

# Lifestyle Health and Coping

This study is entitled Lifestyle Health and Coping. The purpose of this study is to investigate the health decisions that individuals make and the coping strategies that they utilize.

Please complete the survey below. As a participant in this study, we ask that you answer all the questions truthfully to the best of your ability. Your responses will be kept COMPLETELY ANONYMOUS and will not be connected with your name or with any other identifying information.

If you have any questions or concerns regarding this study, please contact the research assistant, Anna Reiff (anna.e.reiff@vanderbilt.edu), or the principal investigator, Dr. Leslie D. Kirby (leslie.kirby@vanderbilt.edu).

Thank you!

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## Demographics

Gender

- Male  
 Female

How old are you?

\_\_\_\_\_

Where are you from? (city and state, or if not from U.S., country)

\_\_\_\_\_

How tall are you? (in inches)

\_\_\_\_\_

Of what ethnic group(s) do you consider yourself a member?

- Asian or Pacific Islander  
 African-American/Black  
 Caucasian  
 East Indian  
 Hispanic/Latino  
 Middle Eastern  
 Native American  
 Other

Of what religious group or groups (if any) do you consider yourself a member?

- Agnostic  
 Atheist  
 Bahai  
 Buddhist  
 Catholic  
 Christian  
 Hindu  
 Islam  
 Jewish  
 Pagan  
 Protestant  
 Spiritual but not religious  
 Wiccan  
 Other

How much do you weigh? (in pounds)

\_\_\_\_\_

What is the approximate annual household income of the house you grew up in?

- Under \$25,000
- \$25,000 - \$40,000
- \$40,000 - \$60,000
- \$60,000 - \$75,000
- \$75,000 - \$100,000
- \$100,000 - \$150,000
- \$150,000 - \$200,000
- Over \$200,000

Please indicate the highest level of education completed by your father.

- 8th grade or less
- Some high school
- High school graduate or GED equivalent
- Some college
- 2-year college degree (Associates)
- 4-year college degree (BA, BS)
- Master's degree
- Doctoral degree (Ph.D)
- Professional degree (MD, JD)

Please indicate the highest level of education completed by your mother.

- 8th grade or less
- Some high school
- High school graduate or GED equivalent
- Some college
- 2-year college degree (Associates)
- 4-year college degree (BA, BS)
- Master's degree
- Doctoral degree (Ph.D)
- Professional degree (MD, JD)

Do you have siblings?

- No, only child
- Older sibling(s )
- Younger sibling(s )
- Both older and younger siblings

In general, would you say your health is:

- Excellent
- Very good
- Good
- Fair
- Poor

Compared to one year ago, how would you rate your health in general now?

- Much better now than one year ago
- Somewhat better now than one year ago
- About the same
- Somewhat worse now than one year ago
- Much worse now than one year ago

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**The following items are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much?**

	Yes, limited a lot	Yes, limited a little	No, not limited at all
Vigorous activities, such as running, lifting heavy objects, participating in strenuous sports	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Moderate activities, such as moving a table, pushing a vacuum cleaner, bowling, or playing golf	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lifting or carrying groceries	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Climbing several flights of stairs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Climbing one flight of stairs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bending, kneeling, or stooping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Walking more than a mile	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Walking several blocks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Walking one block	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bathing or dressing yourself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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**During the past 4 weeks, have you had any of the following problems with your work or other regular daily activities as a result of your physical health?**

	Yes	No
Cut down the amount of time you spent on work or other activities	<input type="checkbox"/>	<input type="checkbox"/>
Accomplished less than you would like	<input type="checkbox"/>	<input type="checkbox"/>
Were limited in the kind of work or other activities	<input type="checkbox"/>	<input type="checkbox"/>
Had difficulty performing the work or other activities (for example, it took extra effort)	<input type="checkbox"/>	<input type="checkbox"/>

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**During the past 4 weeks, have you had any of the following problems with your work or other regular daily activities as a result of any emotional problems (such as feeling depressed or anxious)?**

	Yes	No
Cut down the amount of time you spent on work or other activities	<input type="checkbox"/>	<input type="checkbox"/>
Accomplished less than you would like	<input type="checkbox"/>	<input type="checkbox"/>
Didn't do work or other activities as carefully as usual	<input type="checkbox"/>	<input type="checkbox"/>

During the past 4 weeks, to what extent has your physical health or emotional problems interfered with your normal social activities with family, friends, neighbors, or groups?

Not at all  
 Slightly  
 Moderately  
 Quite a bit  
 Extremely

How much bodily pain have you had during the past 4 weeks?

None  
 Very mild  
 Mild  
 Moderate  
 Severe  
 Very severe

During the past 4 weeks, how much did pain interfere with your normal work (including both work outside the home and housework)?

Not at all  
 A little bit  
 Moderately  
 Quite a bit  
 Extremely

**These questions are about how you feel and how things have been with you during the past 4 weeks. For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past 4 weeks . . .**

	All of the time	Most of the time	A good bit of the time	Some of the time	A little of the time	None of the time
Did you feel full of pep?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have you been a very nervous person?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have you felt so down in the dumps that nothing could cheer you up?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have you felt calm and peaceful?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Did you have a lot of energy?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have you felt downhearted and blue?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Did you feel worn out?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have you been a happy person?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Did you feel tired?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

During the past 4 weeks, how much of the time has your physical health or emotional problems interfered with your social activities (like visiting with friends, relatives, etc.)?

All of the time    Most of the time    Some of the time    A little of the time    None of the time

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**How TRUE or FALSE is each of the following statements for you?**

I seem to get sick a little easier than other people

Definitely true    Mostly true    Don't know    Mostly false    Definitely false

I am as healthy as anybody I know

Definitely true    Mostly true    Don't know    Mostly false    Definitely false

I expect my health to get worse

Definitely true    Mostly true    Don't know    Mostly false    Definitely false

My health is excellent

Definitely true    Mostly true    Don't know    Mostly false    Definitely false

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Are you a varsity athlete at Vanderbilt?

- Yes
- No

If so, which sport do you play?

\_\_\_\_\_

How many years have you been playing this sport competitively?

\_\_\_\_\_

Did you play a varsity sport in high school?

- Yes
- No

If so, which sport(s) did you play?

\_\_\_\_\_

How many years have you played that sport competitively?

\_\_\_\_\_

Have you ever danced competitively?

- Yes
- No

If so, what types of dance? Check all that apply.

- Ballet
- Tap
- Jazz
- Lyrical
- Hip hop
- Acrobatics
- Other

How many years have you danced competitively?

\_\_\_\_\_



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## Personal Health History

Mark any health conditions that your doctor has told you that you currently have or have had in the past:

- Allergies
- Anxiety disorder
- Asthma
- Arthritis
- Broken bones and/or stress fractures in the last 4 years
- Chronic back pain
- Chronic sinus problems
- Depression
- Diabetes
- Eating disorder
- Heart disease
- Hypertension
- Irritable Bowel Syndrome
- Migraine headaches
- Stomach ulcers

Do you currently take prescription medicines on a regular basis? If so, check all that apply.

- anti-depressants
- anti-anxiety medication
- ADD or ADHD medication
- birth control pill
- pain medication
- allergy medication
- sleep aid
- steroids
- other
- none

Do you currently take over-the-counter medications on a regular basis? If so, check all that apply.

- pain medication (i.e. Advil/ibuprofen, Tylenol/acetaminophen , Aleve/naproxen)
- laxatives/diuretics
- allergy medication (i.e. Benadryl, Claritin)
- cold medicine
- cough syrup
- sleep aid
- other
- none

How often do you use drugs (including prescriptions) that affect your mood or help you relax?

- rarely or never
- occasionally
- almost every day

How many KINDS of drugs (including prescription and over-the-counter) did you take in the past month?

\_\_\_\_\_

If female: Over the past three-to-four months have you missed any menstrual periods?

- Yes
- No

If so, how many?

\_\_\_\_\_

Smoking Status

- never smoked
- quit smoking
- presently smoke
- smoke occasionally

How many nights a week do you have more than 1-2 drinks? (1 drink = 12 oz. beer, 5 oz. wine, or 1.5 oz liquor)

\_\_\_\_\_

When you drink, how many drinks do you typically have per night? (1 drink = 12 oz. beer, 5 oz. wine, or 1.5 oz liquor)

\_\_\_\_\_

When you know you are going to drink, how often do you limit your food intake during the day in order to "save" calories for drinking?

- All the time
- Most of the time
- Some of the time
- None of the time

Since the beginning of the semester, how many times have you visited a doctor's office for a personal health problem?

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Since the beginning of the semester, how many times have you gone to the emergency room?

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Since the beginning of the semester, how many times have you been hospitalized (admitted to the hospital)?

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Since the beginning of the semester, how many days have you missed work or class due to injury or illness?

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Since the start of this semester, have you lost more than 10 pounds?

- Yes
- No

If so, were you deliberately trying to lose weight?

- Yes
- No

Since the start of this semester, have you gained more than 10 pounds?

- Yes
- No

If so, were you deliberately trying to gain weight?

- Yes
- No

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**These next questions ask about your experiences with stress in the past month. Please answer truthfully to the best of your ability and knowledge. [Never / Almost Never / Sometimes / Fairly Often / Very Often]**

In the last month, how often have you been upset because of something that happened unexpectedly?

- Never  
 Almost Never  
 Sometimes  
 Fairly Often  
 Very Often

In the last month, how often have you felt that you were unable to control the important things in your life?

- Never  
 Almost Never  
 Sometimes  
 Fairly Often  
 Very Often

In the last month, how often have you felt nervous and "stressed"?

- Never  
 Almost Never  
 Sometimes  
 Fairly Often  
 Very Often

In the last month, how often have you felt confident about your ability to handle your personal problems?

- Never  
 Almost Never  
 Sometimes  
 Fairly Often  
 Very Often

In the last month, how often have you felt that things were going your way?

- Never  
 Almost Never  
 Sometimes  
 Fairly Often  
 Very Often

In the last month, how often have you found that you could not cope with all the things that you had to do?

- Never  
 Almost Never  
 Sometimes  
 Fairly Often  
 Very Often

In the last month, how often have you been able to control irritations in your life?

- Never  
 Almost Never  
 Sometimes  
 Fairly Often  
 Very Often

In the last month, how often have you felt that you were on top of things?

- Never  
 Almost Never  
 Sometimes  
 Fairly Often  
 Very Often

In the last month, how often have you been angered because of things that were outside of your control?

- Never  
 Almost Never  
 Sometimes  
 Fairly Often  
 Very Often

In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?

- Never  
 Almost Never  
 Sometimes  
 Fairly Often  
 Very Often

How many traumatic life events have you experienced in the last year, such as loss of a loved one, divorce, financial crisis, severe conflict, violence, major illness, sexual assault, or other event?

- 0
- 1
- 2
- 3 or more

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## Eating Habits

How often do you eat a healthy breakfast?

- seldom  
 occasionally  
 daily or most days

How often do you try a new diet?

- Never    Once a year    Once every 6 months    Once every 3 months    Once a month  
 More than once a month

How many servings of whole-grain breads and cereals do you eat daily? (1 serving = 1 slice whole wheat bread; 1/2 cup cooked oatmeal, brown rice or other whole-grain cereal)

- 0  
 1  
 2  
 3  
 4  
 5  
 6 or more

How many cups of fruit do you eat daily? (1 cup = 1 medium apple, orange, banana; 1 cup berries or cut fresh fruit; 1/2 cooked fruit; 3/4 cup or 6 oz. 100% fruit juice)

- 0  
 1/2  
 1  
 1 1/2  
 2  
 2 1/2  
 3  
 3 1/2  
 4 or more

How many cups of vegetables do you eat daily? (1 cup raw or cooked veggies, 2 cups salad greens, 1 cup (8 oz.) of vegetable juice)

- 0  
 1/2  
 1  
 1 1/2  
 2  
 2 1/2  
 3  
 3 1/2  
 4 or more

How many servings of protein do you eat daily? (1 serving = 2 oz. lean meat, fish, or poultry; small hamburger, 1 hot dog, 1 beef taco, 2 luncheon meat slices, 2 eggs. Plant proteins: 1/2 cup beans or tofu, 1 vegetarian burger or other meat alternatives)

- 0  
 1  
 2  
 2 1/2  
 3  
 3 1/2  
 4 or more

What kind of protein foods do you eat most often?

- hamburger, hot dogs, bologna, steaks, sour cream, cheese, whole milk, eggs, fried chicken, tacos, and many fast foods  
 low-fat protein foods: lean meats, skinless poultry, fish, skim milk, low-fat dairy products, and legumes (peas and beans)  
 plant proteins: legumes (peas, beans, lentils, and garbanzo), tofu, soy meat alternates, nut foods, seeds, veggie burger, and vegetarian entrees

What kind of fats do you usually use?

- butter, stick margarine, shortening, meat drippings  
 transfat-free margarine, vegetable oils, or no added fats  
 use both about the same

How many servings of dairy do you eat daily? (1 serving = 1 cup milk or yogurt, 1 slice (1 oz.) cheese, 1/2 cottage cheese, 1 cup fortified soymilk)

- 0  
 1  
 2  
 3  
 4  
 5  
 6 or more

How many servings of nuts and seeds do you eat weekly? [1 serving = 1/2-1 oz. nuts (e.g. almonds, cashews, peanuts, etc.), or 1/2-1 oz. seeds (e.g. sunflower, pumpkin, flax, etc.), or 2 tablespoons of nut butter]

- 0  
 1  
 2  
 3  
 4  
 5  
 6 or more

How many servings of SWEETS do you eat daily? [1 serving = 3-4 tbsp sugar, 2 tbsp syrup or jelly, 8 oz. soft drink, or desserts (e.g. candy, cookie, 1/2 cup ice cream, 1 small piece cake or pie)]

- 0  
 1  
 2  
 3  
 4  
 5  
 6 or more

How many cups (8 oz) of water do you drink daily?

- 0  
 1  
 2  
 3  
 4  
 5  
 6  
 7 or more

In the past year, how often have you done a cleanse or juice fast?

- Never  
 Once a year  
 Once every 6 months  
 Once every 3 months  
 Once a month  
 More than once a month

How much salt do you use?

- use salt sparingly and limit salty foods  
 don't think about limiting salt or salty foods  
 like salt, often salt foods or eat salty foods

Which of the following supplements and vitamins do you take regularly (almost every day)? Check all that apply.

- Calcium  
 Vitamin D  
 Vitamin B12  
 Multivitamin  
 Omega-3 or fish oil  
 Vitamin C  
 Other

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How often do you feel that you eat too frequently?

- Never  
 Almost Never  
 Sometimes  
 Fairly Often  
 Very Often

How often do you feel that you don't eat frequently enough?

- Never  
 Almost Never  
 Sometimes  
 Fairly Often  
 Very Often

How often do you hide what you have eaten from others?

- Never  
 Almost Never  
 Sometimes  
 Fairly Often  
 Very Often

How often does your weight affect the way you feel about yourself?

- Never  
 Almost Never  
 Sometimes  
 Fairly Often  
 Very Often

To what degree does your weight affect the way you feel about yourself?

- Positively  
 Somewhat positively  
 Neither positively nor negatively  
 Somewhat negatively  
 Negatively

When I get upset or stressed about something, I feel I must exercise or go on a run...

- All of the time  
 Most of the time  
 Some of the time  
 A little of the time  
 None of the time

How often do you worry you have lost control over how much you eat?

- Never  
 Once a month or less  
 2-3 times a month  
 Once a week  
 2-4 times a week  
 Every day

How often do you believe yourself to be fat when others say you are thin?

- Never  
 Almost Never  
 Sometimes  
 Fairly Often  
 Very Often

How many times do you exercise during a typical week?

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When you exercise, how long are you typically active? (in minutes)

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On a scale from 1 to 10, how intense is your typical activity? (1 would be equivalent to walking; 10 would be equivalent to an all-out sprint)

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How many years have you been exercising in the manner in which you exercise currently?

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**In a typical week, how many minutes do you spend in the following activities?**

Running/jogging?	_____
Swimming?	_____
Biking?	_____
Walking?	_____
Weight lifting?	_____
Yoga/Pilates?	_____
Elliptical?	_____
Core/abs strengthening exercises?	_____
Racquet sports (i.e. tennis)?	_____
Dance classes? (i.e. zumba, ballet, etc.)?	_____
Sports practice (i.e. basketball, soccer, lacrosse)?	_____
Other?	_____



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**Please indicate your level of agreement or disagreement with the following statements:**

I exercise to be thin.

- Strongly disagree
- Somewhat disagree
- Neither agree nor disagree
- Somewhat agree
- Strongly agree

I exercise to be fit.

- Strongly disagree
- Somewhat disagree
- Neither agree nor disagree
- Somewhat agree
- Strongly agree

I exercise to be healthy.

- Strongly disagree
- Somewhat disagree
- Neither agree nor disagree
- Somewhat agree
- Strongly agree

I am satisfied with my current weight.

- Strongly disagree
- Somewhat disagree
- Neither agree nor disagree
- Somewhat agree
- Strongly agree

I am satisfied with my current fitness level.

- Strongly disagree
- Somewhat disagree
- Neither agree nor disagree
- Somewhat agree
- Strongly agree

It is normal for my weight to fluctuate a few pounds up and down over the course of the year.

- Strongly disagree
- Somewhat disagree
- Neither agree nor disagree
- Somewhat agree
- Strongly agree

I exercise to prevent gaining weight.

- Strongly disagree
- Somewhat disagree
- Neither agree nor disagree
- Somewhat agree
- Strongly agree

The thought of food dominates my life.

- Strongly disagree
- Somewhat disagree
- Neither agree nor disagree
- Somewhat agree
- Strongly agree

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**Listed below are a series of statements about people's exercise habits. Please indicate the number that reflects how often you could make the following statements: [Never / Sometimes / Usually / Always]**

I engage in physical exercise on a daily basis.

Never  
 Sometimes  
 Usually  
 Always

I exercise more than three days per week.

Never  
 Sometimes  
 Usually  
 Always

When I don't exercise I feel guilty.

Never  
 Sometimes  
 Usually  
 Always

I sometimes feel like I don't want to exercise, but I go ahead and push myself anyway.

Never  
 Sometimes  
 Usually  
 Always

If I feel I have overeaten, I will try to make up for it by increasing the amount I exercise.

Never  
 Sometimes  
 Usually  
 Always

When I miss an exercise session, I feel concerned about my body possibly getting out of shape.

Never  
 Sometimes  
 Usually  
 Always

If I have planned to exercise at a particular time and something unexpected comes up (like an old friend comes to visit or I have some work to do that needs immediate attention) I will usually skip my exercise for that day.

Never  
 Sometimes  
 Usually  
 Always

If I miss a planned workout I attempt to make up for it the next day.

Never  
 Sometimes  
 Usually  
 Always

I may miss a day of exercise for no good reason.

Never  
 Sometimes  
 Usually  
 Always

When I miss a scheduled exercise session I may feel tense, irritable, or depressed.

Never  
 Sometimes  
 Usually  
 Always

Sometimes, I feel a need to exercise twice in one day, even though I may feel a little tired.

Never  
 Sometimes  
 Usually  
 Always

I keep a record of my exercise performance, such as how long I work out, how far or fast I run.

Never  
 Sometimes  
 Usually  
 Always

I have exercised when advised against such activity  
(i.e. by a doctor, friend, etc.)

- Never
- Sometimes
- Usually
- Always

I will engage in other forms of exercise if I am  
unable to engage in my usual form of exercise.

- Never
- Sometimes
- Usually
- Always

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How often do you weigh yourself on a scale?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

How often do you keep a food diary (or the equivalent of one)?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

How often do you keep track of your calorie intake?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

How often do you record the number of fats/lipids that you consume?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

How often do you record the amount of protein that you consume?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

How often do you record the number of carbohydrates/sugars that you consume?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

How often do you record the amount of water that you drink?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

How would you rank your food intake in comparison to other Vanderbilt students of the same age and gender?

- I eat considerably less than the average Vanderbilt student eats
- I eat a little less than the average Vanderbilt student eats
- I eat about the same amount of food as the average Vanderbilt student
- I eat a little more food than the average Vanderbilt student eats
- I eat considerably more food than the average Vanderbilt student eats

In the past 6 months, how often have you felt unable to control how much you eat?

- Never
- Once a month or less
- 2-3 times a month
- Once a week
- 2-6 times a week

How often do you make yourself sick because you feel uncomfortably full?

- Never
- Once a month or less
- 2-3 times a month
- Once a week
- 2-4 times a week
- Every day

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**Indicate the extent to which you experience the following thoughts, feelings, and behaviors.**

- I plan the meals I am going to eat in advance.
- Always  
 Usually  
 Sometimes  
 Rarely  
 Never
- I eat sweets and carbohydrates without feeling nervous.
- Always  
 Usually  
 Sometimes  
 Rarely  
 Never
- I feel guilty when I eat too much.
- Always  
 Usually  
 Sometimes  
 Rarely  
 Never
- I am fearful of gaining weight.
- Always  
 Usually  
 Sometimes  
 Rarely  
 Never
- I eat when I am upset.
- Always  
 Usually  
 Sometimes  
 Rarely  
 Never
- I eat more when I am by myself than when I am around other people.
- Always  
 Usually  
 Sometimes  
 Rarely  
 Never
- I prefer to eat and/or drink alone.
- Always  
 Usually  
 Sometimes  
 Rarely  
 Never
- I am aware of the calorie content of the foods that I eat.
- Always  
 Usually  
 Sometimes  
 Rarely  
 Never
- I feel uncomfortable after eating sweets.
- Always  
 Usually  
 Sometimes  
 Rarely  
 Never
- I have the impulse to empty my stomach after large meals.
- Always  
 Usually  
 Sometimes  
 Rarely  
 Never

I feel satisfied with the shape of my body.

- Always
- Usually
- Sometimes
- Rarely
- Never

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**We are interested in how people respond when they confront difficult of stressful events in their lives. There are a lot of ways to try to deal with stress. The questionnaire asks you to indicate what you generally feel, when you experience stressful events. Obviously, different events bring out somewhat different responses, but think about what you usually do when you are under a lot of stress. Respond to each of the following items by using the response choices listed below. Please try to respond to each item separately in your mind from each other item. Choose your answers thoughtfully and make your answers as true FOR YOU as you can. Please answer every item. There are no "right" or "wrong" answers, so choose the most accurate answer for YOU -- not what you think most people would say or do. Indicate what YOU USUALLY do when YOU experience a stressful event.**

I try to grow as a person as a result of the experience.

- I usually don't do this at all     I usually do this a little bit     I usually do this a medium amount  
 I usually do this a lot

I turn to work or other substitute activities to take my mind off things.

- I usually don't do this at all     I usually do this a little bit     I usually do this a medium amount  
 I usually do this a lot

I try to keep my feelings from interfering with things too much.

- I usually don't do this at all     I usually do this a little bit     I usually do this a medium amount  
 I usually do this a lot

I go off by myself to be alone.

- I usually don't do this at all     I usually do this a little bit     I usually do this a medium amount  
 I usually do this a lot

I tell myself that it isn't that big a deal.

- I usually don't do this at all     I usually do this a little bit     I usually do this a medium amount  
 I usually do this a lot

I meditate to clear my head.

- I usually don't do this at all     I usually do this a little bit     I usually do this a medium amount  
 I usually do this a lot

I wish the situation would go away or somehow be over with.

- I usually don't do this at all     I usually do this a little bit     I usually do this a medium amount  
 I usually do this a lot

I tell myself I can deal with it.

- I usually don't do this at all     I usually do this a little bit     I usually do this a medium amount  
 I usually do this a lot

I think about how I've brought this on myself.

- I usually don't do this at all     I usually do this a little bit     I usually do this a medium amount  
 I usually do this a lot



I get upset and let my emotions out.

- I usually don't do this at all    I usually do this a little bit    I usually do this a medium amount  
 I usually do this a lot

I try to get advice from someone about what to do.

- I usually don't do this at all    I usually do this a little bit    I usually do this a medium amount  
 I usually do this a lot

I say to myself "this isn't real."

- I usually don't do this at all    I usually do this a little bit    I usually do this a medium amount  
 I usually do this a lot

I put my trust in God.

- I usually don't do this at all    I usually do this a little bit    I usually do this a medium amount  
 I usually do this a lot

I laugh about the situation.

- I usually don't do this at all    I usually do this a little bit    I usually do this a medium amount  
 I usually do this a lot

I admit to myself that I can't deal with it, and quit trying.

- I usually don't do this at all    I usually do this a little bit    I usually do this a medium amount  
 I usually do this a lot

I discuss my feelings with someone else.

- I usually don't do this at all    I usually do this a little bit    I usually do this a medium amount  
 I usually do this a lot

I take drugs to make myself feel better.

- I usually don't do this at all    I usually do this a little bit    I usually do this a medium amount  
 I usually do this a lot

I get used to the idea that it happened.

- I usually don't do this at all    I usually do this a little bit    I usually do this a medium amount  
 I usually do this a lot

I get upset, and am really aware of it.

- I usually don't do this at all    I usually do this a little bit    I usually do this a medium amount  
 I usually do this a lot

I seek God's help.

- I usually don't do this at all    I usually do this a little bit    I usually do this a medium amount  
 I usually do this a lot

I make a plan of action.

- I usually don't do this at all    I usually do this a little bit    I usually do this a medium amount  
 I usually do this a lot

I hope a miracle will happen.

- I usually don't do this at all    I usually do this a little bit    I usually do this a medium amount  
 I usually do this a lot

I try to keep my feelings to myself.

- I usually don't do this at all    I usually do this a little bit    I usually do this a medium amount  
 I usually do this a lot

I make jokes about it.

- I usually don't do this at all    I usually do this a little bit    I usually do this a medium amount  
 I usually do this a lot

I accept that this has happened and can't be changed.

- I usually don't do this at all    I usually do this a little bit    I usually do this a medium amount  
 I usually do this a lot

I keep myself busy so I won't have to think about what is going on.

- I usually don't do this at all    I usually do this a little bit    I usually do this a medium amount  
 I usually do this a lot

I avoid being with people in general.

- I usually don't do this at all    I usually do this a little bit    I usually do this a medium amount  
 I usually do this a lot

I criticize or lecture myself.

- I usually don't do this at all    I usually do this a little bit    I usually do this a medium amount  
 I usually do this a lot

I tell myself that other things are more important to me.

- I usually don't do this at all    I usually do this a little bit    I usually do this a medium amount  
 I usually do this a lot

I tell myself that I can keep going.

- I usually don't do this at all    I usually do this a little bit    I usually do this a medium amount  
 I usually do this a lot

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I meditate to get focus.

- I usually don't do this at all    I usually do this a little bit    I usually do this a medium amount  
 I usually do this a lot

I just give up trying to reach my goal.

- I usually don't do this at all    I usually do this a little bit    I usually do this a medium amount  
 I usually do this a lot

I take additional action to try to get rid of the problem.

- I usually don't do this at all    I usually do this a little bit    I usually do this a medium amount  
 I usually do this a lot

I drink alcohol, in order to think about it less.

- I usually don't do this at all    I usually do this a little bit    I usually do this a medium amount  
 I usually do this a lot

I refuse to believe that it has happened.

- I usually don't do this at all    I usually do this a little bit    I usually do this a medium amount  
 I usually do this a lot

I let out my feelings.

- I usually don't do this at all    I usually do this a little bit    I usually do this a medium amount  
 I usually do this a lot

I try to see it in a different light, to make it seem more positive.

- I usually don't do this at all    I usually do this a little bit    I usually do this a medium amount  
 I usually do this a lot

I try to come up with a strategy about what to do.

- I usually don't do this at all    I usually do this a little bit    I usually do this a medium amount  
 I usually do this a lot

I try to lose myself for a while by using drugs.

- I usually don't do this at all    I usually do this a little bit    I usually do this a medium amount  
 I usually do this a lot

I kid around about it.

- I usually don't do this at all    I usually do this a little bit    I usually do this a medium amount  
 I usually do this a lot

I give up the attempt to get what I want.

- I usually don't do this at all    I usually do this a little bit    I usually do this a medium amount  
 I usually do this a lot

I look for something good in what's happening.

- I usually don't do this at all    I usually do this a little bit    I usually do this a medium amount  
 I usually do this a lot

I pretend that it hasn't really happened.

- I usually don't do this at all     I usually do this a little bit     I usually do this a medium amount  
 I usually do this a lot

I go to the movies or watch TV, to think about it less.

- I usually don't do this at all     I usually do this a little bit     I usually do this a medium amount  
 I usually do this a lot

I accept the reality of the fact that it happened.

- I usually don't do this at all     I usually do this a little bit     I usually do this a medium amount  
 I usually do this a lot

I ask people who have had similar experiences what they did.

- I usually don't do this at all     I usually do this a little bit     I usually do this a medium amount  
 I usually do this a lot

I wish that I could change the way that things are going.

- I usually don't do this at all     I usually do this a little bit     I usually do this a medium amount  
 I usually do this a lot

I keep others from knowing how bad things are.

- I usually don't do this at all     I usually do this a little bit     I usually do this a medium amount  
 I usually do this a lot

I try to get as far away from other people as I can.

- I usually don't do this at all     I usually do this a little bit     I usually do this a medium amount  
 I usually do this a lot

I blame myself for what's happening.

- I usually don't do this at all     I usually do this a little bit     I usually do this a medium amount  
 I usually do this a lot

I feel a lot of emotional distress and I find myself expressing those feelings a lot.

- I usually don't do this at all     I usually do this a little bit     I usually do this a medium amount  
 I usually do this a lot

I take direct action to get around the problem.

- I usually don't do this at all     I usually do this a little bit     I usually do this a medium amount  
 I usually do this a lot

I try to find comfort in my religion.

- I usually don't do this at all     I usually do this a little bit     I usually do this a medium amount  
 I usually do this a lot

I make fun of the situation.

- I usually don't do this at all     I usually do this a little bit     I usually do this a medium amount  
 I usually do this a lot

I reduce the amount of effort I'm putting into solving the problem.

- I usually don't do this at all     I usually do this a little bit     I usually do this a medium amount  
 I usually do this a lot

I tell myself that it doesn't matter that much to me.

- I usually don't do this at all    I usually do this a little bit    I usually do this a medium amount  
 I usually do this a lot

I tell myself that I can handle it, no matter how bad it gets.

- I usually don't do this at all    I usually do this a little bit    I usually do this a medium amount  
 I usually do this a lot

I use meditation to gain perspective.

- I usually don't do this at all    I usually do this a little bit    I usually do this a medium amount  
 I usually do this a lot

I talk to someone about how I feel.

- I usually don't do this at all    I usually do this a little bit    I usually do this a medium amount  
 I usually do this a lot

I use alcohol to help me get through it.

- I usually don't do this at all    I usually do this a little bit    I usually do this a medium amount  
 I usually do this a lot

I learn to live with it.

- I usually don't do this at all    I usually do this a little bit    I usually do this a medium amount  
 I usually do this a lot

I act as though it hasn't even happened.

- I usually don't do this at all    I usually do this a little bit    I usually do this a medium amount  
 I usually do this a lot

I learn something from the experience.

- I usually don't do this at all    I usually do this a little bit    I usually do this a medium amount  
 I usually do this a lot

I pray more than usual.

- I usually don't do this at all    I usually do this a little bit    I usually do this a medium amount  
 I usually do this a lot

I meditate to relax.

- I usually don't do this at all    I usually do this a little bit    I usually do this a medium amount  
 I usually do this a lot

I tell myself I can get over it.

- I usually don't do this at all    I usually do this a little bit    I usually do this a medium amount  
 I usually do this a lot

I tell myself it's not that bad.

- I usually don't do this at all    I usually do this a little bit    I usually do this a medium amount  
 I usually do this a lot

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**How often in the last month have you had each of the following feelings or experiences? You should say "rarely or none of the time" if you felt this way as a result of medicine prescribed by a doctor.**

I was bothered by things that don't usually bother me.

- Rarely or none of the time     Some or a little of the time     A moderate amount of time  
 Most or all of the time

I did not feel like eating; my appetite was poor

- Rarely or none of the time     Some or a little of the time     A moderate amount of time  
 Most or all of the time

I felt that I could not shake off the blues, even with help from my family and friends.

- Rarely or none of the time     Some or a little of the time     A moderate amount of time  
 Most or all of the time

I felt that I was just as good as other people.

- Rarely or none of the time     Some or a little of the time     A moderate amount of time  
 Most or all of the time

I had trouble keeping my mind on what I was doing.

- Rarely or none of the time     Some or a little of the time     A moderate amount of time  
 Most or all of the time

I felt depressed.

- Rarely or none of the time     Some or a little of the time     A moderate amount of time  
 Most or all of the time

I felt that everything I did was an effort.

- Rarely or none of the time     Some or a little of the time     A moderate amount of time  
 Most or all of the time

I felt hopeful about the future.

- Rarely or none of the time     Some or a little of the time     A moderate amount of time  
 Most or all of the time

I thought my life had been a failure.

- Rarely or none of the time     Some or a little of the time     A moderate amount of time  
 Most or all of the time

I felt fearful.

- Rarely or none of the time     Some or a little of the time     A moderate amount of time  
 Most or all of the time

My sleep was restless.

- Rarely or none of the time     Some or a little of the time     A moderate amount of time  
 Most or all of the time

I was happy.

- Rarely or none of the time     Some or a little of the time     A moderate amount of time  
 Most or all of the time

I talked less than usual.

- Rarely or none of the time     Some or a little of the time     A moderate amount of time  
 Most or all of the time

I felt lonely.

- Rarely or none of the time     Some or a little of the time     A moderate amount of time  
 Most or all of the time

People were unfriendly.

- Rarely or none of the time     Some or a little of the time     A moderate amount of time  
 Most or all of the time

I enjoyed life.

- Rarely or none of the time     Some or a little of the time     A moderate amount of time  
 Most or all of the time

I had crying spells.

- Rarely or none of the time     Some or a little of the time     A moderate amount of time  
 Most or all of the time

I felt sad.

- Rarely or none of the time     Some or a little of the time     A moderate amount of time  
 Most or all of the time

I felt that people disliked me.

- Rarely or none of the time     Some or a little of the time     A moderate amount of time  
 Most or all of the time

I could not "get going".

- Rarely or none of the time     Some or a little of the time     A moderate amount of time  
 Most or all of the time

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**The following questions ask about your acquaintances, friends and relatives. Different people feel differently about the number of people they see and the number of friends they have. Indicate how often you are BOTHERED by the following things.**

How often are you BOTHERED by not having a close companion?

never  rarely  sometimes  quite often  very often

How often are you BOTHERED by not seeing enough of people you feel close to?

never  rarely  sometimes  quite often  very often

How often are you BOTHERED by not having enough close friends?

never  rarely  sometimes  quite often  very often

How often are you BOTHERED by not having someone who shows you love and affection?

never  rarely  sometimes  quite often  very often



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**The next three items ask about GETTING HELP FROM OTHERS. Please indicate whether or not you feel like you would receive help in these situations if you needed it.**

If you needed help (e.g. with cleaning or making small repairs) could you get someone to help you without paying them?

definitely yes    probably yes    maybe    probably not    definitely not

If you couldn't use your car or your usual way of getting around for a week, could you find someone who would be willing to take you where you needed to go?

definitely yes    probably yes    maybe    probably not    definitely not

If you needed to borrow a fairly large sum of money, do you have someone or somewhere you could borrow it from?

definitely yes    probably yes    maybe    probably not    definitely not

How many close friends would you say you have?

none    1 or 2    3-5    6-9    10 or more

How many relatives do you have that you feel close to?

none    1 or 2    3-5    6-9    10 or more

How many people do you know who you feel really understand what you're going through in your life right now?

none    1 or 2    3-5    6-9    10 or more

How many service clubs/organizations do you regularly participate in?

\_\_\_\_\_

How many social clubs/organizations do you regularly participate in? (e.g. sorority, fraternity, juggling club, etc.)

\_\_\_\_\_

How many religious or faith-based groups/organizations do you regularly participate in?

\_\_\_\_\_

Are you currently in a romantic relationship?

- yes, with someone from home  
 yes, with someone from Vanderbilt  
 no, but would like to be  
 no, and not interested in a relationship right now

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**Please indicate the extent to which you experience the following thoughts, feelings, and behaviors.**

I feel pleasant.

almost never    sometimes    often    almost always

I feel nervous and restless.

almost never    sometimes    often    almost always

I feel satisfied with myself.

almost never    sometimes    often    almost always

I wish I could be as happy as others seems to be.

almost never    sometimes    often    almost always

I feel like a failure.

almost never    sometimes    often    almost always

I feel rested.

almost never    sometimes    often    almost always

I am "calm, cool and collected".

almost never    sometimes    often    almost always

I feel that difficulties are piling up so that I cannot overcome them.

almost never    sometimes    often    almost always

I worry too much over something that really doesn't matter.

almost never    sometimes    often    almost always

I am happy.

almost never    sometimes    often    almost always

I have disturbing thoughts.

almost never    sometimes    often    almost always

I lack self-confidence.

almost never    sometimes    often    almost always

I feel secure.

almost never    sometimes    often    almost always

I make decisions easily.

almost never    sometimes    often    almost always

I feel inadequate.

almost never    sometimes    often    almost always

I am content.

almost never    sometimes    often    almost always

Some unimportant thought runs through my mind and bothers me.

almost never    sometimes    often    almost always

I take disappointments so keenly that I can't put them out of my mind.

almost never    sometimes    often    almost always

I am a steady person.

almost never    sometimes    often    almost always

I get in a state of tension or turmoil as I think over my recent concerns and interest.

almost never    sometimes    often    almost always

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**Please indicate the extent to which you agree or disagree with the following statements as they apply to your life.**

It makes me uneasy to see an error in my work.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree

One of my goals is to be perfect in everything I do.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree

I never aim for perfection in my work.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree

I must work to my full potential at all times.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree

I must always be successful at school or work.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree

I have high expectations for the people who are important to me.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree

I do not have very high standards for those around me.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree

If I ask someone to do something, I expect it to be done flawlessly.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree

I can't be bothered with people who won't strive to better themselves.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree

I think my belly is too big.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree

The people who matter to me should never let me down.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree

The better I do, the better I am expected to do.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree

My family expects me to be perfect.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree

Those around me readily accept that I can make mistakes too.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree

The people around me expect me to succeed at everything I do.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree

Anything that I do that is less than excellent will be seen as poor work by those around me.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree

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My parents set very high standards for me.

- Strongly agree  
 Agree  
 Neither agree or disagree  
 Disagree  
 Strongly disagree

Organization is very important to me.

- Strongly agree  
 Agree  
 Neither agree or disagree  
 Disagree  
 Strongly disagree

As a child, I was punished for doing things less than perfect.

- Strongly agree  
 Agree  
 Neither agree or disagree  
 Disagree  
 Strongly disagree

I think that my hips are just the right size.

- Strongly agree  
 Agree  
 Neither agree or disagree  
 Disagree  
 Strongly disagree

If I do not set the highest standards for myself, I am likely to end up a second-rate person.

- Strongly agree  
 Agree  
 Neither agree or disagree  
 Disagree  
 Strongly disagree

My parents never tried to understand my mistakes

- Strongly agree  
 Agree  
 Neither agree or disagree  
 Disagree  
 Strongly disagree

It is important to me that I be thoroughly competent in everything I do.

- Strongly agree  
 Agree  
 Neither agree or disagree  
 Disagree  
 Strongly disagree

I am a neat person.

- Strongly agree  
 Agree  
 Neither agree or disagree  
 Disagree  
 Strongly disagree

I try to be an organized person.

- Strongly agree  
 Agree  
 Neither agree or disagree  
 Disagree  
 Strongly disagree

If I fail at work/school, I am a failure as a person.

- Strongly agree  
 Agree  
 Neither agree or disagree  
 Disagree  
 Strongly disagree

I should be upset if I make a mistake.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree

I think that my thighs are too large.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree

My parents wanted me to be the best at everything.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree

I set higher goals than most people.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree

If someone does a task at work/school better than I, then I feel like I failed the whole task.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree

If I fail partly, it is as bad as being a complete failure.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree

I think that my belly is just the right size.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree

Only outstanding performance is good enough in my family.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree

I am very good at focusing my efforts on attaining a goal.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree

Even when I do something very carefully, I often feel that it is not quite right.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree

I hate being less than the best at things.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree

I have extremely high goals.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree



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My parents have expected excellence from me.

- Strongly agree  
 Agree  
 Neither agree or disagree  
 Disagree  
 Strongly disagree

People will probably think less of me if I make a mistake.

- Strongly agree  
 Agree  
 Neither agree or disagree  
 Disagree  
 Strongly disagree

I never felt like I could meet my parents' expectations

- Strongly agree  
 Agree  
 Neither agree or disagree  
 Disagree  
 Strongly disagree

If I do not do as well as other people, it means I am an inferior human being.

- Strongly agree  
 Agree  
 Neither agree or disagree  
 Disagree  
 Strongly disagree

Other people seem to accept lower standards from themselves than I do.

- Strongly agree  
 Agree  
 Neither agree or disagree  
 Disagree  
 Strongly disagree

I like the shape of my buttocks.

- Strongly agree  
 Agree  
 Neither agree or disagree  
 Disagree  
 Strongly disagree

If I do not do well all the time, people will not respect me.

- Strongly agree  
 Agree  
 Neither agree or disagree  
 Disagree  
 Strongly disagree

My parents have always had higher expectations for my future than I have.

- Strongly agree  
 Agree  
 Neither agree or disagree  
 Disagree  
 Strongly disagree

I try to be a neat person.

- Strongly agree  
 Agree  
 Neither agree or disagree  
 Disagree  
 Strongly disagree

I usually have doubts about the simple everyday things I do.

- Strongly agree  
 Agree  
 Neither agree or disagree  
 Disagree  
 Strongly disagree

Neatness is very important to me.

- Strongly agree  
 Agree  
 Neither agree or disagree  
 Disagree  
 Strongly disagree

I expect higher performance in my daily tasks than most people.

- Strongly agree  
 Agree  
 Neither agree or disagree  
 Disagree  
 Strongly disagree

I think my hips are too big.

- Strongly agree  
 Agree  
 Neither agree or disagree  
 Disagree  
 Strongly disagree

I am an organized person.

- Strongly agree  
 Agree  
 Neither agree or disagree  
 Disagree  
 Strongly disagree

I tend to get behind in my work because I repeat things over and over.

- Strongly agree  
 Agree  
 Neither agree or disagree  
 Disagree  
 Strongly disagree

It takes me a long time to do something "right."

- Strongly agree  
 Agree  
 Neither agree or disagree  
 Disagree  
 Strongly disagree

I think that my thighs are just the right size.

- Strongly agree  
 Agree  
 Neither agree or disagree  
 Disagree  
 Strongly disagree

The fewer mistakes I make, the more people will like me.

- Strongly agree  
 Agree  
 Neither agree or disagree  
 Disagree  
 Strongly disagree

I never felt like I could meet my parents' standards.

- Strongly agree  
 Agree  
 Neither agree or disagree  
 Disagree  
 Strongly disagree

In most ways my life is close to ideal.

- Strongly agree    Agree    Neither agree or disagree    Disagree    Strongly disagree

The conditions of my life are excellent.

- Strongly agree    Agree    Neither agree or disagree    Disagree    Strongly disagree

I am satisfied with my life.

- Strongly agree    Agree    Neither agree or disagree    Disagree    Strongly disagree

I think my buttocks are too large.

- Strongly agree    Agree    Neither agree or disagree    Disagree    Strongly disagree

So far I have gotten the important things I want in life.

- Strongly agree    Agree    Neither agree or disagree    Disagree    Strongly disagree

If I could live my life over, I would change almost nothing.

- Strongly agree    Agree    Neither agree or disagree    Disagree    Strongly disagree

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## Safety Behaviors

When driving or riding in a car, what percentage of the time do you wear a seat belt?

- 0
- 25%
- 50%
- 70%
- 90%
- 100%

How many times in the last 6 months did you drive within an hour of having 2 or more drinks, or ride with another driver who had?

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7 or more

Are you careful to use safe sexual practices to prevent unintended pregnancies and sexually transmitted diseases (no sexual contact, always use condoms, or relations with only one uninfected, mutually faithful partner)?

- always
- most of the time
- seldom or never

Are you careful to limit excess sun exposure and avoid sunburns?

- always
- sometimes
- seldom or unsure

Do you always wear a helmet when riding a motorcycle, cycling, skiing, snowboarding, inline skating, etc.?

- yes
- no
- does not apply