



# **HEALTH 2000**

**A Survey on Functional Capacity and Health  
in Finland**

**QUESTIONNAIRE FOR YOUNG ADULTS**

The purpose of this questionnaire is to learn more about your health and well being, certain habits, and your environment. The information is strictly confidential, and all results are displayed in a tabular form only. Therefore it is not possible to reveal anybody's identity. Before starting would you please record below the date when you started to fill in the questionnaire.

Date: \_\_\_\_/\_\_\_\_ 2001

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## EXAMPLES

Usually you reply by circling the number of the alternative best describing your situation or your opinion. In some cases you will be asked to write down the answer in the space left empty.

### Examples:

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

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

2. How many hours do you sleep in 24 hours?

8 hours

3. Estimate your current state of health by circling on the line the number best describing your situation. Zero stands for the worst possible state of health and the best is depicted by 10.

0.....1.....2.....3.....4.....5.....6.....7.....8.....9.....10  
Worst possible Best possible

## Health promotion

- 1. Have you regularly participated in any of the following group activities during the past five years? If not, please select only 0 on row i.** (Do not include a single lecture or discussion group.)

	I have participated over 12 months ago	I have participated during the past 12 months
Kys1_K6101		
a. A group or a course to reduce weight	1	2
Kys1_K6102		
b. A group or a course to stop smoking	1	2
Kys1_K6103		
c. A group to improve the condition of your neck and back	1	2
Kys1_K6104		
d. Other exercise or fitness group	1	2
Kys1_K6106		
e. A group to help you stop drinking or control your alcohol consumption (e.g. AA)	1	2
Kys1_K6108		
f. A group aiming to help you get rid of an addiction (e.g. drug addiction, gambling or Internet dependence)	1	2
Kys1_K6110		
g. A group for self-care (e.g. heart, cancer or mental health patients)	1	2
Kys1_K6111		
h. Some other group or course	1	2
Kys1_K6112		
i. I have not attended any of these	0	

## Retrieving information on health and illness

**2. Within the last 12 months, where have you looked for information to learn more about your health and diseases ? (You may circle several alternatives)**

Kys1\_K2400

0 nowhere → go to question 5

Kys1\_K2401

1 medical books (doctor books)

Kys1\_K2402

2 other books

Kys1\_K2403

3 magazines

Kys1\_K2404

4 discussion with a doctor

Kys1\_K2405

5 discussion with a nurse

Kys1\_K2406

6 discussion with pharmacy personnel

Kys1\_K2407

7 TV or radio programs on health

Kys1\_K2408

8 the Internet

Kys1\_K2409

9 videos or CD-ROMs

Kys1\_K2410

10 somewhere else

**3. Which of the following Internet based health or medical care services have you used? (You may circle several alternatives)**

Kys1\_K2500

0 none

Kys1\_K2501

1 family doctor (personal doctor) services

Kys1\_K2502

2 other physician services

Kys1\_K2503

3 information on medical care

Kys1\_K2504

4 data bases

Kys1\_K2505

5 chatting groups or support groups on health

Kys1\_K2506

6 others, which           Kys1\_K2506\_1

Kys1\_K26

**4. Have you discussed the information found with a doctor or with another health care professional?**

- 0 No  
1 Yes

### Quality of life (short WHOQOL and other elements)

Kys1\_K02

**5. Indicate on the following scale your health today by circling one number on the line. The worst possible state of health is indicated by number 0 and the best by number 10.**

0.....1.....2.....3.....4.....5.....6.....7.....8.....9.....10  
Worst imaginable health state Best imaginable health state

Nkys\_K06

**6. How would you rate your quality of life?**

- 1 excellent  
2 good  
3 average  
4 poor  
5 very poor

Nkys\_K10

**10. How satisfied are you with yourself?**

- 1 very satisfied  
2 satisfied  
3 neither satisfied nor dissatisfied  
4 dissatisfied  
5 very dissatisfied

Nkys\_K07

**7. How satisfied are you with your health?**

- 1 very satisfied  
2 satisfied  
3 neither satisfied nor dissatisfied  
4 dissatisfied  
5 very dissatisfied

Nkys\_K11

**11. How satisfied are you with your personal relationships?**

- 1 very satisfied  
2 satisfied  
3 neither satisfied nor dissatisfied  
4 dissatisfied  
5 very dissatisfied

Nkys\_K08

**8. Do you have enough energy for everyday life?**

- 1 more than enough  
2 enough  
3 almost enough  
4 too little  
5 far too little

Nkys\_K12

**12. Have you enough money to meet your needs?**

- 1 more than enough  
2 enough  
3 almost enough  
4 too little  
5 far too little

Nkys\_K09

**9. How satisfied are you with your ability to perform your daily living activities?**

- 1 very satisfied  
2 satisfied  
3 neither satisfied nor dissatisfied  
4 dissatisfied  
5 very dissatisfied

Nkys\_K13

**13. How satisfied are you with the conditions of your living place?**

- 1 very satisfied  
2 satisfied  
3 neither satisfied nor dissatisfied  
4 dissatisfied  
5 very dissatisfied

Kys1\_K06

**14. 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\_K08

**16. 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

Kys1\_K07

**15. Have you felt energetic and alive recently?**

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

### Psychological well-being (GHQ 12)

Kys1\_K69

**17. 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\_K70

**18. 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\_K71

**19. 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\_K72

**20. 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

**21. 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

**22. 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

**23. 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

**24. 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

**25. 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

**26. Have you recently been losing confidence in yourself?**

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

Kys1\_K79

**27. 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

**28. 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

The following questions (29 – 34) are about thoughts and feelings that have to do with harming yourself. During their lifetimes many people have faced difficulties that have led to such thoughts or feelings.

Nkys\_K29

**29. Have you ever seriously thought about committing suicide?**

- 1 never → go to question 31
- 2 yes, last time was less than six months ago
- 3 yes, last time was from 6 to 12 months ago
- 4 yes, last time was more than 12 months ago

Nkys\_K30

**30. Have you ever made a concrete plan for committing suicide?**

- 1 never
- 2 yes, last time was less than six months ago
- 3 yes, last time was from 6 to 12 months ago
- 4 yes, last time was more than 12 months ago

Nkys\_K31

**31. Have you ever attempted suicide, planned or unplanned?**

- 1 never → go to question 35
- 2 yes, once
- 3 yes, more than once,  
altogether   Nkys\_K3101   times

Nkys\_K32

**32. How long time is it from your (latest) suicide attempt?**

- 1 less than half a year
- 2 from 6 to 12 months
- 3 more than 12 months

Nkys\_K33

**33. In retrospect, what were you trying to achieve with your (latest) suicide attempt?**

- 1 I wanted to die
- 2 I can't say whether I wanted to die
- 3 I did not want to die, but the deed expressed my desperation or my desire to get help

Nkys\_K34

**34. Due to this attempt, were you treated in a health care centre such as health centre or hospital?**

- 1 yes
- 2 no

## Experiencing work and study

### 35. What do you think you will be mainly doing in half a year's time?

Nkys\_K3501

1 I study or go to school

Nkys\_K3502

2 I work

Nkys\_K3503

3 I am unemployed

Nkys\_K3504

4 I am on disability pension

Nkys\_K3505

5 I am on parental leave

Nkys\_K3506

6 I am at home taking care of a child or other family member

Nkys\_K3507

7 I am doing something else, what?

\_\_\_\_\_Nkys\_K3507\_1\_\_\_\_\_

### 36. 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. If you are not working, think about your other main tasks (such as study). (Maslach Burn-out Inventory)

	Never	A few times per year	Once a month	A few times per Month	Once a week	Few times per week	Daily
Kys1_K8501 I feel emotionally drained from my job.	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

	Never	A few times per year	Once a month	A few times per Month	Once a week	Few times per week	Daily
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
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

## Symptoms and infections

**37. In the following we inquire about your recent symptoms. To what extent are you bothered by...?**

	Not at all	Quite little	To some extent	Quite much	Very much
Kys1_K1201 Headaches	1	2	3	4	5
Kys1_K1202 Faintness or dizziness	1	2	3	4	5
Kys1_K1203 Pains in heart or chest	1	2	3	4	5
Kys1_K1204 Pains in lower back	1	2	3	4	5
Kys1_K1205 Nausea or upset stomach	1	2	3	4	5
Kys1_K1206 Soreness of your muscles	1	2	3	4	5
Kys1_K1207 Trouble getting your breath	1	2	3	4	5
Kys1_K1208 Hot and cold spells	1	2	3	4	5
Kys1_K1209 Numbness or tingling in parts of your body	1	2	3	4	5
Kys1_K1210 A lump in your throat	1	2	3	4	5
Kys1_K1211 Feeling weak in parts of your body	1	2	3	4	5
Kys1_K1212 Heavy feelings in your arms or legs	1	2	3	4	5
Kys1_K1213 Continuous pains and aches	1	2	3	4	5

**38. Have you had any of the following infections or diseases in the genital area?**

	No	Yes	Don't know
Kys3_K2301/Kys3_K2701			
a. Herpes infection	1	2	3
Kys3_K2302/Kys3_K2702			
b. Moist wart i.e. condyloma	1	2	3
Kys3_K2307/Kys3_K2706			
c. Chlamydia infection	1	2	3
Kys3_K2303/Kys3_K2703			
d. Candidiasis (yeast fungus infection)	1	2	3
<u>Women answer from e to g:</u>			
Kys3_K2304			
e. Other infection in the vagina	1	2	3
Kys3_K2305			
f. Infection in the uterus	1	2	3
Kys3_K2306			
g. Infection in the ovaries	1	2	3
<u>Men answer from h to i:</u>			
Kys3_K2704			
h. Inflammation in the prostate/prostatitis	1	2	3
Kys3_K2705			
i. Orchitis (infection in the testicles)	1	2	3

**Sleep and sleeping**

Kys3\_K01

**39. How many hours on average do you sleep in 24 hours?**

\_\_\_\_\_ hours

Kys3\_K02

**40. Do you have difficulties in getting sleep without sleeping medicine?**

- 1 no
- 2 sometimes
- 3 often
- 4 nearly always

Kys3\_K03

**41. Do you wake up during night or very early morning hours?**

- 1 no
- 2 sometimes
- 3 often
- 4 nearly each night

Kys3\_K04

**42. In your opinion, are you usually more tired during the day than other people of your age?**

- 1 yes, nearly always
- 2 yes, often (at least weekly)
- 3 no
- 4 don't know

Nkys3\_K43

**43. Do you think that you get enough sleep?**

- 1 yes, nearly always
- 2 yes, often
- 3 seldom or hardly ever
- 4 don't know

## Exercise (IPAQ, MF and others)

### LEISURE TIME EXERCISE

Kys1\_K27

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

If there is major variation by season, 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 practise regularly several times per week for competition (choose this also if you spend most of your time in competition sports).

Kys1\_K28

**45. 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 us more detailed information about how you exercise.

### EXERCISE DURING LEISURE TIME AND HOUSEHOLD CHORES

#### Strenuous exercise

Kys1\_K29

**46. 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

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

Kys1\_K30T \_\_\_\_\_ hours

Kys1\_K30M \_\_\_\_\_ minutes

#### Moderate exercise

Kys1\_K31

**48. 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

49. How much time during such days do you spend exercising moderately?

Kys1\_K32T\_\_\_\_\_ hours  
Kys1\_K32M\_\_\_\_\_ minutes

**WALKING AND SITTING**

Kys1\_K33

50. 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

51. 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 week at home, at work, or when moving in a vehicle from one place to another.

52. How many hours during an ordinary weekday 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

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

Kys1\_K36T\_\_\_\_\_ hours  
Kys1\_K36M\_\_\_\_\_ minutes

**EXERCISE ON THE WAY TO WORK OR STUDY**

Kys1\_K37

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

- 1 I neither work nor study or I work/study 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

**Anabolic hormones**

Anabolic hormones increase strength and enhance growth of the muscles. They can also be used to treat an illness, to improve sports results or to grow the muscles and improve their looks.

Nkys\_K55

55. Do you know anyone who has ever used any anabolic hormones?

- 1 yes
  - 2 no
  - 3 can't say
- } go to question 57

**56. Why has this person used anabolic hormones? (You may circle several options.)**

Nkys\_K5601

1 to treat an illness

Nkys\_K5602

2 to improve sports results

Nkys\_K5603

3 to improve his/her looks

Nkys\_K5604

4 can't say

**57. Have you yourself ever used anabolic hormones? (You may circle several options.)**

Nkys\_K57011 yes, to treat an illness

Nkys\_K5702

2 yes, to improve sports results

Nkys\_K5703

3 yes, to improve my looks

Nkys\_K5704

4 no I have not

Nkys\_K5705

5 can't say

**Controlling weight and dieting**

Nkys\_K58

**58. What do you see as your ideal weight?**

\_\_\_\_\_ kg

Nkys\_K59

**59. How many times during your lifetime have you reduced your weight by more than 5 kg?**

- 1 not once
- 2 once
- 3 from 2 to 4 times
- 4 5 times or more often

Nkys\_K60

**60. Have you ever vomited or used laxatives, diuretics or enemas in order to reduce or control your weight?**

- 1 yes, repeatedly during the past year
- 2 yes, repeatedly sometimes earlier
- 3 I have tried sometimes
- 4 never

Nkys\_K61

**61. Have you ever fasted in order to reduce or control your weight?**

- 1 yes, repeatedly within the past year
- 2 yes, repeatedly sometimes earlier
- 3 I have tried sometimes
- 4 never

Nkys\_K62

**62. Have you ever used really strenuous exercise daily or almost every day for several weeks in order to reduce or control your weight?**

- 1 yes, within the past year
- 2 yes, sometimes earlier
- 3 never

Nkys\_K63

**63. If you have used any of the ways mentioned in the three questions above (60 – 62) in order to reduce or control your weight, did you feel that you were a bad or an unsuccessful person, if you weren't thin or your weight wasn't ideal?**

- 1 yes
- 2 no
- 3 I have never attempted to reduce or control my weight by those means

Nkys\_K64

**64. Have you ever repeatedly eaten abnormally large amounts of food within a short time (e.g. within less than two hours), that is, binge eaten?**

- 1 yes
- 2 no → go to question 68

Nkys\_K65

**65. While binge eating, have you felt that you could not stop or control your eating?**

- 1 yes
- 2 no

Nkys\_K66

**66. Has binge eating occurred at least twice per week for at least three months?**

- 1 yes
- 2 no

Nkys\_K67

**67. After these binges, have you felt ashamed or guilty?**

- 1 yes
- 2 no

Nkys\_K68

**68. Have you been anorectic?**

- 1 yes, and I still am
- 2 yes, I have been earlier
- 3 I have never been
- 4 I can't say

Nkys\_K69

**69. Have you been bulimic?**

- 1 yes, and I still am
- 2 yes, I have been earlier
- 3 I have never been
- 4 I can't say

### Eating or drinking sweets or sweetened drinks

**70. How often do you consume any of 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	Less frequently	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 fruits, 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

	3 times a day or more often	Once or twice a day	From 2 to 5 times a week	Less frequently	Never
Nkys_K7009 Chocolate	4	3	2	1	0
Nkys_K7010 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

## Use of alcohol

Kys1\_K38

**71. 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 I have tasted alcohol not more than 10 times during my whole life).
- 2 I used previously to drink alcoholic beverages from year 19 Kys1\_K3801,  
but I stopped drinking Kys1\_K3802 years ago.
- 3 I have been drinking alcoholic drinks since year 19 Kys1\_K3803, and continue to do so.

### ALL ALCOHOLIC DRINKS

Kys1\_K39

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

- 0 not once → go to question 82
- 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

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

- 0 not once → go to question 75
- 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

Kys1\_K41

**74. How many drinks did you usually have a day on the days when you drank any beer, cider or long drinks? (One 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 approx. one bottle
- 9 less than one bottle

## WINE

Kys1\_K43

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

- 0 not once → go to question 77
- 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

**76. How much wine did you drink per day during the days when you drank any wine?**

<b>A big bottle</b>	= a bottle of 0.75 litres
<b>A small bottle</b>	= 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

## STRONG ALCOHOLIC DRINKS

Kys1\_K46

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

- 0 not once → go to question 79
- 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

Kys1\_K47

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

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

- 1 more than two half litre bottles, how many 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 of restaurant portions (approx. 8 cl)
- 10 approx. one restaurant portion (approx. 4 cl)

Kys1\_K51

**79. During the past 12 months, how many times when waking up the following morning did you have hangover?**

0 not once

1 approx.     Kys1\_K5101     times

**80. In the following we ask you to estimate how often you drank various amounts of alcohol within the past 12 months. Circle the option from each row best describing your situation. Note ALL drinks containing alcohol that you have drunk. In the instructions box below the question box you can see how to count portions of alcohol.**

HOW MUCH? Portions per day:	HOW OFTEN?						
	Not once	From 1 to 6 times a year	More often, but from 2 to 3 times a month	Approx. once a week	From 2 to 3 times a week	From 4 to 5 times a week	From 6 to 7 times a week
Nkys_K8001 15 or more	1	2	3	4	5	6	7
Nkys_K8002 From 13 to 14 portions	1	2	3	4	5	6	7
Nkys_K8003 From 11 to 12 portions	1	2	3	4	5	6	7
Nkys_K8004 From 9 to 10 portions	1	2	3	4	5	6	7
Nkys_K8005 From 7 to 8 portions	1	2	3	4	5	6	7
Nkys_K8006 From 5 to 6 portions	1	2	3	4	5	6	7
Nkys_K8007 From 3 to 4 portions	1	2	3	4	5	6	7
Nkys_K8008 From 1 to 2 portions	1	2	3	4	5	6	7

**INSTRUCTION:** Start answering from the row where you are asked how often you drank 15 portions or more per day. From this column you should circle the option that best describes your drinking frequency. Then continue in the same style row by row. Please, do circle only one option from each row !

**Portions are estimated as follows:**

**One 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) 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) A-beer** = 2 portions

**12 bottles of 1/3 litre lager beer** = 12 portions

**A bottle (0.75 l) of wine** = 7 portions

**A bottle (0.75 l) of strong wine** = 10 portions

**A bottle (0.5 l) of spirits (e.g. vodka)** = 12 portions

**A bottle (0.75 l) of spirits (e.g. vodka, whisky)** = 18 portions

Nkys\_K81

**81. Within the past 12 months, has there been at least one period during which you have drunk more than 14 portions of alcohol in one week (being a woman) or more than 21 portions a week (being a man)? Count the portions as in the previous question.**

- 1 no  
2 yes, I have had altogether     Nkys1\_K8101     such weeks

**Please answer questions 82 to 85 even if you do not use any alcohol currently!**

Nkys\_K82

**82. Have you ever thought that you should drink less?**

- 1 yes  
2 no

Nkys\_K84

**84. Have you ever felt guilty due to your consumption of alcohol?**

- 1 yes  
2 no

Nkys\_K83

**83. Have you been blamed due to your drinking?**

- 1 yes  
2 no

Nkys\_K85

**85. Have you ever taken drinks in order to cure hangover?**

- 1 yes  
2 no

### Treatment of drinking problems

Kys1\_K52

**86. During the past 12 months have you used any health or social services due to drinking problems?**

- 0 no → go to question 88  
1 yes

**87. Which of the following services have you used due to drinking problems?**

**How many times during the past 12 months?**

Kys1\_K5301

1 Health centre     Kys1\_K5301A     times

Kys1\_K5301

2 Occupational health care     Kys1\_K5302A     times

Kys1\_K530

3 Mental health centre or psychiatric outpatient department     Kys1\_K5303A     times

Kys1\_K5301

4 A-clinic     Kys1\_K5304A     times

Kys1\_K5301

5 Family advice bureau or child guidance centre     Kys1\_K5305A     times

Kys1\_K5301

6 Private consultation of a doctor or psychologist     Kys1\_K5306A     times

- Kys1\_K5301  
7 Psychiatric hospital \_\_\_\_\_ Kys1 K5307A \_\_\_ times
- Kys1\_K5301  
8 Other hospital \_\_\_\_\_ Kys1 K5308A \_\_\_ times
- Kys1\_K5301  
9 Rehabilitation centre \_\_\_\_\_ Kys1 K5309A \_\_\_ times
- Kys1\_K5301  
10 Other? \_\_\_\_\_ Kys1 K5310A \_\_\_ times
- Kys1\_K5301  
11 None

## Drugs

Nkys\_K88

**88. Drug consumption has increased considerably. Do you know anyone amongst your friends who has ever used any drug?**

- 1 yes  
2 no

Nkys\_K89

**89. Have you yourself ever been offered drugs?**

- 1 yes  
2 no

Nkys\_K90

**90. Have you yourself ever used or tried any drug at all?**

- 1 yes  
2 no → go to question 96

**91. Have you tried or used any of the following substances during your life?**

	Never	Yes, altogether from 1 to 5 times	Yes, altogether 6 times or more
Nkys_K9101 Marihuana or hash	1	2	3
Nkys_K9102 Ecstasy; MDMA	1	2	3
Nkys_K9103 Amphetamine or metamphetamine	1	2	3
Nkys_K9104 Cocaine, crack	1	2	3
Nkys_K9105 Heroin or morphine	1	2	3
Nkys_K9106 Subutex or Temgesic	1	2	3
Nkys_K9107 Other drug influencing the central nervous system	1	2	3
Nkys_K9108 LSD or some other hallucinogenic	1	2	3
Nkys_K9109 Thinner, glue etc.	1	2	3

Nkys\_K92

**92. Have you ever used any drug intravenously (i.v., injecting it into your blood)?**

- 1 yes
- 2 no

Nkys\_K93

**93. Are you currently trying to get rid of using drugs?**

- 1 yes
- 2 no
- 3 I do not use drugs currently

Nkys\_K94

**94. Within the past 12 months have you used any health or social services due to drug-related problems?**

- 0 no → go to question 96
- 1 yes

**95. Which of the following services have you used due to a drug-related problem?****How many times within the past 12 months?**

Nkys\_K9501

1 Health centre \_\_\_\_\_ Nkys\_K9501A \_\_\_\_\_ times

Nkys\_K9501

2 Occupational health care \_\_\_\_\_ Nkys\_K9502A \_\_\_\_\_ times

Nkys\_K9501

3 Mental health clinic or psychiatric outpatient department \_\_\_\_\_ Nkys\_K9503A \_\_\_\_\_ times

Nkys\_K9501

4 Drug weaning or rehabilitation unit \_\_\_\_\_ Nkys\_K9504A \_\_\_\_\_ times

Nkys\_K9501

5 Counseling or ambulatory care unit for drug users \_\_\_\_\_ Nkys\_K9505A \_\_\_\_\_ times

Nkys\_K9501

6 A-clinic \_\_\_\_\_ Nkys\_K9506A \_\_\_\_\_ times

Nkys\_K9501

7 Family advice bureau or child guidance centre \_\_\_\_\_ Nkys\_K9507A \_\_\_\_\_ times

Nkys\_K9501

8 Private consultation of a doctor or psychologist \_\_\_\_\_ Nkys\_K9508A \_\_\_\_\_ times

Nkys\_K9501

9 Psychiatric hospital \_\_\_\_\_ Nkys\_K9509A \_\_\_\_\_ times

Nkys\_K9501

10 Other hospital \_\_\_\_\_ Nkys\_K9510A \_\_\_\_\_ times

Nkys\_K9501

11 Rehabilitation centre \_\_\_\_\_ Nkys\_K9511A \_\_\_\_\_ times

Nkys\_K9501

12 Other? \_\_\_\_\_ Nkys\_K9512\_1 \_\_\_\_\_ Nkys\_K9501A \_\_\_\_\_ times

Nkys\_K9501

13 None

## Leisure time activities and hobbies

### 96. How often do you practise the following activities on average?

	every day or during most days	once or twice a week	once or twice a month	once or twice a year	less frequently or never
Kys1_K2001 Club or society activities (including posts of trust in society)	5	4	3	2	1
Kys1_K2002 Theatre, movies, concerts, art exhibitions, sport competitions etc.	5	4	3	2	1
Kys1_K2004 Church or other religious activities <sup>5</sup>	4	3	2	1	
Nkys_K9618 Gym, aerobic or other indoor activity	5	4	3	2	1
Nkys_K9619 Exercise, hunting, fishing, gardening or other outdoor activity	5	4	3	2	1
Kys1_K2006 Going out to a restaurant, club, bar, pub or dancing.	5	4	3	2	1
Kys1_K2007 Reading literature, listening to records or tapes	5	4	3	2	1
Kys1_K2008 Handicrafts, playing music, singing, photographing, painting, collecting items etc.	5	4	3	2	1
Kys1_K2009 Travelling abroad	5	4	3	2	1
Kys1_K2010 Visiting family, friends or neighbors	5	4	3	2	1
Kys1_K2011 Shopping, going to the bank, the post office aso.	5	4	3	2	1
Kys1_K2012 Having family, friends or neighbors visit your	5	4	3	2	1
Kys1_K2013 Cooking or baking	5	4	3	2	1
Kys1_K2015 Watching TV or VCR or listening to the radio	5	4	3	2	1
Kys1_K2016 Reading newspapers and magazines	5	4	3	2	1
Nkys_K9617 Playing computer games, other computing	5	4	3	2	1

## Using the computer

**97. Do you have regular access to some of the following? (You may circle several options.)**

Kys1\_K2100  
0 none of these → go  
to question 100

Kys1\_K2101  
1 a computer

Kys1\_K2102  
2 e-mail

Kys1\_K2103  
3 Internet

Nkys\_K9704  
4 mobile phone

Kys1\_K22

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

0 None at all in my spare time

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

Kys1\_K22T hours Kys1\_K22M

minutes per day, and have been using

altogether for Kys1\_K22V years

**99. What do you use the Internet for? (You may circle several alternatives)**

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

Nkys\_K9910  
6 playing

Nkys\_K9911  
7 chatting; conversation groups

Nkys\_K9912  
8 listening to the music

Kys1\_K2306  
9 other, what Kys1\_K2361

## Safety of your surroundings and neighborhood

Kys1\_K62

**100. Do you feel unsafe when walking in your neighborhood?**

- 0 never
- 1 very rarely
- 2 quite rarely
- 3 quite often
- 4 very often

Kys1\_K64

**101. 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

**102. How many times during the last 12 months have you been a victim of violence leaving visible signs (e.g. bruises) or causing more serious damage?**

Visible signs are e.g. swollen lips, black eyes or cuts. More serious injuries can be e.g. broken bones, problems with sight, deep cuts or internal damage.

- 0 not once
- 1 once
- 2 twice
- 3 more than twice

Kys1\_K66

**103. 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

**Childhood**

**104. When you think about your growth years i.e. before you were aged 16...**

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

**Relationships and sex life**

**105. Estimate your possibilities to get help from people close to you when you need help or support. You may choose several options for each question.**

	husband, wife or partner	some other close relative	a close friend	a close associate	a close neighbour	someone else close	nobody
On whose help can you really count when you feel exhausted and need relaxation?	Kys1_K680101 1	Kys1_K680102 2	Kys1_K680103 3	Kys1_K680104 4	Kys1_K680105 5	Kys1_K680106 6	Kys1_K680107 7
Who do you think really cares about you no matter what happened to you?	Kys1_K680201 1	Kys1_K680202 2	Kys1_K680203 3	Kys1_K680204 4	Kys1_K680205 5	Kys1_K680206 6	Kys1_K680207 7
Who can really make you feel better when you feel down?	Kys1_K680301 1	Kys1_K680302 2	Kys1_K680303 3	Kys1_K680304 4	Kys1_K680305 5	Kys1_K680306 6	Kys1_K680307 7
From whom do you get practical help when needed?	Kys1_K680401 1	Kys1_K680402 2	Kys1_K680403 3	Kys1_K680404 4	Kys1_K680405 5	Kys1_K680406 6	Kys1_K680407 7

Nkys\_K106

**106. How important is sex life to you? Circle on the line the number best describing your situation. Number 10 stands for "very important" and number 0 for "not important at all".**

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

Nkys\_K107

**107. Are you satisfied with your sexual life? Circle on the line the number best describing your situation. Number 10 stands for "very satisfied" and number 0 for "not satisfied at all".**

0.....1.....2.....3.....4.....5.....6.....7.....8.....9.....10  
 very very  
 unsatisfied satisfied

Nkys\_K108

**108. How often do you have sexual intercourse with another person?**

- 1 not at all
- 2 once a month or more rarely
- 3 nearly weekly
- 4 once or twice a week
- 5 more often than twice a week

Nkys\_K109

**109. With how many people have you had sexual intercourse within the past 12 months?**

- 0 none
- 1 one
- 2 several, how many?     Nkys K10901

Nkys\_K110

**110. In case you have had sexual intercourse with someone other than your partner within the past 12 months, did you use a condom?**

- 1 yes, always
- 2 yes, nearly always
- 3 occasionally
- 4 no I did not
- 5 I have not had sexual intercourse with anyone besides my partner or I have not had sexual intercourse at all

## Working conditions

Kys1\_K83

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

- 0 no    → go to end of the questionnaire
- 1 yes

**If you are not working at the moment we ask you to reply according to your latest job.**

**112. In the following there are some claims concerning your work and working conditions. Which of them are true?**

	I fully agree	I agree to some extent	I do not agree nor disagree	I disagree to some extent	I fully disagree
Kys1_K86A I need to be fast in my job	1	2	3	4	5
Kys1_K86B My job demands extremely hard labour	1	2	3	4	5
Kys1_K86C An unreasonable amount of work is expected from me	1	2	3	4	5
Kys1_K86D I have enough time to get my work completed	1	2	3	4	5
Kys1_K86E The pace in my work is extremely fast	1	2	3	4	5
Kys1_K86F I can make a lot of independent decisions in my job	1	2	3	4	5
Kys1_K86G My job demands creativity	1	2	3	4	5
Kys1_K86H My job demands that I learn many new things	1	2	3	4	5
Kys1_K86I My job comprises many repetitive, similar tasks	1	2	3	4	5
Kys1_K86J I have much to say in my job and tasks	1	2	3	4	5
Kys1_K86K My job demands highly developed skills	1	2	3	4	5
Kys1_K86L I can do many different tasks in my job	1	2	3	4	5
Kys1_K86M I can improve my special skills	1	2	3	4	5
Kys1_K86N I have very little freedom to decide how I do my job	1	2	3	4	5
Kys1_K86O When needed, my closest superior supports me	1	2	3	4	5
Kys1_K86P When needed, my fellow workers support me	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_K86Q In my work unit we discuss together tasks, aims and how to reach them	1	2	3	4	5
Kys1_K86R I am happy with the appreciation my superior shows towards my work	1	2	3	4	5
Kys1_K86S I can sufficiently adjust the breaks in my work	1	2	3	4	5
Kys1_K86T I can sufficiently adjust the length of my working day	1	2	3	4	5

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

	very much	quite much	to some extent	quite little	very little
Kys1_K87A Threat of discontinuation of some tasks	1	2	3	4	5
Kys1_K87B Threat of being moved to other tasks	1	2	3	4	5
Kys1_K87C Threat of being laid off	1	2	3	4	5
Kys1_K87D Threat of being given notice to quit	1	2	3	4	5
Kys1_K87E Threat of becoming unemployed for a long period	1	2	3	4	5
Kys1_K87F Threat of facing mental violence or bullying	1	2	3	4	5
Nkys_K113G Threat of physical violence	1	2	3	4	5
Nkys_K113H Threat of sexual harassment	1	2	3	4	5

Kys1\_K89

**114. 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

**THANK YOU FOR YOUR ANSWERS AND ALL THE TROUBLE!**

We hope you have answered each question.

Please return the questionnaire in the prepaid envelope.

Date: \_\_\_\_\_/\_\_\_\_\_/2001

