work in the last 12 months: Casual work during the academic year	133
Have you done any paid work in the last 12 months: Casual work during the academic year - Was the work associated with your own field of study?	133
Have you done any paid work in the last 12 months: Full-time work (30 hours or more per week) - Months during the academic year (i.e. excluding holiday times)	130
Have you done any paid work in the last 12 months: Full-time work (30 hours or more per week) - Months in total	130
Have you done any paid work in the last 12 months: Full-time work (30 hours or more per week) - Was the work associated with your own field of study?	131
Have you done any paid work in the last 12 months: Regular part-time work - Hours per week	131
Have you done any paid work in the last 12 months: Regular part-time work - Months during the academic year (i.e. excluding holiday times)	132
Have you done any paid work in the last 12 months: Regular part-time work - Months in total	132
Have you done any paid work in the last 12 months: Regular part-time work - Was the work	

3. Indexes

associated with your own field of study?	132
Have you, during your studies, been the target of repeated physical abuse, verbal abuse and/or exclusion/discrimination by one or more other students?	166
Have you ever been diagnosed with high blood glucose levels?	37
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Acne	22
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Allergic rhinitis or conjunctivitis (eyes)	21
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Anorexia, bulimia, other eating disorder	29
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Arrhythmia or other heart condition	19
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Asthma	20
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Atopic dermatitis	21
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Caries (cavities)	26
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Depression	30
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Diabetes	17
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Ear, nose or throat problem	26
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Epilepsy, other neurological condition	28
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Eye condition	25
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Eyesight	

condition (spectacles)	25
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Gynaecological disorder	24
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: High blood pressure/hypertension	18
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Infected wisdom tooth	27
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Lactose intolerance	22
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Male urogenital disorder	24
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Migraine	28
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Other illness, disorder, health problem	31
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Other mental health problem	30
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Other mouth or dental disorder	27
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Other musculoskeletal disorder	20
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Rheumatoid arthritis	19
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/health problem which has given you symptoms or has been treated during the past 12 months: Thyroid disease/condition	18
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/problem which has given you symptoms or has been treated during the past 12 months: Anxiety disorder (panic disorder, social anxiety)	29
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/problem which has given you symptoms or has been treated during the past 12 months: Other gastroin-	

3. Indexes

testinal condition	23
Have you ever been told by a doctor/dentist/psychologist that you have the following illness/disorder/problem which has given you symptoms or has been treated during the past 12 months: Recurring urinary tract infection, renal disease	23
Have you ever felt the need to spend increasingly more money on gambling?	66
Have you ever had atopic dermatitis/eczema?	204
Have you ever had chlamydia?	168
Have you ever lied to people close to you about how much money you spend on gambling?	67
Have you ever lost a lot of weight through dieting?	39
Have you ever reduced the amount of medication you use because of fear of side effects?	199
Have you ever tried or used any drugs, medicine or medicine+alcohol for intoxication purposes?	96
Have you ever used erection-enhancing drugs?	174
Have you experienced any of the following during the past month (30 days): Anxiety	54
Have you experienced any of the following during the past month (30 days): Binge eating/overeating	48
Have you experienced any of the following during the past month (30 days): Bite (occlusion) problems	52
Have you experienced any of the following during the past month (30 days): Bleeding gums or other gum problems	50
Have you experienced any of the following during the past month (30 days): Constipation or diarrhea	47
Have you experienced any of the following during the past month (30 days): Dental problems (sensitive teeth, toothache)	51
Have you experienced any of the following during the past month (30 days): Depression or feeling low	54
Have you experienced any of the following during the past month (30 days): Difficulty concentrating	53
Have you experienced any of the following during the past month (30 days): Dizziness	44
Have you experienced any of the following during the past month (30 days): Exhaustion, fatigue	44
Have you experienced any of the following during the past month (30 days): Flatulence or swelling	47
Have you experienced any of the following during the past month (30 days): Headache	43
Have you experienced any of the following during the past month (30 days): Heart palpitations, irregular heartbeat	48
Have you experienced any of the following during the past month (30 days): Lower back pain or discomfort	45

Have you experienced any of the following during the past month (30 days): Nausea or vomiting	46
Have you experienced any of the following during the past month (30 days): Nervous tension/nervousness	53
Have you experienced any of the following during the past month (30 days): Pain in the limbs or joints	45
Have you experienced any of the following during the past month (30 days): Persistent cough or shortness of breath	50
Have you experienced any of the following during the past month (30 days): Rhinitis, stuffy/runny nose	49
Have you experienced any of the following during the past month (30 days): Shoulder or neck pain or discomfort	45
Have you experienced any of the following during the past month (30 days): Skin problems	48
Have you experienced any of the following during the past month (30 days): Something else	54
Have you experienced any of the following during the past month (30 days): Stomach pain, heartburn/acid indigestion	46
Have you experienced any of the following during the past month (30 days): Voice problems	49
Have you experienced any of the following during the past month (30 days): Waking up during the night or difficulty in falling asleep	52
Have you experienced any of the following during the past month (30 days): Wisdom tooth problems	51
Have you experienced any of the following during the past month: Throat problems (sore throat, phlegm)	50
Have you experienced any of the following men's health issues during the past 6 months: Delayed/inhibited ejaculation	60
Have you experienced any of the following men's health issues during the past 6 months: Erection problems	59
Have you experienced any of the following men's health issues during the past 6 months: Foreskin problems	58
Have you experienced any of the following men's health issues during the past 6 months: No	58
Have you experienced any of the following men's health issues during the past 6 months: Other health issue	61
Have you experienced any of the following men's health issues during the past 6 months: Premature ejaculation (<2 min)	60
Have you experienced any of the following men's health issues during the past 6 months: Prostate problems	61
Have you experienced any of the following men's health issues during the past 6 months: Urethral problems (discharge or irritation)	59
Have you experienced any of the following women's health issues during the past 6 months:	

3. Indexes

Abnormal vaginal discharge	57
Have you experienced any of the following women's health issues during the past 6 months: Absence of menstruation for more than six months	56
Have you experienced any of the following women's health issues during the past 6 months: Excessive menstrual discharge	56
Have you experienced any of the following women's health issues during the past 6 months: Irregular discharge	56
Have you experienced any of the following women's health issues during the past 6 months: Menstrual pain requiring medication	55
Have you experienced any of the following women's health issues during the past 6 months: No	55
Have you experienced any of the following women's health issues during the past 6 months: Other health issue	58
Have you experienced any of the following women's health issues during the past 6 months: Pain during intercourse	57
Have you had acne in the past 12 months?	177
Have you had atopic dermatitis/eczema in the past 12 months?	205
Have you had problems with using condom? Condom has broken	174
Have you had problems with using condom: Condom has slipped off	173
Have you had problems with using condom? Have not had problems	173
Have you had problems with using condom? Have not used condom	173
Have you had problems with using condom? Some other problem	174
Have you or has your partner ever had an abortion?	172
Have you or has your partner ever used emergency contraception?	171
Have you or has your partner ever used emergency contraception? How many times?	172
Have you or someone else been injured as a result of your drinking?	110
Have you recently been able to concentrate on whatever you are doing?	61
Have you recently been able to enjoy your normal day to day activities?	64
Have you recently been able to face up to your problems?	64
Have you recently been feeling reasonably happy, all things considered?	66
Have you recently been feeling unhappy and depressed?	65
Have you recently been losing confidence in yourself?	65
Have you recently been thinking of yourself as a worthless person?	65
Have you recently felt capable of making decisions about things?	63
Have you recently felt constantly under strain?	63
Have you recently felt that you are playing a useful part in things?	62

Have you recently felt you couldn't overcome your difficulties?	63
Have you recently lost much sleep over worry?	62
Have you taken a trip or trips abroad lasting more than 10 days in the past 12 months?	186
Have you tried or used for intoxication purposes: Cannabis (hashish, marijuana)	96
Have you tried or used for intoxication purposes: Ecstasy	97
Have you tried or used for intoxication purposes: Glue, thinners or other inhalants	96
Have you tried or used for intoxication purposes: Heroin, cocaine, amphetamine, LSD, GHB, GBL etc.	98
Have you tried or used for intoxication purposes: Medicine	97
Have you tried or used for intoxication purposes: Medicine and alcohol together	97
Have you tried or used for intoxication purposes: Subutex or Temgesic	98
Have you used at least once in the last 12 months: Cannabis (hashish, marijuana)	101
Have you used at least once in the last 12 months: Ecstasy	102
Have you used at least once in the last 12 months: Glue, thinners or other inhalants	101
Have you used at least once in the last 12 months: Heroin, cocaine, amphetamine, LSD, GHB or GBL etc.	103
Have you used at least once in the last 12 months: Medicine	102
Have you used at least once in the last 12 months: Medicine and alcohol together	102
Have you used at least once in the last 12 months: Subutex or Temgesic	103
Have you used or do you use performance-enhancing substances: Illegal substances (doping)	79
Have you used or do you use performance-enhancing substances: Permitted substances, for example, protein supplements	79
Have you used some of the following to treat your atopic dermatitis/eczema in the past 12 months: Moisturizers	210
Have you used some of the following to treat your eczema in the past 12 months: Ciclosporin (Sandimmun Neoral)	212
Have you used some of the following to treat your eczema in the past 12 months: Cortisone creams/lotions/ointments	210
Have you used some of the following to treat your eczema in the past 12 months: Cortisone tablets	211
Have you used some of the following to treat your eczema in the past 12 months: Light therapy	212
Have you used some of the following to treat your eczema in the past 12 months: Medication for itching (antihistamine)	211
Have you used some of the following to treat your eczema in the past 12 months: Natural remedies (vitamins, minerals etc.)	213

3. Indexes

Have you used some of the following to treat your eczema in the past 12 months: Tacrolimus or pimecrolimus cream/ointment (Protopic, Elidel)	210
Have you used the following treatments for acne? Antibiotics (e.g. Apocyclin, Tetralysal) in previous years	178
Have you used the following treatments for acne? Antibiotics (e.g. Apocyclin, Tetralysal) in the last 12 months, how many months in total	178
Have you used the following treatments for acne? Azelaic acid cream (Skinoren crem) in previous years	181
Have you used the following treatments for acne? Azelaic acid cream (Skinoren crem) in the last 12 months, how many months in total	180
Have you used the following treatments for acne? Benzoyl peroxide + clindamycin gel (Clin-doxyl gel) in previous years	183
Have you used the following treatments for acne? Benzoyl peroxide + clindamycin gel (Clin-doxyl gel) in the last 12 months, how many months in total	183
Have you used the following treatments for acne? Benzoyl peroxide cream/gel wash (Basiron, Brevoxyl) in previous years	181
Have you used the following treatments for acne? Benzoyl peroxide cream/gel wash (Basiron, Brevoxyl) in the last 12 months, how many months in total	181
Have you used the following treatments for acne? Clindamycin solution (Dalacin solution) in previous years	182
Have you used the following treatments for acne? Clindamycin solution (Dalacin solution) in the last 12 months, how many months in total	182
Have you used the following treatments for acne? Contraceptive pills in previous years ...	185
Have you used the following treatments for acne? Contraceptive pills in the last 12 months, how many months in total	184
Have you used the following treatments for acne? Isotretinoin (Roaccutane, Isotretinoin) in previous years	179
Have you used the following treatments for acne? Isotretinoin (Roaccutane, Isotretinoin) in the last 12 months, how many months in total	179
Have you used the following treatments for acne? Light therapy (solarium, SUP therapy) in previous years	184
Have you used the following treatments for acne? Light therapy (solarium, SUP therapy) in the last 12 months, how many months in total	183
Have you used the following treatments for acne? Self-help products (over-the-counter products) in previous years	185
Have you used the following treatments for acne? Self-help products (over-the-counter products) in the last 12 months, how many months in total	185
Have you used the following treatments for acne? Tretinoin or adapalene creams/gels (Avitcid crem, Differin gel) in previous years	180
Have you used the following treatments for acne? Tretinoin or adapalene creams/gels (Avitcid	

crem, Differin gel) in the last 12 months, how many months in total	179
Have you visited a doctor because of acne in the past 12 months?	177
Have you visited a doctor because of asthma exacerbation in the past 12 months? I have not	195
Have you visited a doctor because of asthma exacerbation in the past 12 months? In a hospital	196
Have you visited a doctor because of asthma exacerbation in the past 12 months? In acute/emergency health services at the FSHS	195
Have you visited a doctor because of asthma exacerbation in the past 12 months? In emergency services at a municipal health centre	195
Have you visited a doctor because of asthma exacerbation in the past 12 months? Somewhere else	196
Have you visited a doctor because of the atopic dermatitis/eczema in the past 12 months? .	206
Have you visited a doctor because of the atopic dermatitis/eczema in the past 12 months? Yes, how many times?	206
Have you visited a doctor, public health nurse or other health professional in the past year? Dental hygienist in a health centre (other than student health care)	150
Have you visited a doctor, public health nurse or other health professional in the past year? Dental hygienist in the FSHS/municipal student health care	150
Have you visited a doctor, public health nurse or other health professional in the past year? Dental hygienist working for other health service provider	151
Have you visited a doctor, public health nurse or other health professional in the past year? Dentist in a health centre (other than student health care)	152
Have you visited a doctor, public health nurse or other health professional in the past year? Dentist in the FSHS/municipal student health care	151
Have you visited a doctor, public health nurse or other health professional in the past year? Dentist working for other health service provider	152
Have you visited a doctor, public health nurse or other health professional in the past year? General practitioner in a health centre (other than student health care)	147
Have you visited a doctor, public health nurse or other health professional in the past year? General practitioner in the FSHS/municipal student health care	147
Have you visited a doctor, public health nurse or other health professional in the past year? General practitioner working for other health service provider	148
Have you visited a doctor, public health nurse or other health professional in the past year? Physiotherapist in a health centre (other than student health care)	146
Have you visited a doctor, public health nurse or other health professional in the past year? Physiotherapist in the FSHS/municipal student health care	145
Have you visited a doctor, public health nurse or other health professional in the past year? Physiotherapist working for other health service provider	146
Have you visited a doctor, public health nurse or other health professional in the past year?	

3. Indexes

Psychiatrist in a health centre (other than student health care)	156
Have you visited a doctor, public health nurse or other health professional in the past year? Psychiatrist in the FSHS/municipal student health care	156
Have you visited a doctor, public health nurse or other health professional in the past year? Psychiatrist working for other health service provider	157
Have you visited a doctor, public health nurse or other health professional in the past year? Psychologist in a health centre (other than student health care)	155
Have you visited a doctor, public health nurse or other health professional in the past year? Psychologist in the FSHS/municipal student health care	154
Have you visited a doctor, public health nurse or other health professional in the past year? Psychologist working for other health service provider	155
Have you visited a doctor, public health nurse or other health professional in the past year? Public health nurse in a health centre (other than student health care)	144
Have you visited a doctor, public health nurse or other health professional in the past year? Public health nurse in the FSHS/municipal student health care	144
Have you visited a doctor, public health nurse or other health professional in the past year? Public health nurse working for other health service provider	145
Have you visited a doctor, public health nurse or other health professional in the past year? Specialised dentist in a health centre (other than student health care)	153
Have you visited a doctor, public health nurse or other health professional in the past year? Specialised dentist in the FSHS/municipal student health care	153
Have you visited a doctor, public health nurse or other health professional in the past year? Specialised dentist working for other health service provider	154
Have you visited a doctor, public health nurse or other health professional in the past year? Specialist doctor in a health centre (other than student health care)	149
Have you visited a doctor, public health nurse or other health professional in the past year? Specialist doctor in the FSHS/municipal student health care	148
Have you visited a doctor, public health nurse or other health professional in the past year? Specialist doctor working for other health service provider	149
How do you feel your atopic dermatitis/eczema has affected the following in the past months: Coping with studies/work	218
How do you feel your atopic dermatitis/eczema has affected your mood lately?	218
How do you feel your eczema has affected the following in the past months: Close relationships (family, relatives, partner)	221
How do you feel your eczema has affected the following in the past months: Commuting and travelling	220
How do you feel your eczema has affected the following in the past months: Coping with house- work and everyday activities (washing, getting dressed etc.)	218
How do you feel your eczema has affected the following in the past months: Other hobbies	219

How do you feel your eczema has affected the following in the past months: Sex life	221
How do you feel your eczema has affected the following in the past months: Social interaction (friends, fellow students etc.)	220
How do you feel your eczema has affected the following in the past months: Sporting activities	219
How do you see the following in your case at present: How you feel in general/Your mood in general	43
How do you see the following in your case at present: Making contact with fellow students and other people in general	41
How do you see the following in your case at present: Making contact with the opposite sex	41
How do you see the following in your case at present: Own endurance and strengths/abilities	43
How do you see the following in your case at present: Planning the future	42
How do you see the following in your case at present: Progress with studies	40
How do you see the following in your case at present: Public appearances such as giving presentations	40
How do you see the following in your case at present: Relationship with your parents	42
How do you see the following in your case at present: Your sexuality	41
How does anxiety/nervousness in study-related situations affect you?	117
How many bottles of cider (33 cl) do you drink on an average week?	105
How many bottles of III beer (beer with 3.7 - 4.7% abv, 33 cl) do you drink on an average week?	105
How many bottles of IVA beer (beer with 4.8 - 5.2% abv, 33 cl) do you drink on an average week?	105
How many bottles of long drink (gin-and-grapefruit beverage, 33 cl) do you drink on an average week?	106
How many children do you have? (categorised)	135
How many children would you like to have?	135
How many credits have you gained by 31 January 2008 in connection with your present studies? (new system)	112
How many credits have you gained by 31 January 2008 in connection with your present studies? (old system before the Bologna Process)	112
How many drinks containing alcohol do you have on a typical day when you are drinking?	107
How many glasses of milk or sour milk (glass = 2 dl) do you drink a day?	85
How many glasses of spirits (4 cl) do you drink on an average week?	106
How many glasses of wine (12 cl) do you drink on an average week?	106
How many hours a night do you sleep on average?	33
How many hours a week do you spend walking or cycling to get from one place to another (i.e.	

3. Indexes

not for exercise)?	75
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)?	74
How many slices of bread do you usually eat per day: Dark/brown bread (e.g. rye bread, crisp bread)	86
How many slices of bread do you usually eat per day: Mixed grain, yeast, graham, oat bread	86
How many times have you been married, or in a cohabiting relationship or a registered partnership?	134
How many times have you used for intoxication purposes: Cannabis (hashish, marijuana) ..	98
How many times have you used for intoxication purposes: Ecstasy	100
How many times have you used for intoxication purposes: Glue, thinners or other inhalants	99
How many times have you used for intoxication purposes: Heroin, cocaine, amphetamine, LSD, GHB, GBL etc.	101
How many times have you used for intoxication purposes: Medicine	99
How many times have you used for intoxication purposes: Medicine and alcohol together ..	99
How many times have you used for intoxication purposes: Subutex or Temgesic	100
How much were you bullied when you were in school?	163
How often do you add salt to your food at the table?	84
How often do you brush your teeth?	93
How often do you have a drink containing alcohol?	107
How often do you have six or more drinks on one occasion?	108
How often do you meet with your friend(s) in your spare time?	136
How often do you notice that you have spent more time on the Internet than you at first intended? 67	
How often do you take light physical exercise at the minimum of 30 minutes at a time or exercise in connection with other hobbies (e.g. walking in nature, dancing, walking the dog)?	75
How often during the last year have you been unable to remember what happened the night before because you had been drinking?	110
How often during the last year have you failed to do what you had planned to do because of drinking?	108
How often during the last year have you found that you were not able to stop drinking once you had started?	108
How often during the last year have you had a feeling of guilt or remorse after drinking? ..	109
How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?	109
How often have you drunk the following during the past week (7 days): Light drinks (diet drinks)	91

How often have you drunk the following during the past week (7 days): Sugary drinks	90
How often have you eaten the following during the past week : Yoghurt or viili (a sour milk product) (portions of 1,5 - 2 dl)	89
How often have you eaten the following during the past week (7 days): Cheese	92
How often have you eaten the following during the past week (7 days): Chips/French fries . .	91
How often have you eaten the following during the past week (7 days): Cooked vegetables (excluding potatoes)	88
How often have you eaten the following during the past week (7 days): Fresh vegetables . . .	87
How often have you eaten the following during the past week (7 days): Fruit or berries	87
How often have you eaten the following during the past week (7 days): Ice cream	89
How often have you eaten the following during the past week (7 days): Pizza	93
How often have you eaten the following during the past week (7 days): Porridge, muesli, cereal	88
How often have you eaten the following during the past week (7 days): Potato crisps etc. . .	92
How often have you eaten the following during the past week (7 days): Sweet pastries	90
How often have you eaten the following during the past week (7 days): Sweets/candy, chocolate	90
How often have you had sexual intercourse in the past month?	168
How often have you participated in the activities of a voluntary organisation/association over the past year?	138
How often in the past four weeks has your asthma prevented you from doing your daily activities at work, school/university or home (including physical exercise)?	197
How often in the past four weeks have you had shortness of breath?	197
How often in the past four weeks have you used additional medication (Airomir, Bricanyl, Buventol or Ventoline) to open your airways?	198
How often in the past four weeks have your asthma symptoms woken you up at night or early in the morning?	197
If a man and a woman have regular intercourse for a period of one year, not using contraception, what do you think is the percentage of women that get pregnant at 25-30 years old?	176
If a man and a woman have regular intercourse for a period of one year, not using contraception, what do you think is the percentage of women that get pregnant at 35-40 years old?	176
If it affects you negatively, please specify how: I begin to feel nauseous	118
If it affects you negatively, please specify how: I don't participate in discussions as much as I normally would	118
If it affects you negatively, please specify how: I feel incapacitated, it gets difficult for me to act	119
If it affects you negatively, please specify how: I perform worse than my skills/competence would indicate	117

3. Indexes

If it affects you negatively, please specify how: It hampers my concentration and learning .	118
If it affects you negatively, please specify how: Other effect	119
If someone from your own group chooses the non-alcoholic option, will this choice draw the attention of others?	104
If you are at a party/gathering where alcohol is served, is there also a non-alcoholic alternative on offer?	104
If you did get sick, which symptoms did you have? Diarrhea	190
If you did get sick, which symptoms did you have? Fever	190
If you did get sick, which symptoms did you have? Other symptom	191
If you did get sick, which symptoms did you have? Respiratory tract symptoms	191
If you did get sick, which symptoms did you have? Skin problems	191
If you did have symptoms or problems related to eating, did you receive treatment for them?	39
If you have used erection-enhancing drugs, how did you get them?	175
If you think about your own goals, how successful do you think you have been in your studies?	113
If you were bullied, what kind of bullying was it? Exclusion, shunning, discrimination ...	165
If you were bullied, what kind of bullying was it? Hurting your friendships	165
If you were bullied, what kind of bullying was it? Physical abuse	164
If you were bullied, what kind of bullying was it? Verbal abuse	165
If you would like to have and don't yet have children, how old would you like to be when you have your first child?	136
In general, would you say your health is... ..	31
In some other situation, please specify (open-ended)	117
In the past 12 months, compared to previous years, has your atopic dermatitis/eczema been... ..	207
In the past month, how many hours a day on average have you spent on the Internet because of the following: Email	69
In the past month, how many hours a day on average have you spent on the Internet because of the following: Forums, chatting, communities etc.	70
In the past month, how many hours a day on average have you spent on the Internet because of the following: Listening to the radio, watching TV online	69
In the past month, how many hours a day on average have you spent on the Internet because of the following: Other information retrieval, reading newspapers online	68
In the past month, how many hours a day on average have you spent on the Internet because of the following: Paid work	68
In the past month, how many hours a day on average have you spent on the Internet because of the following: Phone calls over the Internet (e.g. Skype)	69

In the past month, how many hours a day on average have you spent on the Internet because of the following: Playing games online	71
In the past month, how many hours a day on average have you spent on the Internet because of the following: Something else	71
In the past month, how many hours a day on average have you spent on the Internet because of the following: Studies	67
In the past month, how many hours a day on average have you spent on the Internet because of the following: Taking care of things that need doing (banking, job-seeking etc.)	70
In the past month, how many hours a day on average have you spent on the Internet in total?	72
In the past month: I have been excited about studying	126
In the past month: I have been full of energy when studying	124
In the past month: I have constantly pondered whether my studies have any meaning	122
In the past month: I have felt apathetic about my studies and have often thought of quitting studies	120
In the past month: I have felt being snowed under with study-related tasks	120
In the past month: I have felt energetic/productive when studying	126
In the past month: I have felt that I have less and less to contribute in my studies	122
In the past month: I have felt that I'm losing interest in my studies	121
In the past month: I have immersed myself in my studies	128
In the past month: I have often had feelings of inadequacy in my studies	121
In the past month: I have often had trouble sleeping because of various study-related issues	121
In the past month: I have worried a lot over studies also in my spare time	123
In the past month: I used to expect to accomplish a lot more in my studies than I do now ..	123
In the past month: It has seemed that time flies when I study	125
In the past month: Study pressure has caused problems in my close relationships	124
In the past month: Studying has been very meaningful to me	125
In the past month: Studying has inspired me	127
In the past month: When I have been studying, I have completely ignored my surroundings	127
In the past month: When I have woken up in the morning I have felt good about studying .	127
In your leisure time, how often do you engage in a physical activity for at least half an hour so that you get at least slightly out of breath and sweaty? (e.g. jogging, cycling, ball games) ..	73
Is anxiety/nervousness in study-related situations a problem for you? In exams and tests ..	114
Is anxiety/nervousness in study-related situations a problem for you? In public speaking, presentations etc.	115
Is anxiety/nervousness in study-related situations a problem for you? In seminars	115
Is anxiety/nervousness in study-related situations a problem for you? In some other situation	116

3. Indexes

Is anxiety/nervousness in study-related situations a problem for you? When speaking a foreign language	116
Is anxiety/nervousness in study-related situations a problem for you? When talking to a lecturer or a supervisor	116
Is there diabetes in your family (type 1 or 2)? No	37
Is there diabetes in your family (type 1 or 2)? Yes, grandparents, uncles and aunts, cousins ..	37
Is there diabetes in your family (type 1 or 2)? Yes, parents, siblings or own children	38
Is your relationship to food normal?	38
Is your sexual orientation... ..	167
Location of the respondent's university/polytechnic: More than one location	15
(Men) How much do you weigh? (kg)	35
(Men) How tall are you? (cm)	34
No illness, disorder or health problem	31
NUTS3 region of the respondent's university/polytechnic	15
On how many days in the past 12 months have you used the following medicine for asthma or asthma symptoms? Antibiotics	203
On how many days in the past 12 months have you used the following medicine for asthma or asthma symptoms? Cortisone tablets	203
On how many days in the past 12 months have you used the following medicine for asthma or asthma symptoms? Inhaled cortisone (Aerobec, Beclomet, Budesonid, Pulmicort, Flixotide)	201
On how many days in the past 12 months have you used the following medicine for asthma or asthma symptoms? Leukotriene inhibitors (Singulair, Accolate)	202
On how many days in the past 12 months have you used the following medicine for asthma or asthma symptoms? Medicine for opening airways administered via inhaler (Airomir, Buventol, Ventoline, Bricanyl, Serevent, Oxis, Atrovent)	200
On how many days in the past 12 months have you used the following medicine for asthma or asthma symptoms? Natural medicine	204
On how many days in the past 12 months have you used the following medicine for asthma or asthma symptoms? Other asthma medicine (e.g. Tilade, Lomudal, Theo-Dur, Retafyllin) ..	202
On how many days in the past 12 months have you used the following medicine for asthma or asthma symptoms? The combination of inhaled cortisone and extended-release medicine for opening airways (Seretide, Symbicort)	201
On which parts of the body have you had the atopic dermatitis/eczema in the past 12 months? On the face	207
On which parts of the body have you had the eczema in the past 12 months? On the hands	209
On which parts of the body have you had the eczema in the past 12 months? On the lower limbs	209
On which parts of the body have you had the eczema in the past 12 months? On the neck ..	208

On which parts of the body have you had the eczema in the past 12 months? On the torso	208
On which parts of the body have you had the eczema in the past 12 months? On the upper limbs	208
Other diet, please specify (open-ended)	83
Other effect, please specify (open-ended)	119
Other symptom, please specify (open-ended)	192
Purpose of the trip: Holiday	188
Purpose of the trip: Studying	189
Purpose of the trip: Volunteer work	188
Reason for using other service provider than the FSHS/student health care: I continue using the service provider that has treated me before	141
Reason for using other service provider than the FSHS/student health care: I could not get an appointment quickly enough at student health care	143
Reason for using other service provider than the FSHS/student health care: I did not have the right to use the FSHS/student health services for the whole 12-month period	140
Reason for using other service provider than the FSHS/student health care: I have been working / in military service / pregnant	140
Reason for using other service provider than the FSHS/student health care: I have not been satisfied with the FSHS/student health services	143
Reason for using other service provider than the FSHS/student health care: I have not used other service providers	139
Reason for using other service provider than the FSHS/student health care: I needed emergency care outside normal office hours	142
Reason for using other service provider than the FSHS/student health care: I needed help in a place where there were no FSHS/student health services	141
Reason for using other service provider than the FSHS/student health care: I was referred somewhere else	141
Reason for using other service provider than the FSHS/student health care: Other reason	143
Reason for using other service provider than the FSHS/student health care: Student health care does not provide the service I want or I can no longer get it	142
Something else, please specify (open-ended)	72
The respondent's age (categorised)	14
The respondent's field of study: Polytechnic students	17
The respondent's field of study: Polytechnic students, more than one field of study	17
The respondent's field of study: University students	16
The respondent's field of study: University students, more than one field of study	16
The respondent's gender	14

3. Indexes

Thinking about the periods of time when you were bullied, how often did it happen?	164
To what extent would you say your asthma has been under control in the past four weeks?	198
Waist circumference as measured below the ribs (1-2 cm above the umbilicus at the end of exhalation) (females)	36
Waist circumference as measured below the ribs (1-2 cm above the umbilicus at the end of exhalation) (males)	36
Was your disposable income sufficient for your needs in the last 12 months?	128
Were you robbed, assaulted or involved in an accident during the trip?	192
What do you think is the age when a woman's chance of getting pregnant starts to decrease a little?	175
What do you think is the age when a woman's chance of getting pregnant starts to decrease significantly?	176
What do you think of your weight? Do you think you are...	38
What is the significance of the costs incurred by your asthma to your financial circumstances?	199
What is the significance of the costs incurred by your eczema to your financial circumstances?	222
What is your current household composition?	133
What kind of diet do you follow? Diabetic diet, or a diet for high cholesterol or high blood pressure	81
What kind of diet do you follow? Diet for food allergy	81
What kind of diet do you follow? Diet including vegetables, dairy products and eggs, chicken or fish	82
What kind of diet do you follow? Gluten-free diet	80
What kind of diet do you follow? Lacto vegetarian diet (vegetarian diet+dairy products) . . .	82
What kind of diet do you follow? Lactose-free diet	80
What kind of diet do you follow? Other diet	83
What kind of diet do you follow? Raw food diet	83
What kind of diet do you follow? Vegan diet (no animal products)	82
What kind of diet do you follow? Weight loss diet	81
What kind of harm/hindrance has your atopic dermatitis/eczema caused in the past 12 months? Treating the eczema is laborious and time-consuming	216
What kind of harm/hindrance has your eczema caused in the past 12 months? Hands need to be protected by gloves	216
What kind of harm/hindrance has your eczema caused in the past 12 months? Itching caused by the eczema disturbs concentration and studying	217
What kind of harm/hindrance has your eczema caused in the past 12 months? Itching caused by the eczema disturbs sleep	216

What kind of harm/hindrane has your eczema caused in the past 12 months? The eczema causes feelings of unease or embarrassment	217
What kind of spread do you generally use on bread?	85
What year do you think you will graduate from your present studies?	112
When buying/acquiring food, do you take health factors into account?	84
When did you have the first occurrence of atopic dermatitis/eczema?	205
When you last visited FSHS/student health care what was your experience of the services like? I got clarification on the issues that had worried me	139
When you last visited FSHS/student health care what was your experience of the services like? I was listened to and felt understood	139
Where do you generally eat your main meal?	84
Which contraceptive method have you and your partner used in the past month? Condom .	169
Which contraceptive method have you and your partner used in the past month? Contraceptive implant	170
Which contraceptive method have you and your partner used in the past month? Contraceptive patch	170
Which contraceptive method have you and your partner used in the past month? Contraceptive pill	169
Which contraceptive method have you and your partner used in the past month? Contraceptive ring	170
Which contraceptive method have you and your partner used in the past month? Copper intrauterine device	171
Which contraceptive method have you and your partner used in the past month? Hormonal intrauterine device	171
Which contraceptive method have you and your partner used in the past month? Nothing .	168
Who organizes the physical exercise you take part in: A sports club (not connected to the university)	77
Who organizes the physical exercise you take part in: A student association/club (e.g. student association of a particular faculty/field of study)	77
Who organizes the physical exercise you take part in: Commercial sports facility/service ...	78
Who organizes the physical exercise you take part in: I do it alone and organize it myself ..	76
Who organizes the physical exercise you take part in: I do it with a friend/friends and we organize it ourselves	76
Who organizes the physical exercise you take part in: I do not exercise	75
Who organizes the physical exercise you take part in: Municipal/local government sports facility/service	78
Who organizes the physical exercise you take part in: Other voluntary association/club	78
Who organizes the physical exercise you take part in: The university or the student union ..	77

3. Indexes

(Women) How much do you weigh? (kg)	35
(Women) How tall are you? (cm)	35
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Allergies and skin issues	162
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Controlling alcohol consumption	161
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Eating-related problem	159
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Ergonomics	160
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Nutritional issues	159
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Other addiction (gambling, Internet etc.)	161
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Other problem	163
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Physical exercise issues	160
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Problems caused by anxiety/nervousness	157
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	162
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Quitting smoking	161
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Sexuality	158
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Social relationships or self-esteem	158
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Stress control	157
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Vaccines	163
Would you like to get get help (e.g. individual advice sessions, group meetings, courses, lectures) in the following matters: Weight control	159

Appendix A

Questionnaires in Finnish

KYSELYLOMAKE

Tämä kyselylomake on osa Yhteiskuntatieteelliseen tietoaarkistoon arkistoitua tutkimusaineistoa

FSD2608 Korkeakouluopiskelijoiden terveystutkimus 2008

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:

FSD2608 University Student Health Survey 2008

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/>

Korkeakouluopiskelijoiden terveystutkimus 2008

Hyvä opiskelija

Opiskelijoiden terveystutkimuksen kehittämisen tueksi tarvitaan luotettavaa ja ajankohtaista tietoa. Tämä kysely on ensimmäinen yliopisto- ja ammattikorkeakouluopiskelijoiden yhteinen valtakunnallinen tutkimus; aiemmin on tehty selvityksiä erikseen molemmille. Monet peruskysymykset ovat samoja kuin aikaisemmissa tutkimuksissa, joten saamme tietoa opiskelijoiden hyvinvoinnin trendeistä ja kehittämishankkeiden vaikutuksista. Tutkimustuloksia aikaisemmista kyselyistä on hyödynnetty mm. opiskeluterveydenhuollolle laaditussa oppaassa.

Kyselylomakkeessa on perinteisiä terveyden ja terveystietämisen kysymyksiä, mutta siinä kartoitetaan myös muita elämän alueita, jotka kokemuksemme mukaan liittyvät opiskelijan terveyteen ja jaksamiseen. Opiskelua, työssäkäyntiä ja opiskeluolosuhteita koskevat kysymykset ovat erittäin tärkeitä myös korkeakouluille ja opiskelijajärjestöille. Mukana olevat erityisteemat ovat nimenomaan opiskelijoiden ikä- tai elämänvaiheeseen liittyviä asioita, joista tarvitaan lisätietoa palvelujen parantamiseksi.

Toivomme, että ehdit kyselyyn vastaamisen verran uhrata aikaasi opiskelijoiden yhteiseksi hyväksi! Tarvitsemme tietoa juuri Sinun kokemuksistasi terveyteen ja hyvinvointiin liittyvistä asioista. Vastauksesi on meille erittäin arvokas, kukaan muu ei voi sitä korvata.

Tutkimus koskee myös sivutoimisesti opiskelevia tai tämän lukuvuoden aikana valmistuneita.

Kyselyyn voi vastata internetissä osoitteessa

<http://XXXXX/xxxx/??>

tai tällä lomakkeella oheisessa palautuskuoressa, vastaanottaja maksaa postimaksun.

Kaikki antamasi tiedot ovat luottamuksellisia ja tulevat vain tutkijoiden käyttöön. Tutkimustulokset käsitellään tilastollisina kokonaisuuksina; yksittäistä vastaajaa ei niistä voi tunnistaa. Kyselyyn vastaaminen on vapaaehtoista.

Tutkimusta koskeviin tiedusteluihin vastaa ylilääkäri Kristina Kunttu, puh. (02) 2747 200, kristina.kunttu@yths.fi.

Yhteistyöstä kiittäen

Ylioppilaiden terveydenhoitosäätiö

Suomen ammattikorkeakouluopiskelijajyhdistysten liitto SAMOK ry.

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.

TAUSTATIEDOT

1. Ikä _____ vuotta

2. Sukupuoli

1 mies

2 nainen

Huom!

Valitse vain yksi vaihtoehto.

Jos sinulla on useampi opiskelupaikkakunta ja koulutusala, vastaa sen mukaan, missä tämän lukuvuoden aikana pääasiassa olet suorittanut opintojasi

3. Opiskelupaikkakunta

- | | | | | |
|---------------|-----------|-----------------|---------------|---------------|
| 1 Espoo | 6 Kajaani | 11 Lahti | 16 Rauma | 21 Tomio |
| 2 Helsinki | 7 Kemi | 12 Lappeenranta | 17 Rovaniemi | 22 Turku |
| 3 Hämeenlinna | 8 Kokkola | 13 Mikkeli | 18 Savonlinna | 23 Vaasa |
| 4 Joensuu | 9 Kouvola | 14 Oulu | 19 Seinäjoki | 24 Vantaa |
| 5 Jyväskylä | 10 Kuopio | 15 Pori | 20 Tampere | 25 Muu, mikä? |

useampi kuin yksi opiskelupaikkakunta (Rasti ruutuun)

4a. Koulutusala, yliopisto-opiskelijat

- | | | |
|----------------------------|---------------------------------|--------------------------------|
| 1 Eläinlääketieteen ala | 8 Liikuntatieteellinen ala | 15 Taideteollinen ala |
| 2 Farmasian ala | 9 Luonnontieteellinen ala | 16 Tanssiala |
| 3 Hammaslääketieteen ala | 10 Lääketieteellinen ala | 17 Teatteriala |
| 4 Humanistinen ala | 11 Maatalous-metsätieteell. ala | 18 Teknillistieteellinen ala |
| 5 Kasvatustieteellinen ala | 12 Musiikin ala | 19 Teologian ala |
| 6 Kauppatieteellinen ala | 13 Oikeustieteellinen ala | 20 Terveystieteiden ala |
| 7 Kuvataiteen ala | 14 Psykologian ala | 21 Yhteiskuntatieteellinen ala |

useampi kuin yksi koulutusala (Rasti ruutuun)

4b. Koulutusala, ammattikorkeakouluopiskelijat

- | | |
|--------------------------------|--|
| 1 Humanistinen ja kasvatusala | 5 Matkailu-, ravitsemis- ja talousala |
| 2 Kulttuuriala | 6 Sosiaali-, terveys- ja liikunta-ala |
| 3 Luonnontieteiden ala | 7 Tekniikan ja liikenteen ala |
| 4 Luonnonvara- ja ympäristöala | 8 Yhteiskuntatieteiden, liiketalouden ja hallinnon ala |

useampi kuin yksi koulutusala (Rasti ruutuun)

TERVEYDENTILA

5. 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?

(Tarvittaessa vastaa useampaan kohtaan.)

- | | | | |
|-----|--|----|--|
| 1 | Diabetes | 16 | Näkövika (silmälasit) |
| 2 | Kilpirauhassairaus | 17 | Silmäsairaus |
| 3 | Verenpainetauti, kohonnut verenpaine | 18 | Korva-, nenä-, kurkkusairaus |
| 4 | Sydämen rytmihäiriö tai muu sydänsairaus | 19 | Hammaskaries (reikä hampaassa) |
| 5 | Nivelreuma, selkärankareuma | 20 | Tulehtunut viisaudenhammas |
| 6 | Muu tuki- ja liikuntaelinten sairaus | 21 | Muu suun tai hampaiden sairaus (purentaelinten, suun limakalvojen tai kiinnityskudoksen sairaus) |
| 7 * | Astma * | 22 | Migreeni |
| 8 | Allerginen nuha tai silmätulehdus | 23 | Epilepsia, muu neurologinen sairaus |
| 9 * | Atooppinen ihottuma * (taiveihottuma, "maitorupi") | 24 | Syömishäiriö, minkälainen? 1 anorexia
2 bulimia
3 muu |
| 10 | Akne | | |
| 11 | Laktoosi-intoleranssi | 25 | Ahdistuneisuushäiriö (paniikkihäiriö, sosiaalisten tilanteiden pelko tms.) |
| 12 | Muu mahan tai suoliston sairaus | 26 | Masennus (depressio) |
| 13 | Toistuva virtsatietulehdus, munuaissairaus | 27 | Muu mielenterveyden häiriö |
| 14 | Miesten sukuelinten sairaus | 28 | Muu sairaus, mikä? |
| 15 | Gynekologinen sairaus, mikä? | | |

*** Jos sinulla on astma tai atooppinen ihottuma, vastaa myös erillisellä lomakkeella oleviin kysymyksiin. Vastaa niihin myös, jos Sinulla on ollut aikaisemmin atooppinen ihottuma.**

6. Millainen on terveydentilasi omasta mielestäsi?

- 1 hyvä
- 2 melko hyvä
- 3 keskitasoinen
- 4 melko huono
- 5 huono

7. Käytätkö nykyisin lääkärin määräämiä lääkkeitä tai e-pillereitä sairauden tai oireiden hoitoon?

(Tarvittaessa vastaa useampaan kohtaan.)

- 0 en käytä mitään
- 1 säännöllinen lääkitys (tabletit, pistokset, hengitettävät lääkkeet, sumutteet, tipat, voiteet, peräpuikot)
- 2 käytän tarvittaessa otettavaa lääkettä

8. 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

9. Kuinka monta tuntia keskimäärin nuket vuorokaudessa?

|__|__| tuntia

10. Nukutko mielestäsi tarpeeksi?

- 1 kyllä, lähes aina
- 2 kyllä usein
- 3 harvoin tai tuskin koskaan
- 4 en osaa sanoa

11. Pituutesi |__|__|__| cm

12. Painosi |__|__|__| kg

13. Vyötärönympäryys mitattuna kylkiluiden alapuolelta

(1-2 cm navan yläpuolelta uloshengityksen lopussa)

Miehet

0 Alle 94 cm

1 94 – 102 cm

2 Yli 102 cm

Naiset

0 alle 80 cm

1 80 – 88 cm

2 yli 88 cm

14. Onko verensokerisi todettu joskus olevan koholla (esim. terveystarkastuksen tai raskauden yhteydessä)

0 ei

1 kyllä

15. Onko suvussasi diabetesta (tyyppi 1 tai 2)

0 ei

1 kyllä, isovanhemmilla, vanhempien sisaruksilla, serkuilla

2 kyllä, vanhemmilla, sisaruksilla tai omilla lapsilla

16. Mitä mieltä olet painostasi? Oletko mielestäsi

1 selvästi alipainoinen

2 jonkin verran alipainoinen

3 sopivan painoinen

4 jonkin verran ylipainoinen

5 selvästi ylipainoinen

17. Onko suhtautumisesi ruokaan normaali?

0 ei

1 kyllä

2 en osaa sanoa

18. Oletko jossakin elämäsi vaiheessa laihduttanut voimakkaasti?

0 en

1 kyllä, laihduttaminen oli suunniteltu ja hallittu toimenpide

2 kyllä, laihduttaminen muuttui hallitsemattomaksi

19. Onko sinulla ollut murrosiässä syömiseen liittyvää oireilua?

0 ei

1 kyllä

20. Jos vastasit kyllä, oletko saanut silloin hoitoa?

0 ei

1 kyllä

21. 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 MYÖNTEISE NÄ	merkitsee minulle todella TYYDYTYSTÄ ANTAVAA ASIAA	vaikea sanoa

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	?

22. 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

23. Onko Sinulla esiintynyt viimeisen vuoden (12 kk) aikana seuraavia:

(Tarvittaessa vastaa useampaan kohtaan.)

Naisten vaivoja?

- 0 ei
- 1 kuukautiskipuja, joihin tarvitsit lääkkeitä
- 2 haittaavan runsas kuukautisvuoto
- 3 kuukautiset poissa yli 6 kk
- 4 epäsäännöllisiä vuotoja
- 5 normaalista poikkeavaa valkovuotoa
- 6 yhdyntäkipuja
- 7 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 viivästynyttä tai estynyttä siemensyöksyä
- 6 eturauhasen vaivoja
- 7 muuta, mitä?

24. Oletko viime aikoina pystynyt keskittymään tehtäviisi?

- 1 paremmin kuin tavallisesti
- 2 yhtä hyvin kuin tavallisesti
- 3 huonommin kuin tavallisesti
- 4 paljon huonommin kuin tavallisesti

25. 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

26. 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

27. 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

28. 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

29. 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

30. Oletko viime aikoina kyennyt nauttimaan tavallisista päivittäisistä toimistasi?

- 1 enemmän kuin tavallisesti
- 2 yhtä paljon kuin tavallisesti
- 3 vähemmän kuin tavallisesti
- 4 paljon vähemmän kuin tavallisesti

31. Oletko viime aikoina kyennyt kohtaamaan vaikeuksia?

- 1 paremmin kuin tavallisesti
- 2 yhtä hyvin kuin tavallisesti
- 3 huonommin kuin tavallisesti
- 4 paljon huonommin kuin tavallisesti

32. 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

33. Oletko viime aikoina menettänyt itseluottamustasi?

- 1 en ollenkaan
- 2 en enempää kuin tavallisesti
- 3 jonkin verran enemmän kuin tavallisesti
- 4 paljon enemmän kuin tavallisesti

34. 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

35. 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

36. Oletko koskaan tuntenut tarvetta käyttää pelaamiseen yhä enemmän rahaa?

0 en 1 kyllä

37. Oletko koskaan valehdellut läheisillesi siitä, kuinka paljon käytät rahaa pelaamiseen?

0 ei 1 kyllä

38. Kuinka usein huomaat olleesi netissä pitempään kuin olit alun perin ajatellut?

0 en koskaan
1 hyvin harvoin
2 harvoin
3 melko usein
4 usein
5 aina tai hyvin usein

39. Kuinka monta tuntia vuorokaudessa olet keskimäärin käyttänyt aikaasi netissä seuraavien asioiden vuoksi. (Arvioi aika viimeksi kuluneen kuukauden tilanteen mukaan. Merkitse 0, jos ei yhtään)

	tuntia	min
1 Opiskelu		
2 Ansiotyö		
3 Muu tiedonhaku, verkkolehtien lukeminen		
4 Radion kuuntelu, tv:n katselu		
5 Internet-puhelut (esim. Skype)		
6 Sähköposti		
7 Asioiden hoito (pankki, matkat, työnhaku yms.)		
8 Keskustelupalstat, chattailu, yhteisöt yms.		
9 Pelien pelaaminen verkossa		
10 Muu asia, mikä		
	yhteensä	

ei kyllä

40. Aiheutuuko netin käytöstä ongelmia ihmissuhteissasi?

0 1

41. Aiheuttaako netissä viettämäsi aika ongelmia opiskelussasi?

0 1

42. Aiheuttaako netissä viettämäsi aika ongelmia vuorokausirytmissäsi?

0 1

LIIKUNTA

43. 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

44. Jos harrastat edellisen kysymyksen kuntoliikuntaa, kuinka monta tuntia viikossa?

Viikossa yhteensä noin |__|__| tuntia

45. 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

46. 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

47. Kenen järjestämään liikuntatoimintaan osallistut?

(Tarvittaessa vastaa useampaan kohtaan.)

- 0 en harrasta liikuntaa
- 1 omatoimisesti yksin
- 2 omatoimisesti ystävän kanssa tai kaveriporukassa
- 3 korkeakoulun tai ylioppilas-/opiskelijakunnan järjestämä liikunta
- 4 ainejärjestön tms. liikuntatoiminta
- 5 urheiluseura (muu kuin oppilaitoksen)
- 6 muu järjestö, mikä _____
- 7 kaupalliset liikuntapalvelut
- 8 kunnalliset liikuntapalvelut

48. 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

RAVINTO

49. Noudatatko jotain erityisruokavaliota?

- 0 en
- 1 kyllä, mitä? (Tarvittaessa vastaa useampaan kohtaan.)
 - 1 laktoositon ruokavalio
 - 2 keliakiaruokavalio
 - 3 laihduttajan ruokavalio
 - 4 erityisruokavalio ruoka-aineyliherkkyyden vuoksi
 - 5 ruokavalio diabeteksen, korkean kolesterolin tai kohonneen verenpaineen vuoksi
 - 6 ruokavalio, joka sisältää kasviksia, maitotuotteita sekä munaa, kanaa tai kalaa
 - 7 laktovegetaarinen ruokavalio (kasvisruokavalio + maitotuotteita)
 - 8 vegaaniruokavalio (vain kasvikunnan tuotteita)
 - 9 elävä ravinto
 - 10 muu, mikä _____

50. Ajatteletko ruokaa hankkiessasi sen terveellisyyttä?

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

51. Missä useimmiten syöt pääateriasi?

- 1 opiskelija- tai työpaikkaruokalassa
- 2 omalla asunnollani
- 3 vanhempien luona
- 4 muualla

52. Kuinka usein lisäät ruokaasi suolaa pöydässä?

- 0 en juuri koskaan
- 1 kerran viikossa tai harvemmin
- 2 muutaman kerran viikossa
- 3 jokseenkin joka päivä

53. Kuinka monta lasillista (1 lasillinen = 2dl) maitoa tai piimää käytät tavalisesti päivässä? Ota huomioon myös murojen, myslin, puuron tai kaakaon kanssa käyttämäsi maito. (Merkitse 0, jos et käytä lainkaan.)

____|____| lasillista

54. Mitä rasvaa käytät enimmäkseen leivällä?

- 0 en mitään
- 1 kevytlevitettä, jossa on alle 65 % rasvaa
- 2 levitettä, jossa on 70-80 % rasvaa
- 3 voita
- 4 muita vähärasvaisia valmisteita (tuore- tai sulatejuustot tms.)
- 5 jotakin muuta

55. Montako leipäviipaletta syöt tavallisesti päivittäin?

(Merkitse 0, jos et syö lainkaan. Vastaa molempiin kohtiin)

tummaa leipää (ruis-, näkkileipä ym.) |__|__| viipaletta**seka-, hiiva-, graham- tai kauraleipää** |__|__| viipaletta**56. Kuinka usein viimeksi kuluneen viikon (7 pv) aikana söit seuraavia?**

(Vastaa jokaiseen kohtaan.)

	en kerta- kaan	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
makeita leivonnaisia	0	1	2	3	4	5
makeisia, suklaata	0	1	2	3	4	5
sokeroituja juomia (myös alkoholi- ja energijuomat)	0	1	2	3	4	5
light-juomia	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

HAMPAIDEN HOITO**57. Miten usein harjaat hampaasi?**

- 0 harvemmin kuin kerran päivässä
- 1 kerran päivässä
- 2 useammin kuin kerran päivässä

59. Käytätkö hammaslankaa?

- 0 en ollenkaan
- 1 silloin tällöin
- 2 päivittäin

58. Käytätkö hammastahnaa?

- 0 harvemmin kuin kerran päivässä
- 1 kerran päivässä
- 2 useammin kuin kerran päivässä

60. Käytätkö ksylitolipurukumia tai muita ksylitolilla makeutettuja tuotteita?

- 0 en käytä
- 1 käytän silloin tällöin
- 2 käytän kerran päivässä
- 3 käytän vähintään kaksi kertaa päivässä

TUPAKKA, HUUMEET, ALKOHOLI**61. Tupakoitko nykyisin?**

- 0 en lainkaan
- 1 kyllä, harvemmin kuin kerran viikossa
- 2 kyllä, viikoittain, mutta en päivittäin
- 3 kyllä, päivittäin

62. Käytätkö nuuskaa ("biittiä", mälliä, purutupakkaa)?

- 0 en käytä lainkaan
- 1 käytän satunnaisesti
- 2 käytän säännöllisesti
- 3 olen käyttänyt, mutta lopettanut

63. Oletko koskaan kokeillut tai käyttänyt jotakin huumetta, lääkkeitä tai lääkkeitä + alkoholia yhdessä päihtyäksesi?

- 0 en koskaan
1 kyllä. Jos olet käyttänyt, niin

(Vastaa kaikkiin kolmeen kysymykseen)

64. Mitä?	65. Montako kertaa?		66. Oletko käyttänyt ainakin kerran viimeisen 12 kk aikana	
	1-4 kertaa	5 kertaa tai enemmän	en	kyllä
1 kannabis (hasis, marihuana)	1	2	0	1
2 tinneri, liima tms.	1	2	0	1
3 lääkkeitä ja alkoholia yhdessä	1	2	0	1
4 lääkkeitä päihtyäksesi	1	2	0	1
5 ekstaasi	1	2	0	1
6 subutex tai temgesic	1	2	0	1
7 heroiini, kokaiini, amfetamiini, LSD, gamma tms.	1	2	0	1

67. 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

68. Jos olet juhlissa tai illanvietoissa, joissa tarjoillaan alkoholia, onko myös alkoholiton vaihtoehto tarjolla?

- 1 yleensä aina
2 silloin tällöin
3 ei juuri koskaan

69. Jos joku seurueestasi valitsee alkoholittoman vaihtoehdon, herättääkö tämä huomiota muissa?

- 1 ei yleensä
2 silloin tällöin
3 lähes aina

70. Montako lasillista tai pullollista juot seuraavia alkoholijuomia keskimäärin viikon aikana?

(Ellet juo yhtään, merkitse 0.
Vastaa jokaiseen kohtaan.)

III olutta |__|__| pullollista
IV A-olutta |__|__| pullollista
siideriä |__|__| pullollista
long drink –juomia |__|__| pullollista
viiniä |__|__| lasillista
väkevää alkoholia |__|__| lasillista

71. Kuinka usein käytät alkoholia?

- 0 en koskaan (*jos et ole koskaan käyttänyt alkoholia, voit siirtyä suoraan kysymykseen 81*)
1 kuukausittain tai harvemmin
2a 2 – 3 kertaa kuukaudessa
2b kerran viikossa
3 2 – 3 kertaa viikossa
4 neljä kertaa viikossa tai useammin

72. 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

73. Kuinka usein juot kerrallaan vähintään kuusi annosta?

- 0 en koskaan
1 harvemmin kuin kuukausittain
2 kuukausittain
3 viikoittain
4 lähes päivittäin

74. 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

75. 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

76. Kuinka usein viimeisen vuoden aikana olet tarvinnut krapularyyppyjä?

- 0 en koskaan
1 harvemmin kuin kuukausittain
2 kuukausittain
3 viikoittain
4 lähes päivittäin

77. 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

78. 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

79. Oletko juomisellasi aiheuttanut tapaturmia itsellesi tai seuralaisellesi?

- 0 en
2 kyllä, mutten vuoden sisällä
4 kyllä, vuoden sisällä

80. 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

OPISKELU

81. Montako lukuVUOTTA olet ollut kirjoilla läsnä olevana opiskelijana nykyiseen opiskeluusi liittyen?

(Mukaan lukien kuluva lukuvuosi)

|__|__|__| lukuvuotta

82. Kuinka monta opintoviikkoa tai -pistettä olet suorittanut 31.1.2008 mennessä nykyiseen opiskeluusi liittyen? Huom! Ilmoita määrä joko opintoviikkoina tai opintopisteinä.

|__|__|__| opintoviikkoa **TAI**

|__|__|__| opintopistettä

83. Minä vuonna arvioit valmistuvasi?

Jos opiskelet useampaa alaa, niin minä vuonna arvioit suorittavasi tutkinnon nykyisistä opinnoistasi?

0 vuonna 20|__|__|

1 olen valmistunut tänä lukuvuonna

84. Opiskeletko mielestäsi

- 1 päätoimisesti
- 2 sivutoimisesti
- 3 muulla tavoin, miten _____

85. Omiin tavoitteisiisi verrattuna, onko opintomenestyksesi ollut

- 1 odotettua parempi
- 2 odotusten mukainen
- 3 odotettua huonompi

86. Koetko olevasi oikealla opiskelualalla?

- 0 en
- 1 kyllä
- 2 en osaa sanoa

87. 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

88. Onko opiskelutilanteissa jännittäminen sinulle mielestäsi ongelma? (Vastaa kaikkiin kohtiin)

	en jännitä	jännitän joskus, ei ongelma	lievä ongelma	suuri ongelma
tenteissä ja kokeissa	0	1	2	3
yleisöpuhetilanteissa, esitelmissä yms.	0	1	2	3
seminaareissa	0	1	2	3
vieraan kielen puhumisessa	0	1	2	3
opettajan tai ohjaajan kanssa keskustellessa	0	1	2	3
muussa tilanteessa, missä?	0	1	2	3

89. Miten opiskelutilanteissa jännittäminen mielestäsi vaikuttaa?

- 0 ei mitenkään
- 1 vaikuttaa myönteisesti (saan energiaa, virkistyn tms.)
- 2 vaikuttaa haitallisesti (vastaa myös seuraavaan kysymykseen)

90. Jos vaikuttaa haitallisesti, miten?

(Tarvittaessa vastaa useampaan kohtaan.)

- 1 suoriudun tilanteesta huonommin kuin osaamiseni edellyttäisi
- 2 vaikeuttaa keskittymistäni ja oppimistäni
- 3 osallistun keskusteluun tavallista vähemmän
- 4 tulee huono olo
- 5 lamaannun, vaikea toimia
- 6 muu vaikutus, mikä _____

91. Valitse se vaihtoehto, joka kuvaa parhaiten opiskeluolosuhteitasi. Valintojen tulisi kuvata nykyistä opiskelutilannettasi.

		Täysin eri mieltä	Eri mieltä	Osittain eri mieltä	Osittain samaa mieltä	Samaa mieltä	Täysin samaa mieltä
1	Viimeksi kuluneen kuukauden aikana... Tunnen hukkuvani opintoihini liittyvään työmäärään.	1	2	3	4	5	6
2	Tunnen itseni haluttomaksi opinnoissani ja ajattelen usein lopettaa opiskelun.	1	2	3	4	5	6
3	Minulla on usein riittämättömyyden tunteita opinnoissani.	1	2	3	4	5	6
4	Nukun usein huonosti erilaisten opiskeluasioiden takia.	1	2	3	4	5	6
5	Minusta tuntuu, että olen menettämässä kiinnostukseni opiskelua kohtaan.	1	2	3	4	5	6
6	Pohdin alituisen, onko opiskelullani merkitystä.	1	2	3	4	5	6
7	Minusta tuntuu, että minulla on yhä vähemmän annettavaa opinnoissani.	1	2	3	4	5	6
8	Murehdin opiskeluasioita paljon myös vapaa-aikana.	1	2	3	4	5	6
9	Odotin ennen saavani opinnoissani paljon enemmän aikaa kuin nyt.	1	2	3	4	5	6
10	Opiskelujen paine aiheuttaa ongelmia läheisissä ihmissuhteissani.	1	2	3	4	5	6
11	Opiskellessani olen täynnä energiaa.	1	2	3	4	5	6
12	Opiskelu on minulle hyvin merkityksellistä.	1	2	3	4	5	6
13	Aika tuntuu lentävän siivillä, kun opiskelen.	1	2	3	4	5	6
14	Opiskellessani tunnen itseni tarmokkaaksi.	1	2	3	4	5	6
15	Olen innoissani opiskelusta.	1	2	3	4	5	6
16	Kun työskentelen opintojeni parissa, unohdan kaiken ympäriltäni.	1	2	3	4	5	6
17	Opiskelu inspiroi minua.	1	2	3	4	5	6
18	Kun herään aamulla, minusta tuntuu hyvältä lähteä opiskelemaan.	1	2	3	4	5	6
19	Olen oppoutunut opiskeluuni.	1	2	3	4	5	6

TOIMEENTULO JA TYÖSSÄKÄYNTI

92. Miten käytettävissäsi olevat rahat riittivät viimeksi kuluneen vuoden (12 kk) aikana?

- 1 erittäin hyvin
- 2 tulin hyvin toimeen
- 3 tulin toimeen, kun elin säästäväisesti
- 4 toimeentuloni oli erittäin niukka ja epävarma

93. Arvioi taloudellista tilannettasi viimeksi kuluneen vuoden (12 kk) aikana

	ei	kyllä	en osaa sanoa
Minun oli käytävä töissä toimeentuloni takaamiseksi	0	1	2
Sain vanhemmiltani tai sukulaisiltani taloudellista tukea rahana, tavarana tms.	0	1	2
Asumismenoni veivät yli puolet käytössäni olleista varoista	0	1	2

94. 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

IHMISUHTEET

95. Mikä on perhemuotosi tällä hetkellä?

- 1 asun yksin omassa taloudessani tai soluasunnossa
- 2 asun yhteistaloudessa tai kimppakämpässä (yhteinen vuokrasopimus)
- 3 asun kaksin puolisoni kanssa (avotai avioliitossa / rekisteröidyssä parisuhteessa)
- 4 asun puolison ja lapsen/lasten kanssa
- 5 asun yksin lapsen / lasten kanssa
- 6 asun vanhempien luona
- 7 muu, mikä? _____

96. Onko Sinulla parisuhde (vakituinen sukupuolisuhte)?

- 0 ei
- 1 on yksi
- 2 on kaksi tai useampia

97. Kuinka monta kertaa olet elänyt avotai avioliitossa tai rekisteröidyssä parisuhteessa?

- 0 en koskaan
- 1 kyllä |_|_| kertaa (nykyinen liitto mukaan lukien)

98. Montako lasta Sinulla on? |_|_| lasta

99. Montako lasta haluaisit? |_|_| lasta

100. Jos haluaisit lapsia, eikä Sinulla vielä ole, niin minkä ikäisenä haluaisit ensimmäisen lapsesi?

Noin _____ -vuotiaana

101. Oletko Sinä tai kumppanisi raskaana?

- 0 en
- 1 kyllä

102. Kuinka usein olet yhdessä ystäväsi tai ystäväsi 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

103. Koetko olevasi yksinäinen?

- 0 en
- 1 kyllä, ajoittain
- 2 kyllä, usein

104. Koetko kuuluvasi johonkin, mihin tahansa, opiskeluun liittyvään ryhmään (esim. vuosikurssiin, laitokselle, graduryhmään, ainejärjestöön tms.)

- 0 en
- 1 kyllä
- 2 en osaa sanoa

105. 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

106. Miten usein olet viimeisen vuoden (12 kk) aikana osallistunut jonkin yhdistyksen tai seuran toimintaan (esim. liikuntaseura, soittokunta, tieteellinen tai uskonnollinen yhdistys, ainejärjestön tai yökunnan toiminta, partio tms. toiminta)?

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

TERVEYSPALVELUT

107. Kun viimeksi kävit YTHS:ssä /opiskeluterveydenhuollossa vastaanotolla, millaiseksi koit saamasi palvelun?

	täysin samaa mieltä	jokseenkin samaa mieltä	hiukan eri mieltä	täysin eri mieltä
Sain selvyyden minua huolestuttaneisiin asioihin	1	2	3	4
Minua kuultiin ja tunsin tulevani ymmärretyksi	1	2	3	4

108. Syy muiden kuin YTHS:n / opiskeluterveydenhuollon palvelujen käyttöön? (Tarvittaessa vastaa useampaan kohtaan.)

- 0 En ole käyttänyt muita palveluja
- 1 En ole kuulunut koko vuotta opiskeluterveydenhuollon palveluiden 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 mainittuja palveluja
- 6 Olen tarvinnut apua päivystysaikaan
- 7 Opiskeluterveydenhuolto ei tarjoa tarvitsemaani palvelua tai en saa sitä enää
- 8 En ole päässyt tarpeeksi nopeasti opiskeluterveydenhuoltoon hoitoon
- 9 En ole ollut tyytyväinen opiskeluterveydenhuollon palveluihin
- 10 Muu syy, mikä? _____

109. Oletko käynyt lääkärin, terveydenhoitajan tai jonkun muun alla mainitun terveydenhuollon ammattilaisen vastaanotolla viimeksi kuluneen vuoden (12 kk) aikana? (Vastaa kaikkiin kohtiin.)

		en	kerran	2– 5 kertaa	yli 5 kertaa
TERVEYDEN- HOITAJA	YTHS / kunnallinen opiskeluterveydenhuolto	0	1	2	3
	Terveyskeskus*	0	1	2	3
	Muu palvelun tarjoaja	0	1	2	3
FYSIO- TERAPEUTTI	YTHS / kunnallinen opiskeluterveydenhuolto	0	1	2	3
	Terveyskeskus*	0	1	2	3
	Muu palvelun tarjoaja	0	1	2	3
YLEIS- LÄÄKÄRI	YTHS / kunnallinen opiskeluterveydenhuolto	0	1	2	3
	Terveyskeskus*	0	1	2	3
	Muu palvelun tarjoaja	0	1	2	3
ERIKOIS- LÄÄKÄRI	YTHS / kunnallinen opiskeluterveydenhuolto	0	1	2	3
	Terveyskeskus*	0	1	2	3
	Muu palvelun tarjoaja	0	1	2	3
SUU- HYGIENISTI (hammas- hoitaja)	YTHS / kunnallinen opiskeluterveydenhuolto	0	1	2	3
	Terveyskeskus*	0	1	2	3
	Muu palvelun tarjoaja	0	1	2	3
HAMMAS- LÄÄKÄRI	YTHS / kunnallinen opiskeluterveydenhuolto	0	1	2	3
	Terveyskeskus*	0	1	2	3
	Muu palvelun tarjoaja	0	1	2	3
ERIKOIS- HAMMAS- LÄÄKÄRI	YTHS / kunnallinen opiskeluterveydenhuolto	0	1	2	3
	Terveyskeskus*	0	1	2	3
	Muu palvelun tarjoaja	0	1	2	3
PSYKOLOGI	YTHS / kunnallinen opiskeluterveydenhuolto	0	1	2	3
	Terveyskeskus*	0	1	2	3
	Muu palvelun tarjoaja	0	1	2	3
PSYKIATRI	YTHS / kunnallinen opiskeluterveydenhuolto	0	1	2	3
	Terveyskeskus*	0	1	2	3
	Muu palvelun tarjoaja	0	1	2	3

* muu kuin opiskeluterveydenhuolto

110. Haluaisitko apua, esim. yksilöllistä neuvontaa, ryhmäkokouksia, kursseja, luentoja tms. seuraavissa asioissa? (Tarvittaessa voit ympyröidä useitakin kohtia)

- | | |
|----------------------------------|--|
| 1 stressinhallinta | 9 ergonomia |
| 2 jännittämisongelmat | 10 alkoholinkäytön hallinta |
| 3 ihmissuhde- tai itsetuntoasiat | 11 tupakoinnin lopettaminen |
| 4 seksuaalisuus | 12 muu riippuvuusongelma (pelaaminen, netti ym.) |
| 5 syömisongelmat | 13 opiskelun ongelmat tai opiskelutekniikka |
| 6 ravitsemusasiat | 14 allergia-asiat, ihon hoito |
| 7 painonhallinta | 15 rokotukset |
| 8 liikunta | 16 muu ongelma, mikä |

KIUSAAMISKOKEMUKSET

Koulukiusaamisella tarkoitetaan sitä, että oppilas joutuu yhden tai useamman muun oppilaan toistuvan loukkaamisen, vahingoittamisen ja/tai syrjimisestä kohteeksi pystymättä vaikuttamaan saamaansa kohteluun.

111. Minkä verran sinua kiusattiin kouluajanasi?

- 0 ei juuri ollenkaan
- 1 joitakin kuukausia
- 2 vuoden verran
- 3 useita vuosia

112. Jos ajattelet niitä ajanjaksoja, jolloin sinua kiusattiin, kuinka toistuvaa kiusaaminen silloin oli?

- 0 ei kiusattu koskaan
- 1 satunnaista, silloin tällöin
- 2 viikoittaista
- 3 päivittäistä

113. Jos sinua kiusattiin, millaisen kiusaamisen kohteeksi jouduit?

	en koskaan	silloin tällöin	kerran viikossa	päivittäin
Fyysisen vahingoittamisen	1	2	3	4
Verbaalisen loukkaamisen	1	2	3	4
Syrjimisestä	1	2	3	4
Kaverisuhteiden vahingoittamisen	1	2	3	4

114. Jos vertaat itseäsi kulloisiinkin luokkatovereihisi, kuinka paljon sinä kiusasit toisia oppilaita?

	en koskaan	hyvin vähän	melko paljon	hyvin paljon
114. Jos vertaat itseäsi kulloisiinkin luokkatovereihisi, kuinka paljon sinä kiusasit toisia oppilaita?	0	1	2	3

115. Oletko opiskeluaikanaasi kokenut olevasi toistuvasti yhden tai useamman muun opiskelijan loukkaamisen, vahingoittamisen ja/tai syrjimisestä kohteena?

0 1 2 3

116. Oletko mielestäsi opiskeluaikanaasi itse loukannut, vahingoittanut tai syrjinyt toistuvasti jotakuta toista opiskelijaa tai toisia opiskelijoita?

0 1 2 3

SEKSUAALITERVEYS

117. Onko seksuaalinen suuntautuneisuutesi?

- 1 Heteroseksuaalinen
- 2 Homoseksuaalinen
- 3 Biseksuaalinen

119. Kuinka usein olet viimeisen kuukauden aikana ollut sukupuoliyhdyntässä?

- 0 en koskaan
- 1 harvemmin kuin kerran viikossa
- 2 viikoittain

118. Minkä ikäisenä olit ensimmäisen kerran sukupuoliyhdyntässä?

|___| -vuotiaana

120. Oletko sairastanut klamydia-sukupuolitaudin

0 en 1 kyllä

121. Mitä raskauden ehkäisyä sinä ja partnerisi olette käyttäneet viimeisen kuukauden aikana?

(Tarvittaessa vastaa useampaan kohtaan.)

- 0 en mitään
- 1 kondomi
- 2 ehkäisytabletti
- 3 ehkäisykondomi
- 4 ehkäisyrenkaas
- 5 ehkäisykapseli
- 6 hormonikierukka
- 7 kuparikierukka

122. Oletko /onko partnerisi koskaan käyttänyt jälkielektrolyysiä?

- 0 en
- 1 kyllä |__|__| kertaa
- 2 en tiedä

123. Onko Sinulle /partnerillesi tehty raskauden keskeytystä?

- 0 ei
- 1 kyllä
- 2 en tiedä

124. Onko Sinulla ollut ongelmia kondomin käytössä?

(Tarvittaessa vastaa useampaan kohtaan.)

- 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

125. Oletko käyttänyt erektiota parantavia lääkkeitä?

- 0 en koskaan
- 1 1-5 kertaa
- 2 käytän silloin tällöin
- 3 käytän jatkuvasti

126. Jos olet käyttänyt erektiota parantavia lääkkeitä, mistä olet saanut lääkkeet?

- 1 reseptillä
- 2 internetin kautta tilaamalla
- 3 kaverilta

127. Mikä on käsityksesi?

1. Minkä ikäisenä naisen mahdollisuus tulla raskaaksi *alkaa hiukan vähentyä*? Noin |__|__| -vuotiaana
2. Minkä ikäisenä naisen mahdollisuus tulla raskaaksi *huomattavasti vähenee*? Noin |__|__| -vuotiaana
3. Jos miehellä ja naisella on säännöllisiä sukupuoliyhdyntöjä ilman ehkäisyä vuoden ajan, kuinka suuri osa naisista tulee raskaaksi

25 – 30 vuoden iässä noin _____ %

35 – 40 vuoden iässä noin _____ %

Muutama kysymys AKNEsta nyt ja aikaisemmin...

Ellei Sinulla ole koskaan ollut akneongelmaa, siirry suoraan kysymykseen 132.

128. Onko Sinulla esiintynyt aknea viimeksi kuluneen 12 kk aikana?

- 0 ei
- 1 kyllä

129. Oletko ollut aknen vuoksi lääkärin vastaanotolla viimeksi kuluneen 12 kk aikana?

- 0 en
- 1 kyllä

130. Oletko kokenut aknen aiheuttaneen tai aiheuttavan sosiaalista haittaa?

- 0 en lainkaan
- 1 jossain määrin
- 2 hyvin paljon

131. Oletko käyttänyt seuraavia hoitoja akneen?

(Tarvittaessa voit ympyröidä useitakin vaihtoehtoja molemmissa sarakkeissa.)

Olen käyttänyt	viimeisen 12 kk aikana, miten monta kuukautta yhteensä	aikaisempina vuosina
Antibioottikuureja (esim. Apocyclin, Tetralysal tabl/ kaps)	1 __ __ kk	2
Isotretinoiini kapseleita (Roaccutane, Isotretinoin)	1 __ __ kk	2
Tretinoin- tai adapaleenivoiteita (Avitcid crem, Differin gel)	1 __ __ kk	2
Atselaiinihappovoidetta (Skinoren crem)	1 __ __ kk	2
Bentsoyyliperoksidivoidetta/ pesugeeliä (Basiron, Brevoxyl)	1 __ __ kk	2
Klindamysiiniliuosta (Dalacin liuos)	1 __ __ kk	2
Bentsoyyliperoksidi + klindamysiinigeeliä (Clindoxyl gel)	1 __ __ kk	2
Valohoitoja (solarium, SUP-valohoito)	1 __ __ kk	2
Ehkäisytabletteja	1 __ __ kk	2
Itsehoitotuotteita (ei-reseptivalmisteet)	1 __ __ kk	2

MATKAILU**132. Oletko viimeksi kuluneen 12 kk aikana tehnyt yli 10 vuorokautta kestäväen ulkomaanmatkan tai matkoja?**

0 en, jos vastasit ei, kysymykset päättyvät osaltasi tähän.

1 kyllä, jos vastasit kyllä, vielä muutama tarkentava kysymys:

133. Matkakohde

(Tarvittaessa vastaa useampaan kohtaan)

- | | |
|------------|--------------------|
| 1 Eurooppa | 4 Pohjois-Amerikka |
| 2 Aasia | 5 Etelä-Amerikka |
| 3 Afrikka | 6 Australia |

134. Matkan tarkoitus?

(Tarvittaessa vastaa useampaan kohtaan)

- 1 loma
- 2 vapaaehtoistyö
- 3 opiskelu

135. Otitko ennen matkaa suositellut rokotukset ja ennalta ehkäisevät lääkitykset?

- 0 en
- 1 kyllä
- 2 otin vain osan suositelluista

136. Oliko Sinulla matkavakuutus?

- 0 ei
- 1 kyllä

137. Sairastuitko matkan aikana tai heti matkan jälkeen?

- 0 en
- 1 kyllä

138. Jos sairastuit, mitä oireita sinulla oli?

- 1 ripulia
- 2 kuumetta
- 3 iho-oireita
- 4 hengitystieoireita
- 5 muuta, mitä? _____

139. Jouduitko matkan aikana ryöstön, tapaturman tai pahoinpitelyn kohteeksi?

- 1 en
- 1 kyllä

140. Kävitkö kohdemaassa lääkärissä?

- 0 en
- 1 kyllä

141. Toiveita terveydenhuollolle matkailuneuvonnan kehittämiseksi?

KIITÄMME KYSELYYN VASTAAMISESTA!

"Risut ja ruusut" opiskelijoiden terveydenhuollolle:

Osoitetiedot: YTHS:n opiskelijarekisteri ja ammattikorkeakoulut

KYSELYLOMAKE

Tämä kyselylomake on osa Yhteiskuntatieteelliseen tietoaarkistoon arkistoitua tutkimusaineistoa

FSD2608 Korkeakouluopiskelijoiden terveystutkimus 2008

Kyselylomaketta hyödyntävien tulee viitata siihen asianmukaisesti lähdeviitteellä.

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KYSYMYKSET ASTMASTA JA ATOOPPISESTA IHOTTUMASTA

Allergiset sairaudet ovat yleinen sairausryhmä nuorilla aikuisilla. Näiden sairauksien aiheuttamista ongelmista ja hoidon toteutumisesta tarvitaan opiskeluterveydenhuollossa lisää tietoa.

Jos Sinulla on ASTMA vastaa kysymyksiin 1 – 11.

Jos Sinulla on tai on aikaisemmin ollut ATOOPPINEN IHOTTUMA, niin vastaa kysymyksiin 12 – 27.

HUOM! Lomaketta ei tarvitse palauttaa, ellet sairasta em. sairauksia.

ASTMA

1. Oletko viimeisen 12 kuukauden aikana käynyt astmakontrollissa (ei pahenemisvaiheessa)?

(Tarvittaessa voit ympyröidä useitakin kohtia)

- 0 en ole käynyt
- 1 olen käynyt astmahoitajalla
- 2 olen käynyt YTHS:n / opiskeluterveydenhuollon lääkäriä
- 3 olen käynyt yksityislääkärillä
- 4 olen uusinnut reseptit ilman vastaanottokäyntiä

2. Oletko viimeksi kuluneen 12 kuukauden aikana joutunut astman pahenemisvaiheen takia käymään lääkäriä

(Tarvittaessa voit ympyröidä useitakin kohtia)

- 0 en ole
- 1 terveyskeskuksen päivystyksessä
- 2 YTHS:n akuutti/päivystysvastaanotolla
- 3 sairaalassa
- 4 muualla, missä _____

3. Kuinka usein astmasi esti sinua tekemästä normaaleja toimiasi työssä, koulussa /yliopistolla tai kotona viimeisten 4 viikon aikana fyysinen rasitus mukaan lukien?

- 0 ei ollenkaan
- 1 harvoin
- 2 silloin tällöin
- 3 usein
- 4 koko ajan

4. Kuinka usein sinulla on ollut hengenahdistusta viimeisten 4 viikon aikana?

- 0 ei ollenkaan
- 1 kerran tai kaksi viikossa
- 2 3 – 6 kertaa viikossa
- 3 kerran päivässä
- 4 useammin kuin kerran päivässä

5. Kuinka usein astmasi oireet (hengityksen vinkuminen, yskiminen, hengenahdistus, puristava tunne tai kipu rintakehällä) ovat herättäneet sinut yöllä tai normaalia aiemmin aamulla viimeisten 4 viikon aikana?

- 0 eivät ollenkaan
- 1 kerran tai kaksi
- 2 kerran viikossa
- 3 2 tai 3 yönä viikossa
- 4 4:nä tai useampana yönä viikossa

6. Kuinka usein olet käyttänyt hengitysteitä avaavaa lisälääkitystä (esim. Airomir, Bricanyl, Buventol tai Ventoline) viimeisten 4 viikon aikana?

- 0 en ollenkaan
- 1 kerran viikossa tai harvemmin
- 2 2 tai 3 kertaa viikossa
- 3 1 tai 2 kertaa päivässä
- 4 3 kertaa päivässä tai useammin

7. Kuinka itse arvioisit astmasi olleen hallinnassa viimeisten 4 viikon aikana?

- 0 ei ollenkaan hallinnassa
- 1 huonosti hallinnassa
- 2 jokseenkin hallinnassa
- 3 hyvin hallinnassa
- 4 täysin hallinnassa

8. Oletko sivuvaikutusten pelossa joskus vähentänyt lääkkeiden käyttöä?

- 0 en koskaan
- 1 kyllä joskus
- 2 kyllä usein

9. Mikä merkitys astman aiheuttamilla kuluilla on taloudellisessa tilanteessasi?

- 0 Ei merkitystä
- 1 Kulut aiheuttavat jonkin verran taloudellista haittaa
- 2 Kulut aiheuttavat huomattavaa taloudellista haittaa
- 3 Korkean hinnan vuoksi olen vähentänyt lääkkeiden käyttöä tai en käytä niitä lainkaan

10. Saatko astmalääkkeisiisi Kelan erityiskorvattavuuden (72 %, Kela-kortissa merkintä)

- 1 kyllä
- 2 en
- 3 en tiedä

11. Kuinka monena päivänä yhteensä viimeisten 12 kk aikana olet käyttänyt seuraavia lääkkeitä astmaan tai astmaoireisiin? (Vastaa kaikkiin kohtiin)

	en ole käyttänyt	alle 10 päivää	10 - 15 päivänä (alle 2 kk)	60 - 180 päivänä (2 - 6 kk)	yli 180 päivänä (yli 6 kk)
1 Keuhkoputkia avaavia hengitettäviä lääkkeitä (Airomir, Buventol, Ventoline, Bricanyl, Serevent, Oxis, Atrovent comp, Atrovent)	0	1	2	3	4
2 Hengitettävän kortisonin ja pitkävaikutteisen avaavan lääkkeen yhdistelmää (Seretide, Symbicort)	0	1	2	3	4
3 Hengitettävää kortisonia (Aerobec, Beclomet, Budesonid, Pulmicort, Flixotide)	0	1	2	3	4
4 Leukotrieeniestäjätabletteja (Singulair, Accolate)	0	1	2	3	4
5 Muita astmalääkkeitä (esim. Tilade, Lomudal, Theo-Dur, Retafyllin)	0	1	2	3	4
6 Kortisonitabletteja	0	1	2	3	4
7 Antibiootteja	0	1	2	3	4
8 Luontaislääkkeitä	0	1	2	3	4

ATOOPPINEN IHOTTUMA

12. Onko sinulla koskaan ollut atooppista ihottumaa (ihottumaa esim. kynär- tai polvitaiveissa, ns. taiveihottuma, maitorupi) ?

0 ei 1 kyllä

13. Onko lääkäri todennut em. atooppisen ihottuman?

0 ei 1 kyllä, v. ____ (arvio riittää)

14. Koska atooppista ihottumaa on esiintynyt ensimmäisen kerran?

- 1 0 -1-vuotiaana
- 2 1 - 5-vuotiaana
- 3 5 -12-vuotiaana
- 4 13 -18-vuotiaana
- 5 yli 18-vuotiaana

15. Onko sinulla esiintynyt atooppista ihottumaa viimeisen 12 kk:n aikana?

0 ei 1 kyllä

16. Oletko käynyt viimeisen 12 kk:n aikana ihottuman vuoksi lääkärissä?

0 ei 1 kyllä |__|__| kertaa

17. Onko ihottumasi ollut viimeisen 12 kk aikana aiempiin vuosiin nähden

- 1 lievempää
- 2 ennallaan
- 3 vaikeampaa

18. Kuinka kauan ihottumaa on esiintynyt viimeisten 12 kk:n aikana?

- 1 1 - 4 viikon ajan
- 2 1 - 3 kuukauden ajan
- 3 4 - 6 kuukauden ajan
- 4 lähes yhtäjaksoisesti

19. Millä seuraavilla kehon alueilla ihottumaa on esiintynyt viimeisen 12 kk:n aikana?

(Tarvittaessa voit ympyröidä useitakin vaihtoehtoja)

- 1 kasvoilla
- 2 kaulalla tai niskassa
- 3 vartalolla
- 4 yläraajoissa
- 5 alaraajoissa
- 6 käsissä (sormet, kämmen, kämmenselkä)

20. Oletko käyttänyt viimeisen 12 kk:n aikana ihottumasi hoitoon jotain seuraavista?

(Tarvittaessa voit ympyröidä useitakin vaihtoehtoja)

	en	satunnaisesti alle 15 pv/ vuosi	kuukausittain 1 – 15 pv /kuukausi	lähes päivittäin yli 15 pv /kuukausi
1 Kosteusvoiteita	0	1	2	3
2 Kortisonivoiteita	0	1	2	3
3 Takrolimuusi- tai pimekrolimuusi-voidetta (Protopic, Elidel)	0	1	2	3
4 Kutinalääkkeitä (antihistamiinit)	0	1	2	3
5 Kortisonitabletteja	0	1	2	3
6 Valohoitoja	0	1	2	3
7 Siklosporiinia (Sandimmun Neoral)	0	1	2	3
8 luontaistuotteita (hivenaineet, vitamiinit ym.)	0	1	2	3

21. Saatto parhailaan tai oletko joskus saanut siedätyshoitoa (ns. hyposensibilisaatiohoito) allergisen nuhan, silmätulehduksen tai astman vuoksi? (Vastaa kaikkiin kohtiin)

	en	kyllä
1 Heinän siitepölylle	0	1
2 Koivun tai muiden puiden siitepölylle	0	1
3 Pujon siitepölylle	0	1
4 Eläimille (kissa, koira)	0	1
5 Huonepölypunkille	0	1
6 Mehiläisen tai ampiaisen myrkylle	0	1

22. Mitä haittaa ihottumasi on aiheuttanut viimeisen 12 kk:n aikana?

(Tarvittaessa ympyröi useita vaihtoehtoja)

- 1 Ihottuman hoito on työlästä
- 2 Käsiä on suojattava suojakäsinein
- 3 Ihottuman aiheuttama kutina häiritsee yöunta
- 4 Ihottuman aiheuttama kutina häiritsee keskittymistä ja opiskelua
- 5 Ihottuma aiheuttaa kiusaantumisen tai häpeän tunnetta

23. Miten koet ihottuman viime aikoina vaikuttaneen mielialaasi?

- 0 ei ole vaikuttanut
- 1 on vaikuttanut jonkin verran
- 2 on vaikuttanut melko paljon
- 3 on vaikuttanut huomattavasti

24. Miten koet ihottuman viime kuukausina vaikuttaneen seuraavilla elämän alueilla?

(Vastaa kaikkiin kohtiin)

	ei vaikuta	vaikuttaa, mutta ei rajoita	rajoittaa jonkin verran	rajoittaa huomattavasti	estää täysin
1 Selviytyminen opiskelussa /työssä	0	1	2	3	4
2 Selviytyminen kotitöissä ja jokapäiväisissä toimissa (peseytyminen, pukeutuminen yms.)	0	1	2	3	4
3 Liikuntaharrastukset	0	1	2	3	4
4 Muut harrastukset	0	1	2	3	4
5 Liikkuminen ja matkustaminen	0	1	2	3	4
6 Sosiaalinen kanssakäyminen (ystävät, opiskelukaverit yms.)	0	1	2	3	4
7 Läheiset ihmissuhteet (perhe, sukulaiset, seurustelukumppani)	0	1	2	3	4
8 Sukupuolielämä	0	1	2	3	4

25. Mikä merkitys ihottuman aiheuttamilla kuluilla on taloudellisessa tilanteessasi?

- 1 Ihottuma ei aiheuta kuluja tai kulut eivät aiheuta taloudellista haittaa
- 2 Kulut aiheuttavat jonkin verran taloudellista haittaa
- 3 Kulut aiheuttavat huomattavaa taloudellista haittaa
- 4 En pysty suoriutumaan ihottumani aiheuttamista hoitokuluista

26. Saatto ihottumasi vuoksi KELAn vammaistukea?

- 0 en 1 kyllä

27. Onko sinulla kotieläimiä?

- 1 on
- 2 ei ole
- 3 ei ole nyt, mutta on ollut aiemmin

Appendix B

Questionnaires in Swedish

KYSELYLOMAKE

Tämä kyselylomake on osa Yhteiskuntatieteelliseen tietoaarkistoon arkistoitua tutkimusaineistoa

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Hälsoundersökning för högskolestuderande 2008

Bästa studerande

Vi behöver tillförlitlig och aktuell information för att kunna utveckla studerandenas hälsovårdstjänster. Detta är den första nationella undersökningen som riktas till både universitets- och yrkeshögskolestuderande samtidigt; tidigare har utredningarna utförts separat. Till stor del används samma basfrågor som i tidigare undersökningar. Dessa är avsedda att ge information om trender inom studerandenas hälsa och välbefinnande samt utvecklingsprojektens effekter. Undersökningens resultat från tidigare enkäter har använts bland annat i en handbok för studenthälsovården.

I enkäten ingår vid sidan av traditionella frågor om hälsa och hälsobeteende även frågor som kartlägger andra sådana områden i livet som vi av erfarenhet vet att är av betydelse då det gäller studerandenas hälsa och förmåga att orka studera. Frågorna om studier, arbete och studieförhållanden är viktiga även för högskolorna och studentorganisationerna. De specialteman som inkluderats i undersökningen hänför sig uttryckligen till frågor kring de studerandes ålder eller livsskede. För att vi ska kunna förbättra servicen behöver vi mer information om dessa områden.

Vi hoppas att du kan offra lite tid för att svara på frågorna i enkäten och på så vis främja studerandenas gemensamma väl! Vi behöver information om just dina erfarenheter av hälsa och välbefinnande. Ditt svar är mycket värdefullt för oss. Ingen annan kan ersätta det.

Undersökningen omfattar också personer som studerar deltid eller som blivit utexaminerade under innevarande läsår.

Du kan besvara enkäten över internet på adressen

[http://XXXXX/xxxx/ ??](http://XXXXX/xxxx/)

eller på denna blankett i det bifogade svarskuvertet. Mottagaren betalar portot.

Alla uppgifter som du lämnar behandlas konfidentiellt och kommer endast att utnyttjas av forskare. Forskningsresultaten behandlas som statistiska helheter; enskilda personer kan inte identifieras. Det är frivilligt att besvara enkäten.

Frågor som gäller undersökningen besvaras av med. dr. Kristina Kunttu, tfn (02) 2747 200, e-post kristina.kunttu@yths.fi.

Med tack för visat samarbete

Studenternas hälsovårdsstiftelse

Suomen ammattikorkeakouluopiskelijayhdistysten liitto SAMOK ry.

Anvisningar:

Ringa in siffran för det alternativ som bäst motsvarar ditt svar eller skriv svaret i det utrymme som reserverats.

Ringa in endast en siffra, om det inte sägs något annat.

Om inget annat sägs, vill vi veta hur du agerar i allmänhet.

Läs hela frågan innan du besvarar den.

BAKGRUNDSINFORMATION

1. Ålder _____ år

2. Kön

- 1 man
- 2 kvinna

3. Studieort

- | | | | | |
|---------------|-----------|------------------|---------------|----------------|
| 1 Esbo | 6 Kajana | 11 Lahtis | 16 Raumo | 21 Torneå |
| 2 Helsingfors | 7 Kemi | 12 Villmanstrand | 17 Rovaniemi | 22 Åbo |
| 3 Tavastehus | 8 Karleby | 13 S:t Michel | 18 Nyslott | 23 Vasa |
| 4 Joensuu | 9 Kouvola | 14 Uleåborg | 19 Seinäjoki | 24 Vanda |
| 5 Jyväskylä | 10 Kuopio | 15 Björneborg | 20 Tammerfors | 25 Annan, vad? |

fler än ett utbildningsområde (kryssa för)

Obs!

Välj endast ett alternativ.

Om du studerar på flera orter eller har flera utbildningsområden, svara på basis av dina huvudsakliga studier under detta läsår.

4a. Utbildningsområde, universitetsstuderande

- | | | |
|--------------------------|-----------------------------------|----------------------|
| 1 Veterinärmedicin | 8 Gymnastik- och idrottsvetenskap | 15 Konstindustri |
| 2 Farmaci | 9 Naturvetenskap | 16 Dans |
| 3 Odontologi | 10 Medicin | 17 Teater |
| 4 Humanistiska ämnen | 11 Agronomi / forstvetenskap | 18 Teknikvetenskap |
| 5 Pedagogik | 12 Musik | 19 Teologi |
| 6 Ekonomiska vetenskaper | 13 Juridik | 20 Hälsovetenskap |
| 7 Bildkonst | 14 Psykologi | 21 Samhällsvetenskap |

fler än ett utbildningsområde (kryssa för)

4b. Utbildningsområde, yrkeshögskolestuderande

- | | |
|------------------------------------|--|
| 1 Humanistiska ämnen och pedagogik | 5 Turism, restaurang- och hushållsbranschen |
| 2 Kultur | 6 Socialvård, hälsovård och idrott |
| 3 Naturvetenskap | 7 Teknik och kommunikation |
| 4 Naturresurser och miljö | 8 Samhällsvetenskap, företagsekonomi och förvaltning |

fler än ett utbildningsområde (kryssa för)

HÄLSOTILLSTÅND

5. Har någon läkare, tandläkare eller psykolog ställt dig en diagnos på någon kronisk, långvarig eller ofta återkommande sjukdom, defekt eller kroppsskada som har gett symptom och krävt vård under det senaste året (12 mån.)?

(Vid behov kan du ringa in flera punkter.)

- | | | | |
|------|---|----|--|
| 1 | Diabetes | 16 | Synfel (glasögon) |
| 2 | Sköldkörtelsjukdom | 17 | Ögonsjukdom |
| 3 | Blodtryckssjukdom, förhöjt blodtryck | 18 | Öron-, näs- eller halssjukdom |
| 4 | Rytmrubbningar eller annan hjärtsjukdom | 19 | Karies (hål i tänderna) |
| 5 | Ledgångsreumatism, spondylos | 20 | Inflammerad visdomstand |
| 6 | Annan sjukdom i rörelseapparaten | 21 | Annan mun- eller tandsjukdom sjukdom i tuggorganen, munnens slemhinnor eller parodontiet (tändernas stödjevådnader). |
| 7 * | Astma * | 22 | Migrän |
| 8 | Allergisk snuva eller ögoninflammation | 23 | Epilepsi, annan neurologisk sjukdom |
| 9. * | Atopiskt eksem *
(böjveckseksem, "mjölkskorv") | 24 | Ätstörning, vilken typ?
1 anorexi
2 bulimi
3 annat |
| 10 | Akne | 25 | Ångestneuros (panikstörningar, rädsla för sociala situationer osv.) |
| 11 | Laktosintolerans | 26 | Depression |
| 12 | Annan mag- eller tarmsjukdom | 27 | Annan psykisk störning |
| 13 | Återkommande urinvägsinfektion, njursjukdom | 28 | Annat, vad? |
| 14 | Sjukdom i de manliga könsorganen | | |
| 15 | Gynekologisk sjukdom, vad? | | |

*** Om du har astma eller atopiskt eksem ber vi dig också svara på frågorna på den separata blanketten. Svara på frågorna också om du har haft atopiskt eksem tidigare.**

6. Hurdant anser du ditt hälsotillstånd vara?

- 1 gott
- 2 rätt bra
- 3 medelmåttigt
- 4 rätt svagt
- 5 svagt

7. Använder du läkarordinerade läkemedel eller P-piller för sjukdom eller symptom

(Vid behov kan du ringa in flera punkter.)

- 0 nej, inga alls
- 1 ja, regelbunden medicinering (tabletter, injektioner, inhalationsmediciner, sprayer, droppar, salvor, suppositorier)
- 2 ja, läkemedel efter behov

8. Använder du receptfria läkemedel?

- 0 inte alls eller mycket sällan
- 1 en eller ett par gånger per månad
- 2 varje vecka
- 3 dagligen eller nästan dagligen

9. Hur många timmar sover du i genomsnitt per dygn ?

|__|__| timmar

10. Anser du att du sover tillräckligt?

- 1 nästan alltid
- 2 ofta
- 3 sällan eller nästan aldrig
- 4 vet inte

11. Längd |__|__|__| cm

12. Vikt |__|__|__| kg

13. Midjeomfång mätt under revbenen
(1–2 cm ovanför naveln mot slutet av en utandning)

Män

0 under 94 cm

1 94–102 cm

2 över 102 cm

Kvinnor

0 under 80 cm

1 80–88 cm

2 över 88 cm

14. Har ditt blodsocker någon gång konstaterats vara höjt? (t.ex. i samband med en hälsokontroll eller graviditet)

0 nej

1 ja

15. Har någon i din släkt diabetes? (typ 1 eller 2)

0 nej

1 ja, mor- eller farföräldrar, föräldrarnas syskon, kusiner

2 ja, föräldrar, syskon eller egna barn

16. Vad anser du om din vikt? Ange vilket alternativ som beskriver din vikt bäst.

1 mycket undervikt

2 i viss mån undervikt

3 lämplig vikt

4 i viss mån övervikt

5 mycket övervikt

17. Förhåller du dig normalt till mat?

0 nej

1 ja

2 vet inte

18. Har du någon gång bantat kraftigt?

0 nej

1 ja, bantningen var planerad och kontrollerad

2 ja, men jag förlorade kontrollen över bantningen

19. Har du haft ätstörningssymptom i puberteten?

0 nej

1 ja

20. Om du svarade ja, har du då fått vård?

0 nej

1 ja

21. Hur bedömer du nedan nämnda faktorer för tillfället?

Svarsalternativ:

- 2	- 1	0	+ 1	+ 2	?
ETT VERKLIGT PROBLEM, som på ett avgörande sätt försvårar mitt liv just nu	ETT TYDLIGT PROBLEM, som dock inte besvärar mig ständigt och/eller särskilt kraftigt	jag har inte haft orsak att fästa särskild uppmärksamhet vid frågan	vanligen POSITIVA UPPLEVELSER	något som verkligen ger mig TILLFREDSSTÄLLELSE	svårt att säga

att få grepp om studierna	- 2	- 1	0	+ 1	+ 2	?
att uppträda, t.ex. hålla föredrag	- 2	- 1	0	+ 1	+ 2	?
att skapa kontakt med studiekompisar och människor i allmänhet	- 2	- 1	0	+ 1	+ 2	?
att få kontakt med det motsatta könet	- 2	- 1	0	+ 1	+ 2	?
min sexualitet	- 2	- 1	0	+ 1	+ 2	?
mitt förhållande till föräldrarna	- 2	- 1	0	+ 1	+ 2	?
planeringen av framtiden	- 2	- 1	0	+ 1	+ 2	?
mina egen styrka och förmåga	- 2	- 1	0	+ 1	+ 2	?
min sinnesstämning i allmänhet	- 2	- 1	0	+ 1	+ 2	?

22. Har du haft följande symptom under den senaste månaden (30 dagar)?

(Besvara alla punkter.)

	inte alls	ibland	varje vecka	dagligen eller nästan dagligen
1. huvudvärk	0	1	2	3
2. yrsel	0	1	2	3
3. trötthet eller kraftlöshet	0	1	2	3
4. besvär i övre ryggen eller nacken	0	1	2	3
5. besvär i undre ryggen	0	1	2	3
6. smärta i armar, ben eller leder	0	1	2	3
7. magont, halsbränna	0	1	2	3
8. illamående eller uppkastningar	0	1	2	3
9. gasbesvär eller uppsvälldhet	0	1	2	3
10. förstoppning eller diarré	0	1	2	3
11. hetsätande	0	1	2	3
12. hjärtklappning, arytm	0	1	2	3
13. hudproblem	0	1	2	3
14. röstproblem	0	1	2	3
15. snuva eller tilltäpphet	0	1	2	3
16. halsbesvär (ont, slem)	0	1	2	3
17. långvarig hosta eller andnöd	0	1	2	3
18. blödande tandkött eller tandköttproblem	0	1	2	3
19. tandproblem (ilning, värk)	0	1	2	3
20. besvär av visdomständerna	0	1	2	3
21. bittbesvär	0	1	2	3
22. insomningssvårigheter eller uppvakning på natten	0	1	2	3
23. koncentrationssvårigheter	0	1	2	3
24. spändhet eller nervositet	0	1	2	3
25. depression eller nedstämdhet	0	1	2	3
26. ångest	0	1	2	3
27. annat, vad?	0	1	2	3

23. Har du under det senaste året (12 mån.) haft följande besvär:

(Vid behov kan du ringa in flera punkter.)

Gynekologiska besvär?

- 0 nej
- 1 menstruationssmärter som kräver medicinering
- 2 störande riklig menstruationsblödning
- 3 utebliven menstruation i över 6 mån
- 4 menstruationsrubbingar
- 5 onormal vitflytning
- 6 samlagssmärter
- 7 annat, vad?

Andrologiska besvär, dvs. sådana som uppträder hos män?

- 0 nej
- 1 problem med förhuden
- 2 flytningar från eller sveda i urinröret
- 3 erektionsstörningar
 - 1 har alltid haft
 - 2 ofta
 - 3 då och då
- 4 för snabb sädesuttömning (< 2 min)
- 5 fördröjd eller förhindrad sädesuttömning
- 6 prostatabesvär
- 7 annat, vad?

24. Hur har du under den senaste tiden kunnat koncentrera dig på dina uppgifter?

- 1 bättre än vanligt
- 2 lika bra som vanligt
- 3 sämre än vanligt
- 4 mycket sämre än vanligt

25. Har du under den senaste tiden vakat mycket på grund av bekymmer?

- 1 inte alls
- 2 inte mer än vanligt
- 3 något mer än vanligt
- 4 mycket mer än vanligt

26. Har du under den senaste tiden tyckt att du i olika sammanhang har varit till

- 1 större nytta än vanligt
- 2 samma nytta som vanligt
- 3 mindre nytta än vanligt
- 4 mycket mindre nytta än vanligt?

27. Har du under den senaste tiden tyckt att din förmåga att fatta beslut varit

- 1 bättre än vanligt
- 2 lika god som vanligt
- 3 sämre än vanligt
- 4 mycket sämre än vanligt?

28. Har du under den senaste tiden tyckt att du ständigt är överansträngd?

- 1 inte alls
- 2 inte mer än vanligt
- 3 något mer än vanligt
- 4 mycket mer än vanligt

29. Har du under den senaste tiden haft en känsla av att du inte klarar av dina problem?

- 1 inte alls
- 2 inte mer än vanligt
- 3 något mer än vanligt
- 4 mycket mer än vanligt

30. Har du under den senaste tiden kunnat njuta av dina vanliga dagliga förehavanden?

- 1 mer än vanligt
- 2 lika mycket som vanligt
- 3 mindre än vanligt
- 4 mycket mindre än vanligt

31. Har du under den senaste tiden kunnat möta problem?

- 1 bättre än vanligt
- 2 lika bra som vanligt
- 3 sämre än vanligt
- 4 mycket sämre än vanligt

32. Har du känt dig olycklig och nedstämd under den senaste tiden?

- 1 inte alls
- 2 inte mer än vanligt
- 3 något mer än vanligt
- 4 mycket mer än vanligt

33. Har du under den senaste tiden förlorat ditt självförtroende?

- 1 inte alls
- 2 inte mer än vanligt
- 3 något mer än vanligt
- 4 mycket mer än vanligt

34. Har du under den senaste tiden känt dig värdelös som människa?

- 1 inte alls
- 2 inte mer än vanligt
- 3 något mer än vanligt
- 4 mycket mer än vanligt

35. Har du under den senaste tiden på det hela taget känt dig rätt lycklig?

- 1 mer än vanligt
- 2 lika som vanligt
- 3 mindre än vanligt
- 4 mycket mindre än vanligt

36. Har du någonsin haft ett behov av att använda stora mängder pengar på olika spel?

0 nej 1 ja

37. Har du någonsin ljugit för dina närstående om hur mycket pengar du använder på olika spel?

0 nej 1 ja

38. Hur ofta märker du att du har varit på internet längre än du hade tänkt?

- 0 aldrig
- 1 mycket sällan
- 2 sällan
- 3 rätt ofta
- 4 ofta
- 5 alltid eller mycket ofta

39. Hur många timmar per dygn har du i genomsnitt använt internet till någon av följande aktiviteter? (Uppskatta tiden på basis av den senaste månaden. Ange 0 om du inte använt någon tid alls till detta.)

	timmar	min
1 Studier		
2 Föreläsningar		
3 Annan informationssökning, läsning av nättidningar		
4 Radio, tv		
5 Internetsamtal (t.ex. Skype)		
6 E-post		
7 Ärenden (bank, resor, arbetssökning osv.)		
8 Diskussionsforum, chat, virtuella gemenskaper		
9 Spel på internet		
10 Annat, vad?		
totalt		

nej ja

40. Orsakar din användning av internet problem i dina mänskliga relationer?

0 1

41. Orsakar din användning av internet problem med dina studier?

0 1

42. Orsakar din användning av internet problem med din dygnsrytm?

0 1

MOTION

43. Hur ofta fritidsmotionerar du minst ½ timme i gången så att du blir åtminstone lindrigt andfådd eller svettig (t.ex. jogging, cykelåkning, skidåkning, gymnastik, simning, bollspel)?

- 0 inte alls eller mycket sällan
- 1 1–3 gånger i månaden
- 2 ca en gång i veckan
- 3 2–3 gånger i veckan
- 4 4–6 gånger i veckan
- 5 dagligen

44. Hur många timmar i veckan idkar du någon av de motionsformer som nämns ovan?

Total cirka |___|___| timmar i veckan.

45. Hur många minuter nyttig motion idkar du i form av promenader eller cykelåkning per dag (färderna till läroinrättningen, hobbyer, arbetet osv.)?

- 0 mindre än 15 minuter per dag
- 1 15–30 minuter per dag
- 2 30–60 minuter per dag
- 3 över en timme per dag

Total cirka |___|___| timmar i veckan.

46. Hur ofta idkar du lätt motion minst ½ timme i gången eller rör dig i anslutning till någon annan hobby (t.ex. promenader, vandring i naturen, dans, hundpromenader, trädgårdsskötsel, hemsysslor)?

- 0 högst 3 gånger i månaden
- 1 1–2 gånger per vecka
- 2 3–4 gånger per vecka
- 3 dagligen eller nästan dagligen

47. Vem arrangerar den motionsverksamhet som du deltar i?
(Vid behov kan du ringa in flera punkter.)

- 0 jag motionerar inte alls
- 1 jag motionerar på egen hand
- 2 jag motionerar tillsammans med en vän eller i kompisars sällskap
- 3 högskolan eller studentkåren
- 4 ämnesförening osv.
- 5 idrottsförening (annan än läroinrättningens)
- 6 annan organisation, vilken _____
- 7 privata motionsinrättningar
- 8 kommunala motionsinrättningar

48. Har du använt eller använder du preparat som förbättrar idrotts-, motions- eller styrkeprestationer?

	aldrig	har använt tidigare	använder som bäst
Tillåtna preparat, t.ex. proteinpreparat	0	1	2
Förbjudna dopningspreparat	0	1	2

KOST

49. Följer du för tillfället någon specialdiet?

- 0 nej
- 1 ja, hurdan? (Vid behov kan du ringa in flera alternativ.)
 - 1 laktosfri diet
 - 2 glutenfri diet för celiakipatienter
 - 3 diet för bantare
 - 4 specialdiet på grund av födoämnesallergi
 - 5 diet för diabetiker eller kolesterolsänkande eller blodtryckssänkande diet
 - 6 diet med grönsaker, mjölkprodukter samt ägg, höns eller fisk
 - 7 laktovegetarisk diet (vegetarisk diet + mjölkprodukter)
 - 8 diet för veganer (endast vegetariska produkter)
 - 9 levande föda
 - 10 annan, hurdan? _____

50. Tänker du på hur hälsosam maten är då du skaffar den?

- 0 aldrig eller mycket sällan
- 1 ibland
- 2 ofta

51. Var äter du oftast ditt huvudmål?

- 1 student- eller personalmatsalen
- 2 hemma i min bostad
- 3 hos mina föräldrar
- 4 annanstans, var? _____

52. Hur ofta tillsätter du salt i färdig mat?

- 0 nästan aldrig
- 1 en gång i veckan eller mera sällan
- 2 någon gång i veckan
- 3 nästan varje dag

53. Hur många glas mjölk eller surmjölk (1 glas = 2 dl) dricker du vanligen per dag? Räkna också med den mjölk som du använder tillsammans med flingor, mysli, gröt och i kakao.
(Skriv 0, om du inte alls använder mjölk eller surmjölk.)

|__|__| glas

54. Hurdant matfett breder du oftast på brödet?

- 0 inget alls
- 1 lättmargarin med under 65 % fett
- 2 bordsmargarin med 70–80 % fett
- 3 smör
- 4 andra produkter med låg fetthalt (färs- eller smältost e.d.)
- 5 annat

55. Hur många skivor bröd äter du vanligen per dag?

(Skriv 0, om du inte äter bröd alls. Besvara alla punkter.)

mörkt bröd (råg-, knäckebröd osv.) |__|__| skivor

bland-, jäst-, graham- eller havrebröd |__|__| skivor

56. Hur ofta har du ätit följande under den senaste veckan (7 dagar)? (Besvara varje punkt.)

	inte alls	1–2 dagar	3–5 dagar	ca en gång per dag	2 gånger per dag	3 gånger per dag eller oftare
frukt eller bär	0	1	2	3	4	5
färska grönsaker	0	1	2	3	4	5
tillredda grönsaker (inte potatis)	0	1	2	3	4	5
gröt, mysli, flingor	0	1	2	3	4	5
yoghurt eller fil (1,5–2 dl portioner)	0	1	2	3	4	5
glass	0	1	2	3	4	5
söta bakverk	0	1	2	3	4	5
sötsaker, choklad	0	1	2	3	4	5
sötade drycker (också alkohol- och energidrycker)	0	1	2	3	4	5
light-drycker	0	1	2	3	4	5
pommes frites	0	1	2	3	4	5
chips osv.	0	1	2	3	4	5
ost	0	1	2	3	4	5
pizza	0	1	2	3	4	5

TANDVÅRD**57. Hur ofta borstar du tänderna?**

- 0 mindre än en gång per dag
- 1 en gång per dag
- 2 oftare än en gång per dag

59. Använder du tandtråd?

- 0 inte alls
- 1 ibland
- 2 varje dag

58. Använder du tandkräm?

- 0 mindre än en gång per dag
- 1 en gång per dag
- 2 oftare än en gång per dag

60. Använder du xylitoluggummi eller andra produkter som sötats med xylitol?

- 0 nej
- 1 ibland
- 2 en gång per dag
- 3 minst två gånger per dag

TOBAK, DROGER, ALKOHOL**61. Röker du för tillfället?**

- 0 inte alls
- 1 ja, mindre än en gång per vecka
- 2 ja, varje vecka, men inte varje dag
- 3 ja, varje dag

62. Använder du snus (portionssnus, lössnus eller tuggtobak)?

- 0 inte alls
- 1 ibland
- 2 regelbundet
- 3 inte längre

63. Har du någonsin provat eller använt narkotika, läkemedel eller läkemedel + alkohol för att bli berusad?

- 0 aldrig
- 1 ja. I så fall

(Besvara alla tre frågor)

64. Vad?	65. Hur många gånger?		66. Har du använt åtminstone en gång under det senaste året?	
	1-4 gånger	5 gånger eller mer	nej	ja
1 cannabis (hasch, marijuana)	1	2	0	1
2 thinner, lim e.d.	1	2	0	1
3 läkemedel och alkohol tillsammans	1	2	0	1
4 läkemedel i berusningssyfte	1	2	0	1
5 ecstasy	1	2	0	1
6 subutex eller temgesic	1	2	0	1
7 heroin, kokain, amfetamin, LSD, gamma e.d.	1	2	0	1

67. Upplever du det som om du på grund av dina kompisars inflytande måste dricka mera alkohol än du egentligen skulle vilja?

- 1 nej
- 2 ibland
- 3 ofta

En portion alkohol =

en flaska (33 cl) mellanöl, cider, long drink
ett glas (12 cl) vin
ett glas (8 cl) starkvin
ett glas (4 cl) starksprit

68. Om du deltar i fester eller träffar där det bjuds på alkohol serveras då även alkoholfria alternativ?

- 1 nästan alltid
- 2 ibland
- 3 knappast någonsin

69. Om någon i ditt sällskap väljer ett alkoholfritt alternativ, väcker detta andras uppmärksamhet?

- 1 vanligen inte
- 2 ibland
- 3 nästan alltid

70. Hur många glas eller flaskor alkohol dricker du i medeltal per vecka?

(Skriv 0 för de alkoholdrycker som du inte alls dricker.

Besvara varje punkt.)

mellanöl |_|_|_|_| flaskor
A-öl |_|_|_|_| flaskor
cider |_|_|_|_| flaskor
long drink |_|_|_|_| flaskor
vin |_|_|_|_| glas
starksprit |_|_|_|_| glas

71. Hur ofta dricker du alkohol?

- 0 aldrig (*om du aldrig druckit alkohol kan du gå direkt till fråga 81*)
- 1 en gång i månaden eller mer sällan
- 2a 2–3 gånger i månaden
- 2b en gång i veckan
- 3 2–3 gånger i veckan
- 4 fyra gånger i veckan eller oftare

72. Hur många portioner dricker du vanligen de dagar du dricker?

- 0 1–2 portioner
- 1 3–4 portioner
- 2 5–6 portioner
- 3 7–9 portioner
- 4 10 portioner eller mer

73. Hur ofta dricker du 6 portioner eller mer per gång?

- 0 aldrig
- 1 mindre än en gång per månad
- 2 en gång i månaden
- 3 en gång i veckan
- 4 nästan dagligen

74. Hur ofta under det senaste året har det hänt att du inte kunnat sluta dricka när du en gång börjat?

- 0 inte en enda gång
- 1 mindre än en gång per månad
- 2 en gång i månaden
- 3 en gång i veckan
- 4 nästan dagligen

75. Hur ofta under det senaste året har du på grund av ditt drickande inte klarat av att göra det som du planerat?

- 0 inte en enda gång
- 1 mindre än en gång i månaden
- 2 en gång i månaden
- 3 en gång i veckan
- 4 nästan dagligen

76. Hur ofta har du under det senaste året varit i behov av en återställare?

- 0 aldrig
- 1 mindre än en gång i månaden
- 2 en gång i månaden
- 3 en gång i veckan
- 4 nästan dagligen

77. Hur ofta har du under det senaste året känt skuld eller ånger efter att ha druckit?

- 0 aldrig
- 1 mindre än en gång i månaden
- 2 en gång i månaden
- 3 en gång i veckan
- 4 nästan dagligen

78. Hur ofta under det senaste året har det hänt att du på grund av ditt drickande inte kan minnas vad som hänt föregående kväll?

- 0 aldrig
- 1 mindre än en gång i månaden
- 2 en gång i månaden
- 3 en gång i veckan
- 4 nästan dagligen

79. Har du någonsin på grund av ditt drickande orsakat olycksfall som drabbat dig själv eller ditt sällskap?

- 0 nej
- 2 ja, men inte under det senaste året
- 4 ja, under det senaste året

80. Har någon släkting, vän, läkare eller annan person varit bekymrad över ditt alkoholbruk och föreslagit att du borde minska på eller sluta drickandet?

- 0 nej
- 2 ja, men inte under det senaste året
- 4 ja, under det senaste året

STUDIER

81. Hur många läsÅR har du varit närvaroadnämld i anslutning till dina nuvarande studier?

(Inklusive innevarande läsår)

____|____| läsår

82. Hur många studieveckor eller studiepoäng har du avlagt fram till 31.1.2008 i anslutning till dina nuvarande studier? Obs! Ange mängden antingen som studieveckor eller studiepoäng.

____|____|____| studieveckor **ELLER**

____|____|____| studiepoäng

83. När räknar du med att bli utexaminerad?

Om du studerar inom flera ämnesområden, när räknar du med att avlägga examen i dina nuvarande studier?

0 år 20|____|____|

1 jag har avlagt min examen detta läsår

84. Anser du själv att du studerar

- 1 på heltid
- 2 på deltid
- 3 på annat sätt, hur? _____

85. Jämfört med dina egna målsättningar, har dina studier gått

- 1 bättre än väntat
- 2 enligt förväntningarna
- 3 sämre än väntat

86. Tycker du att du studerar inom rätt område?

- 0 nej
- 1 ja
- 2 vet inte

87. Hur skulle du beskriva den handledning och rådgivning du fått från läroinrättningens sida under det senaste året (12 mån.)?

- 0 alldeles otillräcklig
- 1 något bristfällig
- 2 måttlig eller varierande
- 3 bra
- 4 utmärkt

88. Blir du lätt spänd i studiesituationer och upplever du det som ett problem?

(Besvara alla punkter.)

	nej	ibland ,inte ett problem	lindrigt problem	stort problem
i tenter och prov	0	1	2	3
i situationer där du ska prata inför publik, föredrag osv.	0	1	2	3
på seminarier	0	1	2	3
när du ska tala ett främmande språk	0	1	2	3
i diskussioner med läraren eller handledaren	0	1	2	3
i andra situationer, vilka?	0	1	2	3

89. Vilken effekt har det att du spänner dig i studiesituationer?

- 0 ingen alls
- 1 positiv effekt (jag får energi, blir skarp e.d.)
- 2 negativ effekt (svara också på följande fråga)

90. Om du svarade negativ effekt, på vilket sätt? (Vid behov kan du ringa in flera punkter.)

- 1 jag klarar situationen sämre än min kunskap förutsätter
- 2 det försvårar min koncentration och inläring
- 3 jag deltar mindre än normalt i diskussionen
- 4 jag börjar må dåligt
- 5 jag blir handlingsförlamad och har svårt att göra saker
- 6 annan effekt, vad _____

**91. Välj det alternativ som bäst beskriver dina studieförhållanden.
Alternativen ska beskriva din nuvarande studiesituation.**

	Under den senaste månaden...	Inte alls av samma åsikt	Inte av samma åsikt	Delvis av olika åsikt	Delvis av samma åsikt	Av samma åsikt	Helt av samma åsikt
1	Jag tycker att jag drunknar i arbetsmängden kring mina studier.	1	2	3	4	5	6
2	Jag har ingen lust att studera och jag tänker ofta på att avbryta mina studier.	1	2	3	4	5	6
3	Jag känner mig ofta otillräcklig i mina studier.	1	2	3	4	5	6
4	Jag sover ofta dåligt på grund av olika studieangelägenheter.	1	2	3	4	5	6
5	Det känns som om jag håller på att tappa intresset för mina studier.	1	2	3	4	5	6
6	Jag funderar hela tiden om mina studier har någon betydelse.	1	2	3	4	5	6
7	Jag tycker att jag har allt mindre att ge i mina studier.	1	2	3	4	5	6
8	Jag bekymrar mig mycket över studieangelägenheter också på fritiden.	1	2	3	4	5	6
9	Tidigare förväntade jag mig åstadkomma mycket mer i mina studier än i dag.	1	2	3	4	5	6
10	Studiepressen orsakar problem i mina nära mänskliga relationer.	1	2	3	4	5	6
11	När jag studerar är jag full av energi.	1	2	3	4	5	6
12	Studierna är mycket viktiga för mig.	1	2	3	4	5	6
13	Tiden verkar flyga iväg när jag studerar.	1	2	3	4	5	6
14	När jag studerar känner jag mig energisk och driftig.	1	2	3	4	5	6
15	Jag är entusiastisk över att studera.	1	2	3	4	5	6
16	När jag arbetar med mina studier glömmer jag allt omkring mig.	1	2	3	4	5	6
17	Studierna inspirerar mig.	1	2	3	4	5	6
18	När jag vaknar på morgonen känns det bra att få ta itu med studierna.	1	2	3	4	5	6
19	Jag går upp i mina studier.	1	2	3	4	5	6

UTKOMST OCH ARBETE

92. I vilken mån räckte dina pengar till under det senaste året (12 mån.)?

- 0 utmärkt
- 1 bra
- 2 jag klarade mig eftersom jag levde sparsamt
- 3 min utkomst var mycket knapp och osäker

93. Bedöm din ekonomi under det senaste året (12 mån.)

	nej	ja	vet inte
Jag var tvungen att arbeta för att trygga min utkomst	0	1	2
Jag fick ekonomiskt stöd av mina föräldrar eller släktingar i form av pengar, varor osv.	0	1	2
Boendeutgifterna tog över hälften av mina disponibla medel	0	1	2

94. Har du förvärvsarbetat under det senaste året (12 mån.)? (Ringa in 0, om du inte arbetat alls)

		Var arbetet anknutet till dina studier?
Heldagsarbete (30 timmar/vecka eller mer)	sammanlagt __ __ månader, av vilka __ __ månader under läsåret	ja nej
Regelbundet halvdags- eller deltidsarbete (mindre än 30 timmar/vecka)	cirka __ __ timmar i veckan sammanlagt __ __ månader, av vilka __ __ månader under läsåret	ja nej
Kortjobb under läsåret (under 1 månad långa, oregelbundna arbetsperioder)	0 inte alls 1 ibland 2 ofta	ja nej

MÄNNISKORELATIONER**95. Vilken typ av familj bor du i?**

- 1 jag bor ensam i eget hushåll eller studentbostad med enskilda rum men gemensamt kök och badrum
- 2 jag bor i gemensamt hushåll eller gemensam bostad (gemensamt hyresavtal)
- 3 jag bor på tu man hand med min make (samboförhållande eller äktenskap / registrerat partnerskap)
- 4 jag bor tillsammans med min make och mitt / mina barn
- 5 jag bor ensam med mitt / mina barn
- 6 jag bor hos mina föräldrar
- 7 andra boendeförhållanden, vilka?

96. Har du ett parförhållande (stadigt sexuellt umgänge)?

- 0 nej
- 1 ja, ett
- 2 ja, två eller flera

97. Hur många gånger har du levat i ett samboförhållande, äktenskap eller registrerat partnerskap?

- 0 aldrig
- 1 |__| gånger (inklusive det nuvarande förhållandet)

98. Hur många barn har du?

|__| barn

99. Hur många barn skulle du vilja ha?

|__| barn

100. Om du vill ha barn, men inte ännu har några, i vilken ålder vill du ha ditt första barn?

Vid cirka _____ års ålder

101. Är du eller din partner gravid?

- 0 nej
- 1 ja

102. Hur ofta är du tillsammans med din vän eller dina vänner på din fritid?

- 0 mera sällan än en gång per månad
- 1 1–3 gånger i månaden
- 2 ca en gång i veckan
- 3 2–3 gånger i veckan
- 4 nästan varje dag

103. Känner du dig ensam?

- 0 nej
- 1 ja, ibland
- 2 ja, ofta

104. Upplever du att du hör till någon, vilken som helst, grupp i anslutning till studierna (t.ex. årskurs, institution, gradugrupp, ämnesförening e.d.)

- 0 nej
- 1 ja
- 2 vet inte

105. Kan du – om du så vill – med någon närstående öppet diskutera dina angelägenheter och problem?

- 0 aldrig
- 1 mycket sällan
- 2 ibland eller vissa saker
- 3 ofta
- 4 alltid eller för det mesta

106. Hur ofta har du under det senaste året (12 mån.) deltagit i verksamhet som ordnats av någon förening eller något sällskap (t.ex. idrottsförening, musikkår, vetenskaplig eller religiös förening, ämnesförening eller studentkår, scouterna osv.)?

- 0 mycket sällan eller inte alls
- 1 några gånger per år
- 2 1–3 gånger i månaden
- 3 en gång i veckan eller oftare

HÄLSOSERVICE

107. När du senast besökte SHVS /studenthälsovården, vad tyckte du om den service du fick på mottagningen?

	helt av samma åsikt	nästan av samma åsikt	av litet annan åsikt	helt av annan åsikt
Jag fick klarhet i de frågor som bekymrade mig	1	2	3	4
Man lyssnade på mig och jag tyckte man förstod mig	1	2	3	4

108. Varför har du anlitat andra än SHVS:s /studenthälsovårdens tjänster?

(Vid behov kan du ringa in flera punkter.)

- 0 Jag har inte anlitat andra tjänster
- 1 Jag har inte omfattats av studenthälsovården hela året
- 2 Jag har arbetat/varit i militären/varit gravid
- 3 Jag har fått remiss annanstans
- 4 Jag har vårdförhållande annanstans sedan tidigare
- 5 Jag har behövt hjälp på en ort där de ovan nämnda tjänsterna inte erbjuds
- 6 Jag har behövt hjälp under jourtid
- 7 Studenthälsovården har inte erbjudit eller erbjuder inte längre den service jag behöver
- 8 Jag har inte fått vård på studenthälsovården tillräckligt snabbt
- 9 Jag har inte varit nöjd med studenthälsovårdens tjänster
- 10 Annan orsak, vilken? _____

109. Har du besökt en läkare, hälsovårdare eller någon annan yrkesutbildad person inom hälsovården som anges nedan under det senaste året (12 mån)? (Besvara varje punkt.)

		nej	en gång	2–5 gånger	över 5 gånger
HÄLSO-VÅRDARE	SHVS / kommunal studenthälsovård	0	1	2	3
	Hälsovårdscentral*	0	1	2	3
	Annan serviceproducent	0	1	2	3
FYSIO-TERAPEUT	SHVS / kommunal studenthälsovård	0	1	2	3
	Hälsovårdscentral*	0	1	2	3
	Annan serviceproducent	0	1	2	3
ALLMÄN-PRAKTISERANDE LÄKARE	SHVS / kommunal studenthälsovård	0	1	2	3
	Hälsovårdscentral*	0	1	2	3
	Annan serviceproducent	0	1	2	3
SPECIALIST-LÄKARE	SHVS / kommunal studenthälsovård	0	1	2	3
	Hälsovårdscentral*	0	1	2	3
	Annan serviceproducent	0	1	2	3
MUN-HYGIENIST (tandvårdare)	SHVS / kommunal studenthälsovård	0	1	2	3
	Hälsovårdscentral*	0	1	2	3
	Annan serviceproducent	0	1	2	3
TANDLÄKARE	SHVS / kommunal studenthälsovård	0	1	2	3
	Hälsovårdscentral*	0	1	2	3
	Annan serviceproducent	0	1	2	3
SPECIALIST-TANDLÄKARE	SHVS / kommunal studenthälsovård	0	1	2	3
	Hälsovårdscentral*	0	1	2	3
	Annan serviceproducent	0	1	2	3
PSYKOLOG	SHVS / kommunal studenthälsovård	0	1	2	3
	Hälsovårdscentral*	0	1	2	3
	Annan serviceproducent	0	1	2	3
PSYKIATER	SHVS / kommunal studenthälsovård	0	1	2	3
	Hälsovårdscentral*	0	1	2	3
	Annan serviceproducent	0	1	2	3

* annan än studenthälsovård

110. Skulle du önska hjälp i form av t.ex. individuell rådgivning, gruppsammankomster, kurser, föreläsningar o.d. i följande frågor: (Vid behov kan du ringa in flera alternativ)

- | | |
|--|---|
| 1 stresskontroll | 9 ergonomi |
| 2 spänningsproblem | 10 kontroll av alkoholkonsumtionen |
| 3 frågor som gäller människorelationer eller självkänsla | 11 att sluta röka |
| 4 sexualitet | 12 annat beroende (spel, internet osv.) |
| 5 ätstörningar | 13 problem med studierna eller studietekniken |
| 6 näringsfrågor | 14 allergifrågor, hudvård |
| 7 viktkontroll | 15 vaccinationer |
| 8 motion | 16 andra problem, vad _____ |

ERFARENHET AV MOBBNING

Med skolmobbing avses att en elev upprepade gånger blir kränkt, skadad och/eller diskriminerad av en eller flera andra elever utan att själv kunna påverka sin situation.

111. I vilken grad blev du mobbad under din skoltid?

- 0 knappt alls
- 1 några månader
- 2 ett år
- 3 flera år

112. Om du tänker tillbaka på den tid då du blev mobbad, hur regelbunden var mobbningen?

- 0 jag mobbades aldrig
- 1 jag mobbades sporadiskt, ibland
- 2 jag mobbades varje vecka
- 3 jag mobbades varje dag

113. Om du blev mobbad, vilken slags mobbing blev du utsatt för?

	aldrig	ibland	en gång i veckan	varje dag
Fysisk skada	1	2	3	4
Verbal kränkning	1	2	3	4
Diskriminering	1	2	3	4
Kamratrelationerna förstördes	1	2	3	4

114. Om du jämför dig med dina dåvarande klasskamrater, hur mycket mobbade du andra elever?

	inte alls	mycket lite	rätt mycket	väldigt mycket
--	-----------	-------------	-------------	----------------

0 1 2 3

115. Har du under studietiden upprepade gånger upplevt dig bli kränkt, skadad och/eller diskriminerad av en eller flera andra studerande?

0 1 2 3

116. Har du själv under din studietid upprepade gånger kränkt, skadat eller diskriminerat någon annan eller några andra studerande?

0 1 2 3

SEXUELL HÄLSA

117. Vad är din sexuella läggning?

- 1 Heterosexuell
- 2 Homosexuell
- 3 Bisexuell

119. Hur ofta har du under den senaste månaden haft könsumgänge?

- 0 aldrig
- 1 mindre än en gång i veckan
- 2 varje vecka

118. I vilken ålder hade du könsumgänge för första gången?

Vid _____ års ålder

120. Har du lidit av könssjukdomen klamydia?

- 0 nej
- 1 ja

121. Vilken preventivmetod har du och din partner använt under den senaste månaden?

(Vid behov kan du ringa in flera punkter.)

- 0 ingen alls
- 1 kondom
- 2 p-piller
- 3 p-plåster
- 4 vaginering
- 5 p-stav
- 6 hormonspiral
- 7 kopparspiral

122. Har du/din partner någonsin använt akutpreventivmedel?

- 0 nej
- 1 ja |__|__| gånger
- 2 vet inte

123. Har du eller din partner genomgått abort?

- 0 nej
- 1 ja
- 2 vet inte

124. Har du haft problem med att använda kondom?

(Vid behov kan du ringa in flera punkter.)

- 0 jag har inte använt kondom
- 1 jag har inte haft några problem
- 2 kondomen har glidit av
- 3 kondomen har gått sönder
- 4 andra problem

125. Har du använt mediciner som förbättrar erektionen?

- 0 aldrig
- 1 1–5 gånger
- 2 ibland
- 3 regelbundet

126. Om du har använt erektionsförbättrande mediciner, varifrån har du då fått medicinerna?

- 1 per recept
- 2 via internet
- 3 av en kompis

127. Vad är din uppfattning?

-
1. I vilken ålder börjar kvinnans förutsättningar för att bli gravid minska något? Vid cirka |__|__| års ålder
 2. I vilken ålder börjar kvinnans förutsättningar för att bli gravid minska betydligt? Vid cirka |__|__| års ålder
 3. Om en man och en kvinna har regelbundet sexuellt umgänge utan preventivmedel under ett år, hur stor andel av kvinnorna blir gravida
i 25–30 års ålder? cirka _____ %
i 35–40 års ålder? cirka _____ %
-

Några frågor om AKNE förr och nu...

Om du aldrig haft problem med akne kan du gå vidare till fråga 132.

128. Har du haft akne under de senaste 12 månaderna?

- 0 nej
- 1 ja

129. Har du uppsökt läkare på grund av akne under de senaste 12 månaderna?

- 0 nej
- 1 ja

130. Upplever du att akne orsakar eller har orsakat sociala problem?

- 0 inte alls
- 1 i viss mån
- 2 väldigt mycket

131. Har du använt följande behandlingar mot akne?

(Vid behov kan du ringa in flera punkter i båda kolumnerna.)

Jag har använt	under de senaste 12 månaderna, hur många månader sammanlagt	tidigare år
Antibiotikakurer (t.ex. Apocyclin, Tetralysal tabl/kaps)	1 __ __ mån	2
Isotretinoinkapslar (Roaccutane, Isotretinoin)	1 __ __ mån	2
Tretinoin- eller adapalensalvor (Avitcid creme, Differin gel)	1 __ __ mån	2
Azelainsyrasalva (Skinoren creme)	1 __ __ mån	2
Benzoylperoxidsalva/tvättgel (Basiron, Brevoxyl)	1 __ __ mån	2
Klindamycinlösning (Dalacin-lösning)	1 __ __ mån	2
Benzoylperoxid + klindamycingel (Clindoxyl gel)	1 __ __ mån	2
Ljusbehandlingar (solarium, SUP-ljusbehandling)	1 __ __ mån	2
P-piller	1 __ __ mån	2
Självvårdsprodukter (inte receptbelagda)	1 __ __ mån	2

RESOR**132. Har du under de senaste 12 månaderna gjort en utlandsresa eller resor som varat över 10 dygn?**

0 nej, om du svarade nej behöver du inte svara på fler frågor i enkäten.

1 ja, om du svarade ja ber vi dig ännu svara på några detaljfrågor:

133. Resmål

(Vid behov kan du ringa in flera punkter.)

- | | |
|----------|---------------|
| 1 Europa | 4 Nordamerika |
| 2 Asien | 5 Sydamerika |
| 3 Afrika | 6 Australien |

134. Resans syfte?

(Vid behov kan du ringa in flera punkter.)

- semester
- frivilligt arbete
- studier

135. Hade du före resan tagit de rekommenderade vaccinationerna och preventiva medicinerna?

- nej
- ja
- endast en del av dem som rekommenderats

136. Hade du en reseförsäkring?

- nej
- ja

137. Blev du sjuk under resan eller genast efter resan?

- nej
- ja

138. Om du blev sjuk, vilka symptom fick du?

- diarré
- feber
- hudsymptom
- symptom i andningsvägarna
- annat, vad? _____

139. Råkade du under resan ut för ett rån, en olycka eller misshandel?

- nej
- ja

140. Uppsökte du läkare i landet i fråga?

- nej
- ja

141. Önskemål angående utvecklingen av hälsovårdens reserådgivning.

VI TACKAR FÖR ATT DU SVARADE PÅ ENKÄTEN!

"Ris och ros" till studenthälsovården:

Adresskälla: SHVS:s studentregister och yrkeshögskolorna

KYSELYLOMAKE

Tämä kyselylomake on osa Yhteiskuntatieteelliseen tietoaarkistoon arkistoitua tutkimusaineistoa

FSD2608 Korkeakouluopiskelijoiden terveystutkimus 2008

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:

FSD2608 University Student Health Survey 2008

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/>

FRÅGOR OM ASTMA OCH ATOPISKT EKSEM

Allergiska sjukdomar är vanliga bland unga vuxna. Studenthälsovården behöver mer information om de problem som orsakas av dessa sjukdomar samt om vården i anslutning till dem.

Om du har ASTMA, vänligen svara på frågorna 1–11.

Om du har eller tidigare har haft ATOPISKT EKSEM, vänligen svara på frågorna 12–27.

OBS! Du behöver inte skicka tillbaka blanketten om du inte har någondera sjukdomen.

ASTMA

1. Har du gått på astmakontroll under de senaste 12 månaderna (inte i samband med en försämring)?

(Vid behov kan du ringa in flera alternativ)

- 0 nej
- 1 jag har besökt en astmaskötare
- 2 jag har besökt SHVS/studenthälsovårdens läkare
- 3 jag har besökt en privatläkare
- 4 jag har förnyat mina recept utan att besöka läkarmottagning

2. Har du tvingats uppsöka läkare på grund av en astmaförsämring under de senaste 12 månaderna?

(Vid behov kan du ringa in flera alternativ)

- 0 nej
- 1 ja, på hälsovårdscentralens jourmottagning
- 2 ja, på SHVS akut-/jourmottagning
- 3 ja, på sjukhus
- 4 någon annanstans, var

3. Hur ofta har din astma hindrat dig från att utföra dina normala uppgifter i arbetet, skolan/universitetet eller hemmet, inklusive fysisk ansträngning, under de senaste 4 veckorna?

- 0 inte en enda gång
- 1 sällan
- 2 ibland
- 3 ofta
- 4 hela tiden

4. Hur ofta har du haft andnöd under de senaste 4 veckorna?

- 0 inte en enda gång
- 1 en eller två gånger i veckan
- 2 3–6 gånger i veckan
- 3 en gång om dagen
- 4 flera gånger om dagen

5. Hur ofta har du vaknat på natten eller tidigare än normalt på morgonen på grund av astmasymptom (pipande andning, hosta, andnöd, tryckande känsla eller smärta i bröstkorgen) under de senaste 4 veckorna?

- 0 inte en enda gång
- 1 en eller två gånger
- 2 en gång i veckan
- 3 2 eller 3 nätter i veckan
- 4 4 eller fler nätter i veckan

6. Hur ofta har du använt tilläggsmedicin för att vidga andningsvägarna (t.ex. Airomir, Bricanyl, Buventol eller Ventoline) under de senaste 4 veckorna?

- 0 inte en enda gång
- 1 en gång i veckan eller mer sällan
- 2 2 eller 3 gånger i veckan
- 3 1 eller 2 gånger om dagen
- 4 3 gånger om dagen eller oftare

7. Hur anser du själv att din astma har varit under kontroll de senaste 4 veckorna?

- 0 inte alls
- 1 dåligt
- 2 någorlunda
- 3 bra
- 4 fullständigt

8. Har du någon gång minskat på dina mediciner av rädsla för biverkningar?

- 0 aldrig
- 1 ibland
- 2 ofta

9. Vilken betydelse har kostnaderna föranledda av astman för din ekonomi?

- 0 Ingen betydelse
- 1 Kostnaderna orsakar en viss ekonomisk belastning
- 2 Kostnaderna orsakar en betydande ekonomisk belastning
- 3 På grund av de höga priserna har jag minskat på medicinerna eller helt slopat dem

10. Får du specialersättning av FPA för dina astmamediciner (72 %, anges på FPA-kortet)

- 1 ja
- 2 nej
- 3 vet inte

11. Under hur många dagar sammanlagt har du använt följande mediciner mot astma eller astmasymptom under de senaste 12 månaderna? (Besvara alla punkter)

	har inte använt	färre än 10 dagar	10–15 dagar (mindre än 2 mån.)	60–180 dagar (2–6 mån.)	fler än 180 dagar (över 6 mån.)
1 Inhalationsmediciner som vidgar luftrören (Aiomir, Buventol, Ventoline, Bricanyl, Serevent, Oxis, Atrovent comp, Atrovent)	0	1	2	3	4
2 Kombination av inhalationskortison och luftrörsvidgande medicin med lång verkan (Seretide, Symbicort)	0	1	2	3	4
3 Inhalationskortison (Aerobec, Beclomet, Budesonid, Pulmicort, Flixotide)	0	1	2	3	4
4 Leukotrienreceptorantagonist i tablettform (Singulair, Accolate)	0	1	2	3	4
5 Andra astmamediciner (t.ex. Tilade, Lomudal, Theo-Dur, Retafyllin)	0	1	2	3	4
6 Kortisonpiller	0	1	2	3	4
7 Antibiotika	0	1	2	3	4
8 Naturmediciner	0	1	2	3	4

ATOPISKT EKSEM

12. Har du någon gång lidit av atopiskt eksem? (eksem t.ex. i arm- eller knäveckan, s.k. böjveckseksem, mjölkskorv)

0 nej 1 ja

13. Har en läkare fastställt ovan nämnda atopiska eksem?

0 nej 1 ja, år ____ (uppskattning)

14. När fick du första gången atopiskt eksem?

- 1 Vid 0–1 års ålder
- 2 Vid 1–5 års ålder
- 3 Vid 5–12 års ålder
- 4 Vid 13–18 års ålder
- 5 Vid över 18 års ålder

15. Har du haft atopiskt eksem under de senaste 12 månaderna?

0 nej 1 ja

16. Har du under de senaste 12 månaderna uppsökt läkare på grund av eksem?

0 nej 1 ja |__|__| gånger

17. Har eksemet under de senaste 12 månaderna i jämförelse med tidigare varit

- 1 lindrigare
- 2 oförändrat
- 3 svårare

18. Hur länge har du haft eksem under de senaste 12 månaderna?

- 1 1–4 veckor
- 2 1–3 månader
- 3 4–6 månader
- 4 nästan oavbrutet

19. På vilka av följande områden på kroppen har du haft eksem under de senaste 12 månaderna? (Vid behov kan du ringa in flera alternativ)

- 1 ansiktet
- 2 halsen eller nacken
- 3 kroppen
- 4 armarna
- 5 benen
- 6 händerna (fingrarna, handflatan, handryggen)

20. Har du använt något av följande alternativ som behandling för ditt eksem under de senaste 12 månaderna?

(Vid behov kan du ringa in flera alternativ)

	nej	sporadiskt mindre än 15 dagar/år	varje månad 1–15 dagar/månad	nästan varje dag mer än 15 dagar/månad
1 Fuktighetskräm	0	1	2	3
2 Kortisonsalva	0	1	2	3
3 Takrolimus- eller pimekrolimussalva (Protopic, Elidel)	0	1	2	3
4 Medicin mot klåda (antihistaminer)	0	1	2	3
5 Kortisontabletter	0	1	2	3
6 Ljusbehandling	0	1	2	3
7 Ciklosporin (Sandimmun Neoral)	0	1	2	3
8 Naturprodukter (spårämnen, vitaminer osv.)	0	1	2	3

21. Får du för tillfället eller har du fått immunterapi, s.k. hyposensibilisering, för allergisk snuva, ögoninflammation eller astma? (Besvara alla punkter)

		nej	ja
1	Gräspollen	0	1
2	Pollen från björk eller andra träd	0	1
3	Pollen från gråbo	0	1
4	Djur (katt, hund)	0	1
5	Dammkvalster	0	1
6	Gift från geting eller bi	0	1

22. Vilka problem har ditt eksem orsakat under de senaste 12 månaderna? (Vid behov kan du ringa in flera alternativ)

- 1 Det är jobbigt att sköta eksemet
- 2 Händerna måste skyddas med skyddshandskar
- 3 Klådan från eksemet stör nattsömnen
- 4 Klådan från eksemet stör koncentrationen och studierna
- 5 Jag skäms/känner mig generad över eksemet

23. Hur anser du att eksemet den senaste tiden har inverkat på ditt humör?

- 0 inte alls
- 1 i viss mån
- 2 rätt mycket
- 3 i hög grad

24. Hur anser du att eksemet under de senaste månaderna har inverkat på följande livsområden?

(Besvara alla punkter)

		inte alls	inverkar, men begränsar inte	begränsar i viss mån	begränsar i hög grad	förhindrar fullständigt
1	Hur du klarar dig i studierna/arbetet	0	1	2	3	4
2	Hur du klarar av hushållssysslor och dagliga aktiviteter? (tvätta dig, klä dig osv.)	0	1	2	3	4
3	Motionsintressen	0	1	2	3	4
4	Andra intressen	0	1	2	3	4
5	Rörlighet och resor	0	1	2	3	4
6	Socialt umgänge (vänner, studiekamrater osv.)	0	1	2	3	4
7	Nära mänskliga relationer (familj, släkt, pojk- eller flickvän)	0	1	2	3	4
8	Sexualliv	0	1	2	3	4

25. Vilken betydelse har kostnaderna föranledda av eksemet för din ekonomi?

- 1 Eksemet orsakar inga kostnader/kostnaderna orsakar inga ekonomiska problem
- 2 Kostnaderna orsakar en viss ekonomisk belastning
- 3 Kostnaderna orsakar en betydande ekonomisk belastning
- 4 Jag klarar inte av vårdkostnaderna som föranleds av mitt eksem

26. Får du invalidstöd av FPA med anledning av ditt eksem?

0 nej 1 ja

27. Har du husdjur?

- 1 ja
- 2 nej
- 3 inte för tillfället, har haft tidigare

