



HEALTH 2000

A Survey on Health and Functional Capacity in Finland

QUESTIONNAIRE 1

T2002

The purpose of this questionnaire is to learn more about some of your living habits, your work, your living environment, health and well-being. The information will be handled strictly confidentially, and all results will be displayed only as tables so that no individual can be identified. We ask you **to fill in the questionnaire at home and to bring it along to the health examination.** Should you have difficulties in filling in any part of the questionnaire you can ask for help at the examination. Before answering would you please record below when you started filling in the questionnaire.

Date: ____/____/200__

EXAMPLES

Usually you reply by circling the number of the alternative best describing your situation or opinion or by filling in the quantity asked in the empty space. Some questions contain additional advice for replying. Examples:

1. **Have you recently been able to enjoy your daily routines?**

- 5 often
- 4 quite often
- 3 occasionally
- 2 rarely
- 1 never

2. **How tall were you at the age of 20?**

170 cm

3. **Do you have access to a computer, e-mail and/or an internet connection?**

0 No → go to question number 4

1 Yes

4. **How much do your symptoms hinder your leisure time activities?**

0.....1. 2.....3.....4.....5.....6.....7.....8.....9.....10
Not at all

The worst imaginable, i.e.
a very significant hindrance

Kys1_K04

4. Do you have some chronic illness, defect or injury?

- 0 No → go to question number 6
1 Yes

5. Estimate how much symptoms, diseases or injuries affect your daily life by circling the most suitable alternative.

Kys1_K0501

5.1 During leisure time activities

0.....1.....2.....3.....4.....5.....6.....7.....8.....9.....10
No hindrance at all Worst possible, i.e. a very significant hindrance

Kys1_K0502

5.2 In household chores

0.....1.....2.....3.....4.....5.....6.....7.....8.....9.....10
No hindrance at all Worst possible, i.e. a very significant hindrance

Kys1_K0503

5.3 At work

0.....1.....2.....3.....4.....5.....6.....7.....8.....9.....10
No hindrance at all Worst possible, i.e. a very significant hindrance

Kys1_K06

6. Have you been able to enjoy your daily routines lately?

- 5 often
4 quite often
3 now and then
2 quite rarely
1 never

Kys1_K07

7. Have you felt energetic and alive recently?

- 5 often
4 quite often
3 now and then
2 quite rarely
1 never

Kys1_K08

8. Have you recently been full of hope when thinking about your future?

- 5 often
4 quite often
3 now and then
2 quite rarely
1 never

INCOME AND SICKNESS EXPENDITURE

Kys1_K09

9. How would you describe the current balance between income and expenditure in your household?

- 1 We have more than enough money to cover our needs.
- 2 There is enough money to cover our needs.
- 3 We have to some extent to compromise when deciding what we do with the money.
- 4 We have to compromise considerably in our consumption but we can manage with our income.
- 5 We have to make major compromises in our consumption and despite of that we do not manage with our own income.
- 6 I cannot say / it is hard to estimate

Kys1_K10

10. How has your financial situation developed within the last three years?

- 1 It has improved
- 2 It has stayed the same
- 3 It has changed for the worse

Kys1_K11

11. Have your own or your family's sickness expenses been so big this year that you have been forced to...? (You may choose several options)

- 1 Cut down other regular expenses
- 2 Use your savings
- 3 Take a loan
- 4 Accept help from friends and family
- 5 Turn to municipal subsistence subsidy.
- 6 Our sickness expenditure has not been so big

USUAL SYMPTOMS

12. In the following we inquire about your recent symptoms. To what extent are you bothered by...? [SCL-90 somatization]

	Not at all	Quite little	To some extent	Quite much	Very much
Kys1_K1201 1. headaches	1	2	3	4	5
Kys1_K1202 2. faintness or dizziness	1	2	3	4	5
Kys1_K1203 3. pains in heart or chest	1	2	3	4	5
Kys1_K1204 4. pains in lower back	1	2	3	4	5
Kys1_K1205 5. nausea or upset stomach	1	2	3	4	5
Kys1_K1206 6. soreness of your muscles	1	2	3	4	5

	Not at all	Quite little	To some extent	Quite much	Very much
Kys1_K1207					
7. trouble getting your breath	1	2	3	4	5
Kys1_K1208					
8. hot and cold spells	1	2	3	4	5
Kys1_K1209					
9. numbness or tingling in parts of your body	1	2	3	4	5
Kys1_K1210					
10. a lump in your throat	1	2	3	4	5
Kys1_K1211					
11. feeling weak in parts of your body	1	2	3	4	5
Kys1_K1212					
12. heavy feelings in your arms or legs	1	2	3	4	5
Kys1_K1213					
13. continuous pain and aches	1	2	3	4	5

13. And have you had some of the following other usual symptoms and troubles within the last month (30 days)?

	Not at all	Quite little	To some extent	Quite much	Very much
Kys1_K1301					
1. swelling of the feet	1	2	3	4	5
Kys1_K1302					
2. sleeping disorders or insomnia	1	2	3	4	5
Kys1_K1303					
3. nervousness or anxiety	1	2	3	4	5
Kys1_K1304					
4. melancholy or depression	1	2	3	4	5
Kys1_K1305					
5. feeling non-energetic or tired	1	2	3	4	5
Kys1_K1306					
6. poor concentration or memory	1	2	3	4	5
Kys1_K1307					
7. overexertion or exhaustion	1	2	3	4	5
Kys1_K1308					
8. irritability	1	2	3	4	5
Kys1_K1309					
9. sweaty palms	1	2	3	4	5
Kys1_K1310					
10. fast heartbeat	1	2	3	4	5

WEIGHT AND HEIGHT

Kys1_K14

14. Have you gained weight during the last 12 months?

- 0 No
1 Yes, I have gained about _____ kilos

Kys1_K15

15. Have you lost weight during the last 12 months?

- 0 No
1 Yes, I have lost about _____ kilos

Kys1_K16

16. Have you tried to lose weight during the last 12 months?

- 0 No
1 Yes

Kys1_K17

17. How much do you weigh at present?

_____ kilos (estimate suffices)

18. How much did you weigh when... (estimation is adequate)

Kys1_K18A

a) you were 20? _____ kilos

Kys1_K18B

b) you were 30? _____ kilos

Kys1_K18C

c) you were 40? _____ kilos

Kys1_K18D

d) you were 50? _____ kilos

If you have not yet reached the age of 40 or 50, leave the questions c and d empty.

Kys1_K19

19. How tall were you at the age of 20?

_____cm

HOW DO YOU SPEND YOUR TIME AND WHAT HOBBIES DO YOU HAVE

20. How often do you practice the following activities on an average?

	Every day or during most days	Once or twice a week	Once or twice a month	Once or a few times a year	Less frequently or never
--	--	----------------------------	-----------------------------	----------------------------------	--------------------------------

Kys1_K2001

1. Club or society activities (including posts of trust in society)

	5	4	3	2	1
--	---	---	---	---	---

Kys1_K2002

2. Theatre, movies, concerts, art exhibitions, sport competitions etc.

	5	4	3	2	1
--	---	---	---	---	---

Kys1_K2003

3. Studying

	5	4	3	2	1
--	---	---	---	---	---

Kys1_K2004

4. Church or other religious activities

	5	4	3	2	1
--	---	---	---	---	---

	Every day or during most days	Once or twice a week	Once or twice a month	Once or a few times a year	Less frequently or never
Kys1_K2005 5. Exercise, hunting, fishing, gardening or other outdoor activity	5	4	3	2	1
Kys1_K2006 6. Going out to a restaurant, café or dancing for relaxation	5	4	3	2	1
Kys1_K2007 7. Reading literature, listening to records or tapes	5	4	3	2	1
Kys1_K2008 8. Handicrafts, playing music, singing, photographing, painting, collecting (e.g. stamps)	5	4	3	2	1
Kys1_K2009 9. Traveling abroad	5	4	3	2	1
Kys1_K2010 10. Visiting family, friends or neighbors	5	4	3	2	1
Kys1_K2011 11. Shopping, going to the bank, post office etc. things to do	5	4	3	2	1
Kys1_K2012 12. Having family, friends or neighbours visit you	5	4	3	2	1
Kys1_K2013 13. Cooking or baking	5	4	3	2	1
Kys1_K2014 14. Talking on the phone	5	4	3	2	1
Kys1_K2015 15. Watching TV or listening to the radio	5	4	3	2	1
Kys1_K2016 16. Reading newspapers and magazines	5	4	3	2	1

COMPUTER USE

You can choose several options in questions number 21 and 23.

21. Do you have regular access to some of the following?

Kys1_K2100

0 no →

go to question number 24

Kys1_K2101

1 a computer

Kys1_K2102

2 e-mail

Kys1_K2103

3 internet

Kys1_K22

22. How much time per day do you spend using a computer in your leisure time?

0 None at all in my spare time Kys1_K22T

1 Currently in my spare time I use a computer approx. _____ hours

Kys1_K22M _____ minutes per day and have altogether been using a computer Kys1_K22V _____ years

23. What do you use the Internet for?

Kys1_K2300

0 I do not use it

Kys1_K2301

1 private banking

Kys1_K2302

2 purchasing and selling goods etc.

Kys1_K2303

3 retrieving information

Kys1_K2304

4 using health services

Kys1_K2305

5 using public services

Kys1_K2306

6 other, what _____ Kys1_K2361

Kys1_K26

26. Have you discussed the information found with a doctor or other health care professional?

- 0 No
- 1 Yes

EXERCISE (IPAQ, MF and others)

LEISURE TIME EXERCISE

Kys1_K27

27. How much do you exercise and strain yourself physically in your leisure time?

If there is major seasonal variation, select the option closest to your average situation.

- 1 In my leisure time I read, watch TV and do other activities in which I do not move much and which do not strain me physically.
- 2 In my leisure time I walk, cycle and move in other ways at least 4 hours per week.
- 3 In my leisure time I exercise at least 3 hours per week.
- 4 In my leisure time I practice regularly several times per week for competition (Choose this also if you train full time for competition sports).

Kys1_K28

28. How often do you exercise in your leisure time for at least half an hour so that you are at least slightly out of breath and sweating?

- 1 daily
- 2 4 - 6 times a week
- 3 2 - 3 times a week
- 4 once a week
- 5 2 - 3 times a month
- 6 few times a year or even more rarely

The following questions provide more specific information on your exercise and its strenuousness.

EXERCISE DURING LEISURE TIME AND HOUSEHOLD CHORES

Strenuous exercise

Kys1_K29

- 29. On how many days during an ordinary week do you do something that demands strenuous physical effort at least 10 minutes at a time; e.g. running, aerobics, heavy gardening or other activity that makes you breathe faster and speeds up your heart rate** (choose 0 if you do not exercise like this on any day of the week).

_____ days per week

- 30. How much time altogether do you use in strenuous exercise during the days when you practice strenuous exercise at least 10 minutes at a time?**

_____Kys1_K30T_____ hours _____Kys1_K30T_____ minutes

Moderate exercise

Kys1_K31

- 31. On how many days during an ordinary week do you do something that demands moderate physical effort at least 10 minutes at a time, such as cycling, hoovering, gardening or other activity that slightly speeds up your breath and pulse?** (Do not include walking)

_____ days per week

- 32. How much time during such a day do you spend exercising moderately?**

_____Kys1_K32T_____ hours _____Kys1_K32M_____ minutes

WALKING AND SITTING

Kys1_K33

- 33. On how many days during an ordinary week do you walk quickly at least 10 minutes at a time to move from one place to another or for recreation, satisfaction, or to keep fit?**

_____ days a week

- 34. How much time do you spend walking quickly on days when you walk quickly at least 10 minutes at a time?**

_____Kys1_K34T_____ hours _____Kys1_K34M_____ minutes

Think now about the time which you use to sit during a normal moving in a vehicle from one place to another.

35. How many hours during an ordinary week day do you sit; e.g. when visiting friends, reading, watching the TV, resting, sitting by the table or the computer.

__Kys1_K35T__ hours __Kys1_K35M__ minutes

36. How many hours altogether on an ordinary weekend day do you sit; e.g. when visiting friends, reading, watching the TV, resting, sitting by the table or the computer.

__Kys1_K36T__ hours __Kys1_K36M__ minutes

EXERCISE ON THE WAY TO WORK

Kys1_K37

37. How many minutes do you walk or cycle on your daily way to and from work? Add the times to travel to work and to travel back home.

- 1 I do not work or I work at home
- 2 I use a motor vehicle for the entire trip
- 3 less than 15 minutes a day
- 4 from 15 to 29 minutes a day
- 5 from 30 to 59 minutes a day
- 6 from 1 to 2 hours a day
- 7 2 hours or longer a day

USE OF ALCOHOL (incl. MF)

Kys1_K38

38. Describe your use of alcohol; circle the alternative best describing your own alcohol use.

- 1 I have been a non-drinker all my life (or tasted alcohol not more than 10 times during my life).

Kys1_K3801
Kys1_K3802
- 2 I used previously to drink from year 19__ but I stopped drinking__ years ago.

Kys1_K3803
- 3 I have been drinking alcoholic drinks since year 19__ and continue to do so.

ALL ALCOHOLIC DRINKS

Kys1_K39

39. How often have you drunk alcoholic drinks during the past 12 months?

- 0 not once →
go to question number 52
- 1 6 to 7 times a week
- 2 4 to 5 times a week
- 3 2 to 3 times a week
- 4 once a week
- 5 a couple of times a month
- 6 approximately once a month
- 7 approximately once every two months
- 8 3 to 4 times a year
- 9 a couple of times a year

BEER, CIDER OR LONG DRINKS

Kys1_K40

40. How often have you drunk beer, cider or long drinks during the past 12 months?

- 0 not once →
go to question number 43
- 1 6 to 7 times a week
- 2 4 to 5 times a week
- 3 2 to 3 times a week
- 4 once a week
- 5 a couple of times a month
- 6 approx. once a month
- 7 approx. once every two months
- 8 3 to 4 times a year
- 9 a couple of times a year

Kys1_K41

41. How many drinks did you usually have a day on the days when you drank any beer, cider or long drinks? A bottle = 1/3 litre bottle

- 1 15 bottles or more, how many bottles? Kys1_K4101 bottles
- 2 11 to 14 bottles
- 3 approx. 10 bottles
- 4 6 to 9 bottles
- 5 4 to 5 bottles
- 6 three bottles (=two half liter mugs)
- 7 two bottles
- 8 approximately one bottle
- 9 less than one bottle

Kys1_K42

42. On an average how much of these drinks did you drink a week during the past month?

- 0 none at all
- 1 Kys1_K4201 bottles a week

WINE

Kys1_K43

43. How often have you drunk wine during the past 12 months?

- 0 not once →
go to the question number 46
- 1 6 to 7 times a week
- 2 4 to 5 times a week
- 3 2 to 3 times a week
- 4 once a week
- 5 a couple of times a month
- 6 approx. once a month
- 7 approx. once every two months
- 8 3 to 4 times a year
- 9 a couple of times a year

Kys1_K44

44. How much wine did you drink on an average per day during the days when you drank any wine?

A big bottle = a bottle of 0.75 litres
A small bottle = a bottle of 0.37 litres
 = 1/2 of a big bottle

- 1 two big bottles or more. How many bottles? Kys1 K4401 bottles
- 2 one and a half big bottles
- 3 about one big bottle
- 4 about half a litre
- 5 about one small bottle
- 6 about two glasses
- 7 about one glass
- 8 less than one glass

Kys1_K45

45. On an average how much wine a week did you drink during the past month?

- 0 none
- 1 less than one glass (8-12 cl) a week
- 2 from 1 to 4 glasses a week
- 3 from half a bottle to three bottles a week
- 4 from 3 to 5 bottles a week
- 5 more than 5 whole bottles a week

STRONG ALCOHOLIC DRINKS

Kys1_K46

46. How often have you drunk spirits or other strong alcohol during the past 12 months?

- 0 not once → go to question 49
- 1 6 to 7 times a week
- 2 4 to 5 times a week
- 3 2 to 3 times a week
- 4 once a week
- 5 a couple of times a month
- 6 approx. once a month
- 7 approx. once every two months
- 8 3 to 4 times a year
- 9 a couple of times a year

Kys1_K47

47. How much spirits a day did you usually drink on the days when you drank them?

1 whole bottle = 0.75 litres
Half a bottle = 0.5 litres
 (e.g. a bottle of Vodka or other strong spirits)
1 small bottle = 0.37 litres
 (e.g. pocket flask)
Restaurant portion = 4 cl

- 1 more than two half litre bottles, how many whole bottles? Kys1_K4701 bottles
- 2 approx. two half litre bottles (or one litre bottle)
- 3 approx. one whole bottle (0.75 litres)
- 4 approx. one half litre bottle
- 5 approx. one small bottle (0.37 litres)
- 6 a little less than one small bottle (approx. 0.30 litres)
- 7 approx. five restaurant portions (approx. 20 cl)
- 8 approx. four restaurant portions (approx. 16 cl)
- 9 a couple restaurant portions (approx. 8 cl)
- 10 approx. one restaurant portion (approx. 4 cl)

Kys1_K48

48. On an average how much spirits did you drink a week during the past 12 months?

- 0 not at all
- 1 less than one glass (4 cl) a week
- 2 from 1 to 6 glasses a week
- 3 from half a bottle to two half litre bottles a week(= from 7 to 24 glasses a week)
- 4 from 2 half litre bottles to 4 half litre bottles(= from 1 to 2 litres)
- 5 4 half litre bottles or more

THE LARGEST AMOUNT OF ALCOHOL ON A SINGLE OCCASION

Now think about the day within the past 12 months when you had the largest amount of any alcohol (beer, wine, strong spirits or anything containing alcohol) on one single occasion. Estimate the amount you drunk in portions using the information appearing below to help your estimation and please answer questions 49 – 50.

Portions are estimated as follows:

1 portion = one bottle (1/3 litres) lager beer
or a glass (12 cl) of (mild) wine
or a glass (8 cl) of strong wine
or a glass (4 cl) of spirits or
other strong alcohol

**A bottle of (0.33 l) class A-beer or
gin long drink** = 1.25 portions
A big bottle of (0.5 l) lager beer = 1.5 portions
A big bottle of (0.5 l) class A-beer = 2 portions
12 bottles of 1/3 litre lager beer = 12 portions
A bottle of (0.75 l) wine = 7 portions
A bottle of (0.75 l) strong wine = 10 portions
A bottle of (0.5 l) spirits
(e.g. Koskenkorva (Vodka)) = 12 portions
A bottle of (0.75 l) spirits
(e.g. vodka, whiskey) = 18 portions

Kys1_K49

49. How many portions of alcohol did you drink on the day on which you drunk the largest amount of alcohol on a single occasion during the 12 last months?

_____ portions

Answer question 50 below in the following manner: **Start answering moving downwards from the row which indicates the amount of alcohol you marked** as your answer to question number 49. Example: If you answered 6 portions, start to answer from the 6th row. If you answered 9 portions, start from row 4.

50. How often during the past 12 months did you consume alcohol:

Kys1_K5001

1 15 or more portions of alcohol a day? _____times

Kys1_K5002

2 from 13 to 14 portions a day? _____times

Kys1_K5003

3 from 11 to 12 portions a day? _____times

Kys1_K5004

4 from 9 to 10 portions a day? _____times

Kys1_K5005

5 from 7 to 8 portions a day? _____times

Kys1_K5006

6 from 5 to 6 portions a day? _____times

Kys1_K5007

7 from 3 to 4 portions a day? _____times

Kys1_K5008

8 from 1 to 2 portions a day? _____times

54. Who has treated you due to your drinking problem?

Kys1_K5401	1	Psychiatrist
Kys1_K5402	2	Other doctor
Kys1_K5403	3	A nurse or a public-health nurse
Kys1_K5404	4	Other professional person

Kys1_K55

55. Did the treatment include psychotherapy (you met a professional at least for a period of one month at least once a week)?

- 0 No
- 1 Yes

Kys1_K56

56. Were you treated by medicines?

- 0 No
- 1 Yes

Kys1_K57

57. Do you currently take medication due to abuse of alcohol?

- 0 No
- 1 Yes

Kys1_K58

58. Did the treatment you received help you?

- 1 Very much
- 2 Quite much
- 3 To some extent
- 4 Only a little
- 5 Very little or not at all

Kys1_K59

59. Is your treatment completed?

- 0 No
- 1 Yes

EATING OR DRINKING SWEETS OR SWEETENED DRINKS

60. How often do you consume the products listed below? Answer separately for each product.

	3 times a day or more often	Once or twice a day	2 to 5 times a week	More rarely	Never
Kys1_K6001 Sugar in your tea or coffee	4	3	2	1	0
Kys1_K6002 Other drinks with sugar added: juices, lemonades, hot chocolate	4	3	2	1	0
Kys1_K6003 Toffee or liquorice or dried fruit, e.g. raisins	4	3	2	1	0
Kys1_K6004 Sweets, hard pastilles or candy sweetened with xylitol	4	3	2	1	0
Kys1_K6005 Sweets, hard pastilles or candy without xylitol	4	3	2	1	0
Kys1_K6006 Chocolate or filled biscuits	4	3	2	1	0
Kys1_K6007 Chewing gum without xylitol	4	3	2	1	0
Kys1_K6008 Chewing gum with xylitol	4	3	2	1	0

HEALTH PROMOTION

61. Have you regularly joined in any of the following group activities during the past five years? If not, please answer only pos. 12. (Do not include a single lecture or discussion)

	I have participated over 12 months ago	I have participated during the past 12 months
Kys1_K6101		
1 A group or a course to reduce weight	1	2
Kys1_K6102		
2 A group or a course to stop smoking	1	2
Kys1_K6103		
3 A group to improve the condition of your neck and back	1	2
Kys1_K6104		
4 Other exercise or fitness group	1	2
Kys1_K6105		
5 A mental well-being group (e.g. mourning, divorce or other conversation group)	1	2
Kys1_K6106		
6 A group to help you stop drinking or control your alcohol consumption (e.g. AA)	1	2
Kys1_K6107		
7 A group for patients' family members	1	2
Kys1_K6108		
8 A group aiming to help you get rid of an addiction (e.g. drug addiction, gambling or Internet dependence)	1	2
Kys1_K6109		
9 A parents' group	1	2
Kys1_K6110		
10 A group for self-care (e.g. heart, cancer or mental health patients)	1	2
Kys1_K6111		
11 Some other group or course	1	2
Kys1_K6112		
12 I have not attended any of these	0	

ENVIRONMENT

SAFETY OF THE SURROUNDINGS AND NEIGHBOURHOOD

Kys1_K62

62. Do you feel unsafe when walking in your neighborhood?

- 0 Never
- 1 Very rarely
- 2 Quite rarely
- 3 Quite often
- 4 Very often

Kys1_K63

63. Do you feel unsafe in the area where you work or when commuting between your home and work?

- 0 I do not work or I work at home
- 1 Never
- 2 Very rarely
- 3 Quite rarely
- 4 Quite often
- 5 Very often

Kys1_K64

64. Are you afraid to be alone outdoors in the evenings after 22 hours?

- 0 I do not go out alone in the evenings or I cannot tell
- 1 I do not go out alone in the evenings because I am afraid
- 2 Never
- 3 Every now and then
- 4 Often

Kys1_K65

65. How many times during the last 12 months have you been a victim of violence which left visible signs (e.g. bruises) or caused more serious damage?

Visible signs include e.g. swollen lips, black eyes or cuts. More serious injuries can be e.g. broken bones, eye injuries, deep cuts or internal organ damage.

- 0 Not once
- 1 Once
- 2 Twice
- 3 More than twice

Kys1_K66

66. How many times during the past 12 months have you been subjected to scaring threats?

- 0 Not once
- 1 Once
- 2 Twice
- 3 More than twice

SOCIAL ENVIRONMENT**67. When you think about your growth years i.e. before you were aged 16....?**

	No	Yes	Cannot say
Kys1_K6701			
1 Did your family have long term financial difficulties	0	1	2
Kys1_K6702			
2 Was your father or mother often unemployed, although they wanted to work	0	1	2
Kys1_K6703			
3 Did your father or mother suffer from some serious disease or disability	0	1	2
Kys1_K6704			
4 Did your father have alcohol problems	0	1	2
Kys1_K6705			
5 Did your mother have alcohol problems	0	1	2
Kys1_K6706			
6 Did your father have any mental health problem, e.g. schizophrenia, other psychosis or depression	0	1	2
Kys1_K6707			
7 Did your mother have any mental health problem, e.g. schizophrenia, other psychosis or depression	0	1	2
Kys1_K6708			
8 Were there serious conflicts within your family	0	1	2
Kys1_K6709			
9 Did your parents divorce	0	1	2
Kys1_K6710			
10 Were you yourself seriously or chronically ill	0	1	2
Kys1_K6711			
11 Were you bullied at school	0	1	2

68. Estimate your possibilities to get help from people close to you when you need help or support. You may choose several options.

	husband, wife, partner	some other relative	close friend	close fellow worker	close neighbor	someone else close	no one
On whose help can you really count when you feel exhausted and need relaxation?	Kys1_K680101 1.....	Kys1_K680103 2.....	Kys1_K680105 3.....	Kys1_K680107 4.....	Kys1_K680102 5.....	Kys1_K680104 6.....	Kys1_K680106 7
Who do you think really cares about you no matter what happened to you?	Kys1_K680201 1.....	Kys1_K680203 2.....	Kys1_K680205 3.....	Kys1_K680207 4.....	Kys1_K680202 5.....	Kys1_K680204 6.....	Kys1_K680206 7
Who can really make you feel better when you feel down?	Kys1_K680301 1.....	Kys1_K680303 2.....	Kys1_K680305 3.....	Kys1_K680307 4.....	Kys1_K680302 5.....	Kys1_K680304 6.....	Kys1_K680306 7
From whom do you get practical help when needed?	Kys1_K680401 1.....	Kys1_K680403 2.....	Kys1_K680405 3.....	Kys1_K680407 4.....	Kys1_K680402 5.....	Kys1_K680404 6.....	Kys1_K680406 7

PSYCHOLOGICAL WELL-BEING (GHQ 12)

Kys1_K69
69. Have you recently been able to concentrate on what you're doing?
 0 better than usual
 1 same as usual
 2 less than usual
 3 much less than usual

Kys1_K71
71. Have you recently felt that you are playing a useful part in things?
 0 more so than usual
 1 same as usual
 2 less so than usual
 3 much less than usual

Kys1_K70
70. Have you recently lost much sleep over worry?
 0 not at all
 1 no more than usual
 2 rather more than usual
 3 much more than usual

Kys1_K72
72. Have you recently felt capable of making decisions about things?
 0 more so than usual
 1 same as usual
 2 less than usual
 3 much less than usual

Kys1_K73
73. Have you recently felt constantly under strain?
 0 not at all
 1 no more than usual
 2 rather more than usual
 3 much more than usual

Kys1_K74

74. Have you recently felt you couldn't overcome your difficulties?

- 0 not at all
- 1 no more than usual
- 2 rather more than usual
- 3 much more than usual

Kys1_K75

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

- 0 more so than usual
- 1 same as usual
- 2 less so than usual
- 3 much less than usual

Kys1_K76

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

- 0 more so than usual
- 1 same as usual
- 2 less than usual
- 3 much less than usual

Kys1_K77

77. Have you recently been feeling unhappy or depressed?

- 0 not at all
- 1 no more than usual
- 2 rather more than usual
- 3 much more than usual

Kys1_K78

78. Have you recently been losing confidence in yourself?

- 0 not at all
- 1 no more than usual
- 2 rather more than usual
- 4 much more than usual

Kys1_K79

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

- 0 not at all
- 1 no more than usual
- 2 rather more than usual
- 3 much more than usual

Kys1_K80

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

- 0 more so than usual
- 1 same as usual
- 2 less so than usual
- 3 much less than usual

81. Read the following claims and circle the option closest to truth.

	Fully correct	Quite correct	Quite incorrect	Fully incorrect
Kys1_K8101 I am sure that most people do not have problems with lying for their own good	1	2	3	4
Kys1_K8102 Most people are good and honest mainly because they are afraid to get caught	1	2	3	4
Kys1_K8103 Most people are ready to use any means, also dishonest ones, in order to gain benefits	1	2	3	4
Kys1_K8104 I often think what could be the real reasons when others do something for my benefit	1	2	3	4
Kys1_K8105 Nobody cares much what happens to somebody else	1	2	3	4
Kys1_K8106 It is better not to trust anyone	1	2	3	4
Kys1_K8107 Most people make friends because they think friends can be useful for their purposes	1	2	3	4
Kys1_K8108 Most people would not want to go through the trouble to help other people	1	2	3	4

MOOD AND FEELINGS (BDI mod.)

82. Below are groups of statements. Please read each group of statements carefully. Then pick out the statement in each group which best describes your current situation. Circle the number beside the statement you picked. If several statements in the group seem to apply equally well, circle each one.

Series 1: Kys1_K82S101 1 I do not feel sad.
 Kys1_K82S102 2 I feel blue or sad.
 Kys1_K82S103 3 I am blue or sad all the time and I can't snap out of it.
 Kys1_K82S104 4 I am so sad or unhappy that it is very painful.
 Kys1_K82S105 5 I am so sad or unhappy that I can't stand it.

Series 2: Kys1_K82S201 1 I am not particularly pessimistic or discouraged about the future.
 Kys1_K82S202 2 I feel discouraged about the future.
 Kys1_K82S203 3 I feel I have nothing to look forward to.
 Kys1_K82S204 4 I feel that I won't ever get over my troubles.
 Kys1_K82S205 5 I feel that the future is hopeless and that things cannot improve.

Series 3: Kys1_K82S301 1 I do not feel like a failure.
 Kys1_K82S302 2 I feel like I have failed more than the average person.
 Kys1_K82S303 3 I feel I have accomplished very little that is worthwhile or that means anything.
 Kys1_K82S304 4 As I look back on my life all I can see is a lot of failures.
 Kys1_K82S305 5 I feel I am a complete failure as a person.

Series 4: Kys1_K82S401 1 I am not particularly dissatisfied.
 Kys1_K82S402 2 I feel bored most of the time.
 Kys1_K82S403 3 I don't enjoy things the way I used to.
 Kys1_K82S404 4 I don't get satisfaction out of anything anymore.
 Kys1_K82S405 5 I am dissatisfied with everything.

Series 5: Kys1_K82S501 1 I don't feel particularly guilty.
 Kys1_K82S502 2 I feel bad or unworthy a good part of the time.
 Kys1_K82S503 3 I feel quite guilty.
 Kys1_K82S504 4 I feel bad or unworthy practically all the time now.
 Kys1_K82S505 5 I feel as though I am very bad or worthless.

Series 6: Kys1_K82S601 1 I do not think I am punished at the moment
 Kys1_K82S602 2 I feel that something bad can happen to me.
 Kys1_K82S603 3 I feel that I am being punished at the moment or in the future.
 Kys1_K82S604 4 I think that I deserve the punishment.
 Kys1_K82S605 5 I want to be punished.

Series 7: Kys1_K82S701 1 I don't feel disappointed in myself.
 Kys1_K82S702 2 I am disappointed in myself.
 Kys1_K82S703 3 I don't like myself.
 Kys1_K82S704 4 I am disgusted with myself.
 Kys1_K82S705 5 I hate myself.

-
- Series 8: Kys1_K82S801 1 I do not feel that I am not as good as others.
 Kys1_K82S802 2 I criticize myself for my errors and mistakes.
 Kys1_K82S803 3 I blame myself for everything that goes wrong.
 Kys1_K82S804 4 I think I have too many bad sides.
 Kys1_K82S805 5 I think I am completely useless.
-
- Series 9: Kys1_K82S901 1 I have never had any thoughts of harming myself.
 Kys1_K82S902 2 I have thoughts of harming myself but I would not carry them out.
 Kys1_K82S903 3 I feel I would be better off dead.
 Kys1_K82S904 4 I feel my family would be better off if I were dead.
 Kys1_K82S905 5 I wish I were dead.
-
- Series 10: Kys1_K82S1001 1 I do not cry more than usual.
 Kys1_K82S1002 2 I cry more than I used to.
 Kys1_K82S1003 3 I cry constantly and I cannot stop doing it.
 Kys1_K82S1004 4 I used to be able to cry but now I cannot even if I wanted to.
-
- Series 11: Kys1_K82S1101 1 I am not more irritated than usually.
 Kys1_K82S1102 2 It is easier to irritate me now than it used to be.
 Kys1_K82S1103 3 I think I am irritated at all times.
 Kys1_K82S1104 4 Things that used to irritate me do not do it any longer.
-
- Series 12: Kys1_K82S1201 1 I have not lost interest in other people.
 Kys1_K82S1202 2 I am less interested in other people now than I used to be.
 Kys1_K82S1203 3 I have lost most of my interest in other people and have little feeling for them.
 Kys1_K82S1204 4 I have lost all my interest in other people and don't care about them at all.
-
- Series 13: Kys1_K82S1301 1 I make decisions about as well as ever.
 Kys1_K82S1302 2 I am less sure of myself now and try to put off making decisions.
 Kys1_K82S1303 3 I have difficulties in making decisions.
 Kys1_K82S1304 4 I can't make any decisions at all anymore.
-
- Series 14: Kys1_K82S1401 1 I don't feel I look any worse than I used to.
 Kys1_K82S1402 2 I am worried that I am looking old or unattractive.
 Kys1_K82S1403 3 I feel that there are permanent changes in my appearance and they make me look unattractive.
 Kys1_K82S1404 4 I feel that I am ugly or repulsive looking.
-
- Series 15: Kys1_K82S1501 1 I can work about as well as before.
 Kys1_K82S1502 2 It takes extra effort to get started at doing something.
 Kys1_K82S1503 3 I don't work as well as I used to.
 Kys1_K82S1504 4 I have to push myself very hard to do anything.
 Kys1_K82S1505 5 I can't do any work at all.

Series 16:	Kys1_K82S1601	1	I sleep as well as before.
	Kys1_K82S1602	2	In the mornings I wake up more tired than before.
	Kys1_K82S1603	3	I wake up from 1 to 2 hours earlier I used to and it is very hard to fall asleep again.
	Kys1_K82S1604	4	I wake up early each morning and am not able to sleep longer than five hours in a row.

Series 17:	Kys1_K82S1701	1	I don't get any more tired than usual.
	Kys1_K82S1702	2	I get tired more easily than I used to.
	Kys1_K82S1703	3	I get tired from doing anything.
	Kys1_K82S1704	4	I get too tired to do anything.

Series 18:	Kys1_K82S1801	1	My appetite is no worse than usual.
	Kys1_K82S1802	2	My appetite is not as good as it used to be.
	Kys1_K82S1803	3	My appetite is much worse now.
	Kys1_K82S1804	4	I have no appetite at all anymore.

Series 19:	Kys1_K82S1901	1	I have not lost any weight recently.
	Kys1_K82S1902	2	I have lost more weight than 2.5 kg.
	Kys1_K82S1903	3	I have lost more weight than 5 kg.
	Kys1_K82S1904	4	I have lost more weight than 7.5 kg.

Series 20:	I have deliberately tried to lose weight lately.		
	Kys1_K82S2001	1	No
	Kys1_K82S2002	2	Yes

Series 21:	Kys1_K82S2101	1	I am not worried about my health more than usually.
	Kys1_K82S2102	2	I am worried of physical symptoms such as pain, ache and stomach troubles.
	Kys1_K82S2103	3	I am so worried about these feelings that it is hard for me to think about anything else.
	Kys1_K82S2104	4	Thinking about my health and my feelings has prevented me from thinking about something else.

Series 22:	Kys1_K82S2201	1	I have not noticed any change concerning my interest in sex life recently.
	Kys1_K82S2202	2	My interest concerning sex has diminished.
	Kys1_K82S2203	3	I am extremely less interested in sex life than usual.
	Kys1_K82S2204	4	I have lost all my interest towards sex life.

JOB PERCEPTION AND JOB STRAIN

Kys1_K83

83. Within the past 12 months, have you been working?

- 0 No → go to page 27
 1 Yes

In case you are not working at the moment, we ask you to respond according to your latest job.

Kys1_K84

84. How strenuous is your job physically? Select the alternative best describing your situation.

- 1 In my job I mainly sit and do not walk much.
- 2 I walk quite a bit in my job, but I do not need to lift or carry heavy items.
- 3 In my job I need to walk or lift quite a lot or climb stairs or walk uphill.
- 4 My job is heavy physical labour and I have to lift or carry heavy items, dig, shovel, pound or do some other heavy labour.

85. In the following we ask you to estimate how you perceive your work and work performance, especially how often your situation corresponds to each of the claims in the list below.

	Never	A few times a year	Once a month	A few times a month	Once a week	A few times a week	Daily
Kys1_K8501 I feel emotionally drained from my work.	0	1	2	3	4	5	6
Kys1_K8502 I feel used up at the end of the workday.	0	1	2	3	4	5	6
Kys1_K8503 I feel tired when I get up in the morning and have to face another day on the job.	0	1	2	3	4	5	6
Kys1_K8504 Working all day is really a strain for me.	0	1	2	3	4	5	6
Kys1_K8505 I can effectively solve the problems that arise in my work.	0	1	2	3	4	5	6
Kys1_K8506 I feel burned out from my work.	0	1	2	3	4	5	6
Kys1_K8507 I feel I am making an effective contribution to what this organization does.	0	1	2	3	4	5	6
Kys1_K8508 I have become less interested in my work since I started this job.	0	1	2	3	4	5	6
Kys1_K8509 I have become less enthusiastic about my work.	0	1	2	3	4	5	6
Kys1_K8510 In my opinion, I am good at my job.	0	1	2	3	4	5	6
Kys1_K8511 I feel exhilarated when I accomplish something at work.	0	1	2	3	4	5	6
Kys1_K8512 I have accomplished many worthwhile things in this job.	0	1	2	3	4	5	6

	Never	A few times a year	Once a month	A few times a month	Once a week	A few times a week	Daily
Kys1_K8513 I just want to do my job and not be bothered.	0	1	2	3	4	5	6
Kys1_K8514 I have become more cynical about whether my job contributes anything.	0	1	2	3	4	5	6
Kys1_K8515 I doubt the significance of my work.	0	1	2	3	4	5	6
Kys1_K8516 At my work, I feel confident that I am effective at getting things done.	0	1	2	3	4	5	6

WORKING CONDITIONS

86. In the following there are some claims concerning your work and working conditions.

	I fully agree	I agree to some extent	I do not agree nor disagree	I disagree to some extent	I fully disagree
Kys1_K86A a. I need to be fast in my job.	1	2	3	4	5
Kys1_K86B b. My job demands extremely hard labour.	1	2	3	4	5
Kys1_K86C c. An unreasonable amount of work is expected from me.	1	2	3	4	5
Kys1_K86D d. I have enough time to get my work completed.	1	2	3	4	5
Kys1_K86E e. The pace in my job is extremely fast.	1	2	3	4	5
Kys1_K86F f. I can make a lot of independent decisions in my job.	1	2	3	4	5
Kys1_K86G g. My job demands creativity.	1	2	3	4	5
Kys1_K86H h. My job demands that I learn many new things.	1	2	3	4	5
Kys1_K86I i. My job comprises many repetitive similar tasks.	1	2	3	4	5
Kys1_K86J j. I have much say in my job and tasks.	1	2	3	4	5

	I fully agree	I agree to some extent	I do not agree nor disagree	I disagree to some extent	I fully disagree
Kys1_K86K k. My job demands highly developed skills.	1	2	3	4	5
Kys1_K86L l. I can do many different tasks in my job.	1	2	3	4	5
Kys1_K86M m. I can improve my special skills.	1	2	3	4	5
Kys1_K86N n. I have very little freedom to decide how I do my job.	1	2	3	4	5
Kys1_K86O o. When needed, my closest superior supports me.	1	2	3	4	5
Kys1_K86P p. When needed, my fellow workers support me.	1	2	3	4	5
Kys1_K86Q q. In my work unit we discuss together tasks, aims and how to reach them.	1	2	3	4	5
Kys1_K86R r. I am happy with the appreciation my superior shows towards my work.	1	2	3	4	5
Kys1_K86S s. I can sufficiently adjust the breaks in my work.	1	2	3	4	5
Kys1_K86T t. I can sufficiently adjust the length of my working day.	1	2	3	4	5

87. Are the following uncertainties or threats involved in your work?

	Very much	Quite much	To some extent	Quite little	Very little
Kys1_K87A					
a. Threat of discontinuation of some tasks	1	2	3	4	5
Kys1_K87B					
b. Threat of being moved to other tasks	1	2	3	4	5
Kys1_K87C					
c. Threat of being laid off	1	2	3	4	5
Kys1_K87D					
d. Threat of being given notice to quit	1	2	3	4	5
Kys1_K87E					
e. Threat of becoming unemployed for a long period	1	2	3	4	5
Kys1_K87F					
f. Threat of facing mental violence or bullying	1	2	3	4	5

88. How are the working conditions and atmosphere in your place of work?

	I fully agree	I some- what agree	I do not agree nor disagree	I some- what disagree	I fully dis- agree
Kys1_K88A					
a. Encouraging and supportive for new ideas.	1	2	3	4	5
Kys1_K88B					
b. Prejudiced and conservative.	1	2	3	4	5
Kys1_K88C					
c. Nice and easy	1	2	3	4	5
Kys1_K88D					
d. Quarrelsome and disagreeing	1	2	3	4	5

Kys1_K89

89. In your present job, what possibilities do you have to obtain education or training to improve your skills and know-how?

- 1 very good
- 2 quite good
- 3 not good but not bad, either
- 4 quite poor
- 5 very poor

TO EVERYONE

Thank you for completing the questionnaire!

Please check that you have answered each question. If you could not answer some questions, you will be helped to complete the questionnaire at the health examination.

Do sign the questionnaire and remember to take it with you to the health examination!

Date: _____ / _____ 200_____

Signature