

KYSELYLOMAKE: FSD3434 PROMEQ: MAAHANMUUTTAJIEN HYVINVOINTI JA TERVEYS
2017-2018

QUESTIONNAIRE: FSD3434 PROMEQ: HEALTH AND WELL-BEING OF IMMIGRANTS 2017-
2018

Tämä kyselylomake on osa yllä mainittua Yhteiskuntatieteelliseen tietoaarkistoon arkistoitua tutkimusaineistoa.

Kyselylomaketta hyödyntävien tulee viitata siihen asianmukaisesti lähdeviitteellä.

This questionnaire forms a part of the above mentioned dataset, archived at the Finnish Social Science Data Archive.

If the questionnaire is used or referred to in any way, the source must be acknowledged by means of an appropriate bibliographic citation.

Detta frågeformulär utgör en del av den ovannämnda datamängden, arkiverad på Finlands samhällsvetenskapliga dataarkiv.

Om frågeformuläret är utnyttjat eller refererat till måste källan anges i form av bibliografisk referens.

Information sheet of the research of the PROMEQ project and the *New Start Finland!* subproject

What is the objective of the study?

Disparity in wellbeing and health in Finland is substantial. *New Start Finland!* is a part of the larger PROMEQ study, the goal of which is to reduce inequality by developing new methods to promote the wellbeing of the people with lesser opportunities.

What is the target group of the study?

The study of the PROMEQ project is targeted at four population groups: young people outside education or working life, the long-term unemployed, elderly citizens with impaired ability to function, and the target group of the *New Start Finland!*: new immigrants in the early stages of resettlement. To participate in this study, you have to be aged 18-65 years, arrived in Finland after 01.01.2014 either quota refugee or asylum seeker, have granted asylum and speak some of the following languages: Arabic, Sorani, Farsi Dari, English or Finnish.

What happens in the study?

The research project consists of a two-part survey and functional experiments for willing volunteers. The survey will examine factors related to the wellbeing, health and integration of the target group as well as the use of services. The respondents will be asked to take part in the survey in the spring of 2017 and again in the second part of the survey at the end of 2017 and the beginning of 2018. The respondents will be asked for their contact information in the consent form to make sure they can be reached for the second round of the study. The two-part survey makes it possible to examine potential changes in respondents' experiences of wellbeing and use of services.

New immigrants' needs will also be explored as a part of the research project in cooperation with representatives from the target group and professionals working with them. The plan is to develop ideas for enhancing the new immigrant's health and wellbeing and offer solutions that would be both functional and, at the same time, meaningful and encouraging. This will be used as a basis for developing methods to improve the wellbeing and health of the new immigrants. After you have completed the survey, you will get a voucher worth 15 €.

What is the significance of the study?

The survey makes it possible to collect new information on the factors supporting and limiting the wellbeing of the new immigrants. This will help design services better suited for the new immigrants. The best policies will be drafted into operational models for local, regional and national level and inform policies, practices and recommendations. The results of the study will be communicated on the project's website, in reports, scientific and other publications and international conferences.

Can someone identify me from the study?

The information collected in the study will be used confidentially and it will not be reported in any way that would identify you. The information you provide will be stored securely and only available for research team. The research information will be stored carefully in accordance with approved research methods. The information will be used for scientific purposes.

Research funding

The Strategic Research Council of the Academy of Finland (decision #303615) funds the research.

Research team and subproject on immigrants

Professor Marja Vaarama from the University of Eastern Finland directs the PROMEQ. The *New Start Finland!* subproject on immigrants is led by Janet Anand from the University of Eastern Finland. For more information, please visit: www.promeq.fi

If you have any questions or feedback concerning the study, please contact

Project Researcher Csilla Veszteg ([REDACTED]) and

Project Researcher Reeta Kankaanpää ([REDACTED])

Project Principle Investigator Janet Anand ([REDACTED])



CONSENT FOR THE SURVEY

I wish to volunteer for the survey related to the research of the PROMEQ project's *New Start Finland!* subproject. I have acquainted myself with the bulletin on the purpose and contents of the study. I am aware that the results of the survey will be used to develop the operational models of promoting health and wellbeing in the *New Start Finland!* subproject and to other research purposes. I give permission to disclose my contact information to the members of the *New Start Finland!* subproject research team so that they may contact me for the second round of the survey at the end of 2017 and the beginning of 2018. My contact information will not be disclosed to outsiders. I am aware that my participation is voluntary and that I can withdraw my consent during the study or after it I so wish. In addition, I am aware that taking part in the survey will not obligate me to commit to any other stages of the research project. I am also aware that taking part in the survey will not reduce the number of services made available to me or affect any authoritative or other decisions that apply to me.

By signing this consent form, I give my consent to the survey and allow the information I provide in the survey and the results derived from it to be used in the research described in the bulletin. I also give the researchers permission to contact me regarding the survey.

YES

This consent will be produced in two signed copies, one for the interviewee and one for the research team.

Date: _____

Place: _____

Signature of the interviewee: _____

Print name: _____

Year of birth: _____

The following information facilitates communications between the interviewee and the researchers and will not be disclosed to outsiders:

Address: _____

Email address: _____

Telephone number: _____

Signature and print name of the recipient of the consent:

If you have any questions concerning the survey form and the study, please contact
Project Researcher Csilla Veszteg (tel. _____; email: _____) and
Project Researcher Reeta Kankaanpää _____; email: _____

The PROMEQ research team thanks you for the important and valuable answers you have provided!

If you have further comments regarding the questions or anything else, you can write them here:

You can also send feedback to the members of the research team:

Researcher Csilla Veszteg [REDACTED]

Researcher Reeta Kankaanpää [REDACTED]



Inclusive Promotion of Health and Wellbeing



UNIVERSITY OF
EASTERN FINLAND

CONSENT FORM FOR TO INTERVIEW/GROUP INTERVIEW/FORUM/SURVEY – FOR ILLITERATE PARTICIPANT

(presented orally to the subject, before continuing the researcher should read out the information letter and the invitation letter as well to the participant)

I volunteer to participate in the PROMEQ-research interview/group interview/forum/survey. I have understand the invitation letter and the information letter of the research as well as the details concerning the meaning and content of the study. I know that the results of the will be used in the PROMEQ research to develop models for promoting health and well-being as well as for other research purposes. I give permission to release my contact information to the PROMEQ researchers who can contact me for an related to this study. My contact information will not be disclosed to third parties. I understand that my participation is voluntary and I can withdraw my consent during the study or later. I also know that my participation in the does not require a further commitment to the project's other stages.

By signing this consent form I give my consent for an (and to record this interview as well as) to use the information and results of the interview/group interview/forum/survey to the research described in the information letter. I will give the researchers permission to contact me later on.

() Yes

() No

This letter of consent will be signed in two copies, one of which is left to the participant, and the other to the research group.

Place and time: _____ / _____

Signature of the participant: _____
(sign or mark an X to signify consent)

Name in block letters: _____

Year of birth: _____

I agree that the following information will facilitate the contact between the interviewee and the researchers, and will not be disclosed to third parties:

Address: _____

Email address: _____

Telephone number: _____

Consent of the recipient's signature and name in block letters:

Further information about the research please contact Researcher
(phone; email:.....)

Witness of the oral presentation (*someone independent of the research team*)

I witness that this consent information was accurately explained and that the subject apparently understood the information, and informed consent was given freely.

Place and time: _____ / _____

Signature of the witness: _____

Name in block letters: _____



Dear recipient,

Welcome to the *New Start Finland!* survey 2018.

Thank you for agreeing to take part in this important survey. It will help measure the health and wellbeing of refugees going through integration. *New Start Finland!* is a part of the larger PROMEQ project implemented in the University of Eastern Finland.

You have already filled out the survey first time during 2017. This is a follow-up survey, which aims to produce information about the possible changes in your thoughts and opinions on various questions on the needs of new residents settled in the area of Eastern Finland and the factors affecting their wellbeing. Responding to the survey will take about 45 minutes. Please answer all questions as truthfully as possible. Mark the suitable option or write your answer in the empty space if you cannot find a suitable option among the possible answers. Remember that there are no right or wrong answers in this survey; you are the expert in your own life.

Only the researchers will see your answers. Your name and personal information will remain confidential. Taking part in this survey will not affect any services that are available to you or any decisions concerning you.

Your answers are extremely important for the study, so please ask for help or clarification from our researchers who are present. If you are interested in our research, please visit our website at www.promeq.fi

Thank you for your cooperation!

Inclusive promotion of health and wellbeing (PROMEQ), work package 5 research team



Inclusive Promotion of Health and Wellbeing



UNIVERSITY OF
EASTERN FINLAND

INVITATION TO INTERVIEW/GROUP DISCUSSION/FORUM

Dear Recipient,

We would like to invite you to participate in a interview/group in/. The discussion will provide an opportunity to discuss what makes a good start in Finland for immigrants. The interview is part of a research *Inclusive Promotion of Health and Well-being (PROMEQ)*. The data of the interview will be used for developing models for promoting health and well-being of immigrants.

Time:

Place:

Contact persons:, tel., email:

Content of the interview/group discussion/forum

The group interview will be in language and only for participants. There will be a discussion on following topics:

The interviewer/moderator leads the discussion.

The interview/discussion will take about hours. There will be people invited to the event.

We hope that you will attend the discussion. Your view and experience are important. At the same time, you can influence the development of services aimed at immigrants. Participation is completely voluntary and does not require a longer-term commitment to the research. The participants receive a € gift card each and refreshments. All information you provide will be treated confidentially and participants will not be identified from them.

With this invitation you receive an information letter about the project and a consent form. If you have any questions, please feel free to contact Our contact person may call you before the group interview to confirm your interest and participation.

For further details of the study please see our website: www.promeq.fi

Sincerely,

PROMEQ research group

Marja Vaarama
Professor
Head of research group

Janet Anand
Professor
Leader of the sub-project

.....
Researcher

ATTACHMENTS: PROMEQ Information letter
 PROMEQ Consent form

1 BACKGROUND INFORMATION

1. Gender

- 1) male
- 2) female
- 3) other
- 4) I do not wish to answer

2. Year of birth

3. Marital status

- 1) married
- 2) cohabiting with partner
- 3) registered partnership
- 4) single
- 5) separated or divorced
- 6) widowed
- 7) permanent relationship but living separately

4. In which country were you born?

- 1) Afghanistan
- 2) Iraq
- 3) Iran
- 4) Syria
- 5) other, please specify: _____

5. Which country are you a citizen of?

- 1) Afghanistan
- 2) Iraq
- 3) Iran
- 4) Syria
- 5) other, please specify: _____

6. What is your native language?

- 1) Sorani
- 2) Farsi Dari
- 3) Arabic
- 4) other, please specify: _____

7. How many years have you in total gone to school or studied full-time?

_____ years

8. a) What is your highest completed level of education?

- 1) I have not studied
- 2) elementary school or comprehensive school
- 3) middle school
- 4) high school
- 5) vocational school or similar
- 6) college-level degree
- 7) lower academic degree (bachelor's degree in a polytechnic, university of applied sciences or similar)
- 8) higher academic degree (master's degree or similar)

b) If you selected option 5, 6, 7 or 8, please specify the field you have studied:

2 ARRIVAL IN FINLAND AND LANGUAGE SKILLS

9. Which year did you arrive in Finland?

- 1) 2013 or earlier
- 2) 2014
- 3) 2015
- 4) 2016
- 5) 2017

10. On which grounds were you granted a residence permit in Finland?

- 1) As an asylum seeker (I arrived independently)
- 2) As a refugee (I arrived through the UN)
- 3) As the spouse of a native Finn
- 4) As the spouse of a person with an immigrant background permanently residing in Finland
- 5) Other, please specify: _____

11. How many months did it take to receive the positive decision of granted asylum?

_____ months

12. Are you involved in a resettlement plan that is being offered by the municipality?

- 1) Yes
- 2) Yes, but I didn't accept it
- 3) No
- 4) I don't know

13. Are you a client of a Refugee Unit?

- 1) Yes
- 2) No
- 3) I don't know

14. What was your school language?

- 1) Sorani
- 2) Farsi Dari
- 3) Arabic
- 4) Other, please specify: _____

15. In your opinion, how well are you able to read your native language or the language taught to you at school as a child?

- 1) not at all
- 2) poorly
- 3) moderately well
- 4) well

16. In your opinion, how well are you able to write in your native language or the language taught to you at school as a child?

- 1) not at all
- 2) poorly
- 3) moderately well
- 4) well

17. Do you understand spoken Finnish?

- 1) not at all
- 2) poorly
- 3) moderately well
- 4) well

18. Do you speak Finnish?

- 1) not at all
- 2) poorly
- 3) moderately well
- 4) well

19. Do you read in Finnish?

- 1) not at all
- 2) poorly
- 3) moderately well
- 4) well

20. Do you write in Finnish?

- 1) not at all
- 2) poorly
- 3) moderately well
- 4) well

21. How do you learn Finnish?

- 1) television/radio/internet/reading (self-study)
- 2) by taking courses
- 3) from friends
- 4) other, please specify: _____

3 HOUSING, LIVING CONDITIONS AND WORK

22. Are you living currently:

- 1) a rental flat
- 2) a right of residence flat
- 3) a reception centre
- 4) a hostel accommodation
- 5) a flat owned by you
- 6) a flat owned by a family member
- 7) a flat owned by a host family
- 8) other, please specify: _____

23. What kind of area do you live?

- 1) a city centre
- 2) a suburban area or neighborhood unit
- 3) a municipal centre or other population centre
- 4) a sparsely populated area or a village in the countryside

24. How many children and adults belong to your household?

_____ children

_____ adults

25. What is your family situation? Do you live:

- 1) Married or in cohabitation, no children
- 2) Married or in cohabitation, with children
- 3) As a single parent
- 4) Alone
- 5) In a flat shared with friends or siblings
- 6) With your parents or other guardian
- 7) In other living situation, please specify: _____

26. At the moment, are you primarily:

- 1) a student
- 2) unemployed or laid off
- 3) undergoing vocational training, rehabilitating work activities or other methods of employment
- 4) on sickness benefit or disability pension
- 5) in full-time work
- 6) in part-time work or part-time pension
- 7) on family leave, stay-at-home mother or father
- 8) Other, please specify: _____

27. Have you planned to apply to a Finnish institute of higher education? (University or polytechnic, i.e. university of applied sciences)

- 1) Yes, in the near future
- 2) Yes, eventually
- 3) I do not know yet → please proceed to question number 29
- 4) No → please proceed to question number 29

28. a) If you answered "Yes" (option 1 or 2) to the previous question, please mark the level of educational programme to which you wish to apply?

- 1) Bachelor's degree or university of applied sciences (lower academic degree)
- 2) Master's degree (higher academic degree)
- 3) Doctorate
- 4) Other, please specify: _____

b) Which field would you like to study?

- 1) Natural sciences
- 2) Engineering
- 3) Medicine and health
- 4) Agriculture and forestry
- 5) Social sciences
- 6) Humanities
- 7) Other, please specify: _____

29. Have you been employed before coming to Finland?

- 1) No
- 2) Yes

30. What was your primary work before coming to Finland?

31. In total, how many years of work experience do you have?

- 1) less than a year
- 2) 2–3 years
- 3) 3–5 years
- 4) 6–10 years
- 5) 11–15 years
- 6) 16–20 years
- 7) more than 20 years

32. How would you describe your current work ability?

- 1) fully able to work (able to work without difficulty)
- 2) to some extent unable to work (you have some problems or difficulties in working)
- 3) fully unable to work (you are not able to do any work)

33. In which direction do you believe your ability to work will develop over the next two years? Do you believe your ability to work is likely to:

- 1) improve
- 2) remain unchanged
- 3) decline

34. Would you like to work full-time or part time?

- 1) Yes, full-time
- 2) Yes, part-time
- 3) Not at all

35. Are you confident in your search for work?

- 1) I am not confident
- 2) I am somewhat confident
- 3) I am confident

36. In your opinion, what are the greatest obstacles that may prevent you from finding work? You can choose multiple options.

- 1) there are no obstacles
- 2) limited language skills
- 3) limited job-seeking skills
- 4) lack of education/training
- 5) limitations in identifying competence
- 6) ethnic background
- 7) Other, please specify: _____

37. What sort of work would you like to do?

38. Are you interested in studying for a new profession?

- 1) Yes
- 2) No
- 3) I cannot say

39. To what extent do you agree or disagree regarding the following statements:

	I completely agree	I somewhat agree	I do not agree or disagree	I somewhat disagree	I completely disagree
Work is an important part of life					
Life feels more meaningful when one has a regular job					
Doing paid work gives substance and meaning in one's life					

40. To what extent do you agree or disagree regarding the following statements:

	I completely agree	I somewhat agree	I do not agree or disagree	I somewhat disagree	I completely disagree
Married women are fully entitled to work, no matter what their situation					
The man is primarily responsible for the livelihood of the family					
Women should stay at home and not work outside the home					

41. How large was the total income of your household last year before taxes? A household means people who are living together in one housing unit.

- 1) -5000
- 2) 5001-10,000
- 3) less than EUR 15,000
- 4) EUR 15,001–25,000
- 5) EUR 25,001–35,000
- 6) EUR 35,001–45,000
- 7) EUR 45,001–50,000
- 8) EUR 55,001–60,000
- 9) EUR 65,001–70,000
- 10) EUR 75,001–80,000
- 11) EUR 85,001–90,000
- 12) more than EUR 90,000

42. Do you have any debt? You can select more than one option.

- 1) I have instant loans
- 2) I have a mortgage
- 3) I have other debts
- 4) No, I do not, go to question 44

43. If you are in debt, are the payments of the debts and their interest:

- 1) Under a debt recovery process
- 2) A considerable strain
- 3) Somewhat a strain
- 4) Not a strain at all?

44. A household may have different sources of income and more than one of the people living in it may have an income. Considering the total income of your household, how difficult or easy is it to cover your costs?

- 1) very easy
- 2) easy
- 3) somewhat easy
- 4) somewhat difficult
- 5) difficult
- 6) very difficult

45. Over the past 12 months, have you:

	Yes	No
Found yourself in a situation where there is no money for food?		
Sought meal assistance from a breadline or a food bank?		
Sought meal assistance from a relative or a friend?		
Did not attend a meeting with friends, hobbies or other recreational activities?		
Left housing expenses unpaid?		

4 HEALTH, QUALITY OF LIFE, PARTICIPATION AND CAPABILITY

Next, I will ask you to evaluate your quality of life, your health and other things considering your life during the past 2 weeks.

46. Please read each question, assess your feelings, and tick (X) the box on the scale for each question that gives the best answer for you.

	Very poor	Poor	Neither poor nor good	Good	Very good
How would you rate your quality of life?					

	Very dissatisfied	Dissatisfied	Neither satisfied nor dissatisfied	Satisfied	Very satisfied
How satisfied are you with your health?					

47. The following questions ask about how much you have experienced certain things in the last 2 weeks.

	Not at all	A little	A moderate amount	Very much	An extreme amount
To what extent do you feel that physical pain prevents you from doing what you need to do?					
How much do you need any medical treatment to function in your daily life?					
How much do you enjoy life?					
To what extent do you feel your life to be meaningful					

	Not at all	A little	A moderate amount	Very much	An extreme amount
How well are you able to concentrate?					

	Not at all	Slightly	Moderately	Very much	Extremely
How safe do you feel in your daily life?					

	Not at all	Slightly	Moderately	Very much	Extremely
How healthy is your physical environment?					

48. The following questions ask about how completely you experience or were able to do certain things in the last 2 weeks.

	Not at all	A little	Moderately	Mostly	Completely
Do you have enough energy for everyday life?					
Are you able to accept your bodily appearance?					
Have you enough money to meet your needs?					
How available to you is the information that you need in your day-to-day life					
To what extent do you have the opportunity for leisure activities?					

	Very Poor	Poor	Neither poor nor good	Good	Very good
How well are you able to get around?					

49. The following questions ask you to say how good or satisfied you have felt about various aspects of your life over the last two weeks.

	Very dissatisfied	Dissatisfied	Neither dissatisfied nor satisfied	Satisfied	Very satisfied
How satisfied are you with your sleep?					
How satisfied are you with your ability to perform your daily living activities?					
How satisfied are you with your capacity for work?					
How satisfied are you with yourself?					
How satisfied are you with your personal relationships?					
How satisfied are you with your sex life?					
How satisfied are you with the support you get from your friends?					
How satisfied are you with the conditions of your living place?					
How satisfied are you with your access to health services?					
How satisfied are you with your transport?					

50. The following question refers to how often you have felt or experienced certain things in the last two weeks

	Never	Seldom	Quite often	Very often	Always
How often do you have negative feelings, such as blue mood, despair, anxiety, depression?					

5 SOCIAL RELATIONS

51. Circle the option. Do you feel lonely?

- 1) never
- 2) very rarely
- 3) sometimes
- 4) fairly often
- 5) all the time

52. We are all different. Some of us like to keep to ourselves, and some like having company. Please estimate how often you feel like the statements below. Tick (X) the appropriate option.

	Never	Rarely	Sometimes	Often
I feel part of a group of friends.				
I have a lot in common with people around me.				
There are people I feel close to.				
I feel left out.				
My social relationships are superficial.				
No one really knows me well.				
I feel isolated from others.				
I am no longer close to anyone.				
I can find companionship when I want it.				
There are people who really understand me.				
I am unhappy being so withdrawn.				
There are people I can talk to.				

53. Please mark the option that is usually true for you.

	Strongly disagree	Disagree	Agree	Strongly agree
I feel that I am a person of worth, at least on an equal plane with others.				
I feel that I have a number of good qualities.				
All in all, I am inclined to feel that I am a failure.				
I am able to do things as well as other people.				
I feel I do not have much to be proud of.				
I take a positive attitude toward myself.				
On the whole, I am satisfied with myself.				
I wish I could have more respect for myself.				
I certainly feel useless at times.				
At times, I think I am no good at all.				

54. Do you participate in the activities of any club, organization, association, hobby group or community (e.g. sports club, residents' activities, political party, choir or congregation)?

- 1 Yes, actively
- 2 Yes, occasionally
- 3 No

55. How many times have you participated to the activities of the following associations, clubs, etc. over the past 12 months?

	3 times a week or more	1 to 2 times a week	1 to 3 times a month	A couple of times a year	I have not been participated
Sports club					
Spiritual community					
Association related to your home country or cultural group					
Some other association or club					

56. How many close friends do you have? _____

57. How many of these close friends are Finnish? _____

58. Please mark the number of Finnish friends or acquaintances whom you meet or with whom you talk over the phone on a monthly basis.

- 1) None
- 2) 1–2
- 3) 3–4
- 4) more than 4

59. Do you wish you had more Finnish acquaintances?

- 1) Yes
- 2) No

60. How easy is it for you to get acquainted with Finnish people?

- 1) Very difficult
- 2) Somewhat difficult
- 3) Not easy or difficult
- 4) Somewhat easy
- 5) Very easy
- 6) I cannot say

61. How often do you have contact with

	Almost daily	On a weekly basis	On a monthly basis	A few times a year	More seldom	Not applicable to me
Your relatives living in Finland						
Your relatives, friends and acquaintances living abroad						
Other immigrants in Finland						
Your native Finnish friends in Finland						

62. How do you manage in following actions

Managing situations	I can manage without difficulty	I can manage with some difficulty	I can manage but it is very difficult for me	I cannot manage at all
Explaining things to strangers with your native language				
Explaining things to strangers in Finnish				
Using the services of a bank, bureau or similar				
Travelling by train or bus				
Contacting the emergency services, doctor, police, etc.				
Managing your grocery shopping on your own				

63. What is your opinion on the following statements related to trust and respect in Finland?

	I completely agree	I somewhat agree	I do not agree or disagree	I somewhat disagree	I completely disagree
In our society, people can trust one another					
Our government and public authority can be trusted					
Public healthcare can be trusted					
Public social care can be trusted					
The court of law can be trusted					
The police can be trusted					
Municipal decision making can be trusted					
It is best to not trust anyone					
I don't feel the value of what I do is recognized by others					
Some people look down on me because of my job situation or income					

64. Next we will ask your opinion of the following things. Circle the option that fits you best.

I feel the scope	Very bad			Neutral			Very good
1) to seek happiness in my life is	1	2	3	4	5	6	7
2) to achieve things in my life is	1	2	3	4	5	6	7
3) to live a healthy life, for my age, is	1	2	3	4	5	6	7
4) for intellectual stimulation in my life is	1	2	3	4	5	6	7
5) to form satisfying social relations in my life is	1	2	3	4	5	6	7
6) for being in pleasant environments (taking home, work and leisure together) in my life is	1	2	3	4	5	6	7
7) to act with personal integrity in my life is	1	2	3	4	5	6	7
8) taking all this together, I think my options are	1	2	3	4	5	6	7

6 DISCRIMINATION AND TRAUMA

65. Have you experienced discrimination due to the following factors:

	a great deal	to some extent	not at all
age			
sex			
ethnic background			
financial situation			
disability			
sexual orientation			

66. Experiences of discrimination and the reasons

	No	Yes	Does this occur								
In your everyday life in Finland, have you experienced any of the following	0	1	At least once a week	More seldom	What do you think is the main factor behind this? 1) your immigrant background 2) the colour of your skin 3) the way you dress 4) your age 5) your height and weight 6) your lack of fluency in Finnish/Swedish 7) other, please specify: _____						
You are not treated as well as other people					1	2	3	4	5	6	7
You are not treated with as much respect as other people					1	2	3	4	5	6	7
You are called names or verbally insulted					1	2	3	4	5	6	7
You are threatened or harassed					1	2	3	4	5	6	7

67. Have you experienced discrimination or unfair treatment in any of the following places in Finland?

	No	Yes	I have not been there/not applicable to me
Police station			
Immigration office			
Healthcare services			
School/educational institution			
KELA			
Social welfare office			
Shop			
Street			
Other, please specify: _____			

68. Do you avoid some places because you have a foreign background?

- 1) No
- 2) Yes, which places? _____

69. Have you experienced any of the following unpleasant events in your previous home country?

	No	Yes
Have you had direct combat experience in war?		
Have you been involved in a fire, flood, or natural disaster?		
Have you witnessed someone being badly injured or killed?		
Have you experienced sexual violence?		
Have you been seriously physically attacked or assaulted?		
Have you been kidnapped or held captive?		
Have you ever been tortured?		
Have you experienced some other violence?		
Have you been a political prisoner?		

70. Have you experienced any of the following at least twice over the past week?

	No	Yes
Disturbing thoughts or memories of an event that come to mind against your will		
Disturbing dreams of an event		
Acting or feeling as if the traumatic experience is happening again		
Feeling of shock caused by factors reminding you of the event		
Bodily reactions (e.g. rapid pulse, stomach cramps, sweating, dizziness) when something reminds you of the event		
Difficulty falling asleep or staying asleep		
Irritability or bursts of anger		
Difficulty concentrating		
Increased awareness of potential dangers to yourself or others		
Nervousness or being easily startled by something unexpected		

7 USE OF SOCIAL CARE AND HEALTHCARE SERVICES AND PROMOTION OF HEALTH

Next, I would like to ask you to answer the following questions concerning the use of social care and healthcare services.

71. Please answer the following questions concerning help and services you have received. If you haven't been in Finland last 6 months, think about that time you have been in Finland. Did you visit during the last 6 months:

		Yes (X)	No (X)	If yes:	How many times? Number:
Physician:	1			→	
	2			→	
	3			→	
	4			→	
Other health and social care professionals:	5			→	
	6			→	
	7			→	
	8				
	9			→	
Other:	10			→	
	11			→	

Did these workers visit you at your home or camp during the last 6 months:

		Yes (X)	No (X)	If yes:	How many times?
1	nurse			→	
2	home aid			→	
3	physician			→	
4	social worker			→	
5	other health and social care professional			→	

Did you receive these services during the last 6 months:

		Yes (X)	No (X)	If yes:	How many times?
1	translation services			→	
2	juridical advice			→	
3	employment services			→	
					How many days?
4	day care for children			→	

Did you attend courses or training during the last 6 months:

		Yes (X)	No (X)	If yes:	How many days?
1	language course			→	
2	vocational course			→	
3	educational course			→	
4	integration/orientation course			→	
5	job placement/practical training			→	

Have you been in inpatient care during the last 6 months?

		Yes (X)	No (X)	If yes:	How many days?
1	primary care hospital			→	
2	secondary care hospital			→	
3	rehabilitation			→	

Have you purchased medicines during the last 6 months?

		Yes (X)	No (X)	If yes:	How many euros did they cost?
1	prescribed medicines			→	
2	self-care medicine			→	

Have you received informal care or help during the last 4 weeks?

		Yes (X)	No (X)	If yes:	How many hours?
1	from family or friends			→	
2	from church or 3. sector organizations			→	

Were you in contact with health and social care professionals or other professionals representing the before mentioned services during the last 4 weeks?

		Yes (X)	No (X)	If yes:	How many times?
1	on phone			→	
2	via Internet			→	

72. In your opinion, have you received sufficient treatment for illnesses over the past 6 months?

- 1) Yes
- 2) No
- 3) I have not had the need
- 4) I cannot say

73. If you have applied in the last 6 months your own municipality's social services, like home aid for families with children, services for old people, youth services or guidance from social worker, have you received enough services from your own opinion?

- 1) Yes
- 2) No
- 3) I cannot say

74. Have you applied for income support within the last 6 months?

- 1) Yes
- 2) No, please proceed to question number 76

75. Was the income support you received

- 1) sufficient
- 2) insufficient
- 3) I have not yet received a decision
- 4) I have not received the benefit at all

76. Have you regularly participated in a group for promoting your health and wellbeing over the past 6 months?

	No	No, but I would like to	Yes, but it was not beneficial	Yes, it was beneficial
Dieting or weight control group or course, or other group aiming at changes in dietary and exercise habits				
neck or back exercise group				
group or course for quitting smoking				
group for quitting the use of alcohol (e.g. AA)				
group for quitting the use of some other intoxicant (e.g. NA)				
gambling addiction group				
patient self-help group (e.g. group of cardiac patients, diabetics or mental health patients)				
mental well-being group (e.g. bereavement therapy, separation therapy or other discussion group)				
groups alleviating loneliness, e.g. friendship circles				
other, please specify: _____				

77. Do you feel you have adequately provided with the following services in your home municipality over the past 6 months?

	no need	would have needed, but service not received	have used, service was inadequate	have used, service was adequate
library services				
indoor sports services (e.g. swimming pools, gym)				
outdoor sports services (e.g. sports fields, walking or jogging routes)				
cultural services				
adult education centres and workers' institutes				
youth services, youth facilities				
children's playgrounds or parks				
language course				
translation services				
employment services				

8 LIFESTYLES

Next questions have to do with physical exercise during your free time. If you exercise in different ways at different times of the year, please select the option that best describes your average situation.

78. How much physical exercise and exertion do you have during your free time?

- 1) I read, watch television and do chores where I do not move a great deal and where I am not physically strained.
- 2) I walk, cycle or do other type of physical exercise several hours per week. (This includes walking, fishing and hunting, light gardening, etc.)
- 3) I work out several hours a week. (This includes running, jogging, skiing, fitness training, swimming, ball games, strenuous gardening, etc.)
- 4) I regularly and competitively engage in strenuous sports several times a week. (This includes running, orienteering, skiing, swimming, competitive ball games)

79. How many hours do you spend sitting on an average weekday? If you never sit, please enter 0.

_____ hours (an estimate is sufficient)

80. In a normal week, on how many days do you engage in physical exercise that maintains or improves muscle tone? For instance, gym training, fitness training at home, group exercise, ball and racquet sports or other physically straining activities.

_____ days a week

81. In a normal week, on how many days do you engage in physical exercise that maintains or improves aerobic fitness? E.g. walking, jogging, running or cycling.

_____ days a week

82. If you do not currently have a hobby that engages you in physical exercise, would you like to start one?

- 1 Yes, which hobby? _____
- 2 No

83. How many hours a day do you usually sleep within 24 hours?

An average of _____ hours

84. How often have you consumed the following foods and drinks over the past 7 days:

	never	on 1–2 days	on 3–5 days	on 6–7 days
red meat				
fish				
vegetables				
fruits or berries				
hamburgers, pizza, savoury pies				
chocolate, sweets or sweet pastries				
sugared juices or soft drinks				
coffee or tea				
energy drinks or bars				
dark bread (rye bread, crispbread, etc.)				
butter or mixture of butter and vegetable oil				
skimmed milk or sour milk				

85. Do you use tobacco products? Mark the correct number.

- 1) Yes, I smoke daily
- _____ factory-made cigarettes
 _____ cigarettes that I roll myself
 _____ cigars
 _____ pipe
 _____ snuff
 _____ electronic cigarette
 _____ water pipe
- 2) Yes, I smoke occasionally
- 3) No

86. How often do you drink beer, wine or other alcoholic beverages?

- 1) 4 times a week or more
 2) 2–3 times a week
 3) 2–4 times a month
 4) approximately once a month or less
 5) never, please proceed to question number 88

87. How often have you had six or more drinks on one occasion?

E.g. 4 pints (0.5 l) of medium strength beer or cider = 6 servings
 3 pints (0.5 l) of strong beer or strong cider = 6 servings
 0.75 l bottle of mild (12%) wine = 6 servings
 0.5 l bottle of spirits = 13 servings

- 1) daily or almost daily
 2) once a week
 3) once a month
 4) less than once a month
 5) never

88. How much do you currently weigh?

_____ kg (an estimate is sufficient)

89. How tall are you?

_____ cm (an estimate is sufficient)

We added some questions for the survey follow-up. Please fill out the correct answers.

90. How much is your total available income in a month? *Please include the total amount that you receive to your bank account or in cash.*

- a) _____ €
- b) I do not know.

91. After each month's compulsory outgoings (housing, paying the bills, food, etc.), how much money have you got left (nearest in 10€)?

- a) _____ €
- b) I do not know.

92. Which kind of income you (and your husband/wife/partner/family member) receives? Please tick (X) the correct answer(s).

(X)

1	<input type="checkbox"/>	Earning from employment or self-employment (salary)
2	<input type="checkbox"/>	Pension
3	<input type="checkbox"/>	Child benefit
4	<input type="checkbox"/>	Parental allowance
5	<input type="checkbox"/>	Child care allowance
6	<input type="checkbox"/>	Labour market subsidy
7	<input type="checkbox"/>	Unemployment benefit
8	<input type="checkbox"/>	Income support
9	<input type="checkbox"/>	Housing allowance
10	<input type="checkbox"/>	Other regular allowance outside household (e.g. student's grants)
11	<input type="checkbox"/>	Interest from savings and investments (e.g. stocks & shares)
12	<input type="checkbox"/>	No source of income
13	<input type="checkbox"/>	I do not know