It’s your turn to participate in the extensive health study being conducted in Nord-Trøndelag (HUNT)!

*We hope that you have read the information sent home with you about Young HUNT and have decided to participate.*

Read the informed consent form that is inside the questionnaire and check that your name is on it. Mark it as to whether you will participate or not, sign it and hand it in to the teacher. These will be put in an envelope and sealed.

*Your name should NOT be on your questionnaire!*

To fill out the questionnaire properly you must put an X in the boxes that you think apply to you. Answer the best you can! If there are questions that you do not want to answer, skip them. When you are finished, put the questionnaire in the envelope, seal it and give the envelope to the teacher. Do this even if you haven’t finished the questionnaire.

*All your answers will be treated in the strictest of confidence!*

No one at school is allowed see your answers.

If you wish to speak to someone about the study, speak to the Young HUNT nurse at your school or ring HUNT Research Centre (see back of questionnaire).

*Good Luck and Thank You!*

Date: ___ / ___ - ___

1. Are you male or female? <male, female>

2. What grade are you in? <academic, vocational>  
   5th year Secondary School/10th grade  
   6th Form at Secondary School or College/11th grade  
   2nd year of 6th Form at Secondary School or College/12th grade  
   Folk high school

3. What type of plans do you have regarding continued studies?  
   (Put an X in one or more boxes)  
   None  
   College or university, less than 4 years  
   College or university for 4 years or more  
   Vocational school or training  
   Don’t know
WHERE YOU LIVE

4. What type of housing do you live in?
(Put an X in only one box)
Single-family house/villa
Farm
Flat in block or terraced block of flats
Terraced house/2-4 family housing
Other accommodations

5. Who do you currently live with?
(Put an X in one or more boxes)
Mother
Father
1-2 siblings
3 or more siblings
Mother’s new husband or partner
Father’s new wife or partner
Spouse/partner (boyfriend or girlfriend)/friends
Alone/in a rented room
Foster parents
Other

6. Are there fitted carpets where you live:
In the living room? <yes, no>
In your bedroom? <yes, no>

7. Is there a cat where you live (in your home)? <yes, no>

8. Is there a dog where you live (in your home)? <yes, no>

9. Are there other animals with fur where you live (in your home)? <yes, no>

YOUR HEALTH

10. How is your health at the moment?
(Put an X in the box that best describes your health)
Poor
Not so good
Good
Very good

11. Are you disabled in any of these ways (function impairment)?
(Put an X in one box on each line) <No, A little, Somewhat, Severely>
Motor ability impairment (movement)
Vision impairment
Hearing impairment
Impairment due to physical illness
Impairment due to mental health problems
12. Have you had any of these ailments in the past 12 months? (Put an X in one box on each line) <Never, Seldom, Sometimes, Often> 
A Headache (without known medical cause) 
B Neck or shoulder pain 
C Joint or muscle pain 
D Stomach pain (without known medical cause) 
E Nausea 
F Constipation 
G Diarrhoea 
H Heart palpitations 
I Bronchitis or pneumonia 
J Ear infection 
K Sinus infection 

13. If you answered "never" to all the above listed ailments, have you had any of these ailments often earlier (meaning before the last 12 months)? <yes, no> 
If YES, which ailment was it (see above list)? Write the name of the ailment or letter from above __________________________________________

WHEEZING AND ASTHMA

14. Have you ever had wheezing or whistling in the chest? <yes, no> 
If you answered NO, please skip to question 19

15. Have you had wheezing or whistling in the chest in the past 12 months? <yes, no> 
If you answered NO, please skip to question 19

16. How many attacks of wheezing have you had in the past 12 months? 
None 
1 to 3 
4 to 12 
More than 12 

17. In the past 12 months, how often, on average, has your sleep been disturbed due to wheezing? 
Never woken with wheezing 
Less than one night per week 
One or more nights per week 

18. In the past 12 months, has wheezing ever been severe enough to limit your speech to only one or two words at a time between breaths? <yes, no> 

19. Have you ever had asthma? <yes, no> 
If YES, has a doctor said that you have had asthma? <yes, no> 

20. In the past 12 months, has your chest sounded wheezy during or after exercise? <yes, no> 

21. In the last 12 months, have you had a dry cough at night apart from a cough associated with a cold or chest infection? <yes, no>
ECZEMA

22. Have you ever had an itchy rash which was coming and going for at least 6 months? <yes, no>
If you answered NO, please skip to question 27

23. Have you had this itchy rash at any time during the past 12 months? <yes, no>
If you answered NO, please skip to question 27

24. Have you had this itchy rash in the following places: the folds of your elbow (inside), back of your knees, on the front of your ankles, under your buttocks or around your neck, ears or eyes? <yes, no>

25. Has this rash cleared completely at any time during the past 12 months? <yes, no>

26. In the last 12 months, how often on the average have you been kept awake at night by this itchy rash?
Never in the past 12 months
Less than 1 night per week
1 or more nights per week

27. Have you ever had eczema? <yes, no>

RHINITIS

All these questions are about problems which occur when you DO NOT have a cold or the flu.

28. Have you ever had a problem with sneezing, or a runny, or blocked nose when you DID NOT have a cold or the flu? <yes, no>
If you answered NO, please skip to question 33

29. In the past 12 months, have you had a problem with sneezing, or a runny, or blocked nose when you DID NOT have a cold or the flu? <yes, no>
If you answered NO, please skip to question 33

30. In the past 12 months, has this nose problem been accompanied by itchy-watery eyes? <yes, no>

31. In which of the past 12 months did this nose problem occur?
(Put an X in the box for any which apply)
January
February
March
April
May
June
July
August
September
October
November
December

32. In the past 12 months, how much did this nose problem interfere with your daily activities?
<Not at all, A little, A moderate amount, A lot>
33. Have you ever had hay fever? <yes, no>

**ALLERGIES**

34. Do you have any allergies? <Yes, No, Don't know>

If you answered NO, please skip to question 37

35. What do you think you are allergic to? Put an X in the boxes to describe how you are affected by each item listed in the left column. (Put an X in one or more boxes for each line.)<No, Nose, Eyes, Eczema, Stomach reaction, Asthma/problems breathing, Other>

- Dogs
- Cats
- Other animals
- Grass/trees
- House dust
- Food
- Smoke
- Other

36. Has a doctor given you any allergy tests (blood tests, skin tests)? <yes, no>

**MEDICINE**

37. Do you take/use any of these medicines or dietary supplements? Think about what you use these for. (Put an X in a box on every line.)<never, sometimes, almost daily>

- Pain relievers
- Migraine medicine
- Sleep medicine
- Nerve medicine
- Relaxants
- Asthma medicine
- Allergy medicine
- Eczema cream
- Laxatives
- Iron tablets
- Vitamins
- Cod liver oil
- Homeopathic medicine, herbal medicine
- Other

List Other here: ________________________________
CONCERNING OTHER ILLNESSES

38. Has a doctor diagnosed you with:
   Epilepsy <yes, no>
   Diabetes <yes, no>
   Migraines <yes, no>

39. Have you had any other illness that lasted longer than 3 months? <yes, no>
   If YES, which? __________________________

TOBACCO

40. Does anyone you live with smoke at home?
   (Put an X in one or more boxes)
   No, nobody
   Yes, my mother
   Yes, my father
   Yes, a sibling
   Yes, other people

41. Have you tried smoking? (at least one cigarette) <yes, no>
   If you answered NO, go to question 45

42. Do you smoke? (Put an X in the appropriate box and write in the number of cigarettes. A package
   of loose tobacco equals approx. 50 cigarettes.)
   Yes, I smoke about _____ cigarettes daily.
   Yes, I smoke occasionally, but not daily.
   No, not anymore, but previously I smoked once in a while.
   No, not anymore, but previously I smoked about _____ cigarettes daily.
   No, I don’t smoke.
   If you answered NO, I DON’T SMOKE, go to question 45

43. How old were you when you began smoking? _______ years old

44. How many years in total have you smoked daily? _______ years

45. Does the smell of smoke ever bother you?
   At school? <Never, Sometimes, Often>
   At home? <Never, Sometimes, Often>

46. Do you use or have you used snuff, chewing tobacco or similar products?
   No, never
   Yes, but I have quit
   Yes, sometimes
   Yes, everyday
   If you answered NO, NEVER, go to question 50

47. How old were you when you began using snuff/chewing tobacco? _____ years old
48. How many years in total have you used snuff/chewing tobacco? _____ years

49. How many boxes/bags of snuff/chewing tobacco do you use in a week? ____ (number)

SPORTS AND EXERCISE
50. Not during the average school day: How many days a week do you play sports or exercise to the point where you breathe heavily and/or sweat?
   Everyday
   4-6 days a week
   2-3 days a week
   1 day a week
   Not every week, but at least once every two weeks
   Not every 14th day, but at least once a month
   Less than once a month
   Never

51. Not during the average school day: How many hours a week do you play sports or exercise to the point where you breathe heavily and/or sweat?
   None
   About ½ hour
   About 1 hour
   About 2-3 hours
   About 4-6 hours
   7 or more hours

52. Do you use asthma medication before you exercise, work out or compete in sports? <yes, no>

53. Are you actively involved in sports?
   Yes
   No, but I was before
   No

If you answered NO, (never been actively involved in sports), go to question 59

54. If you no longer participate in sports, how old were you when you stopped? _____ years old

55. Which sport(s) do/did you participate in?
   (Put an X in one or more boxes)
   A Skiing (cross country, biathlon)
   B Skiing (downhill/slalom, ski jump)
   C Football/soccer
   D Horse riding
   E Skating, ice hockey
   F Handball, basketball, volleyball
   G Martial arts, boxing
   H Body building
   I Cycling
   J Weight lifting
   K Track and field, orienteering
   L Swimming
   M Gymnastics
   N Other, write in here: _____________________________
56. Do you play any competitive sports? (X only one box)
Yes
No, but I did before
No

If you answered NO (never competed in sports), go to question 59

57. At what level do/did you compete in sports?
(Give highest level)
Local level (championships, series, etc.)
Regional or state level
National level

58. In which sports do/did you compete?
(In order of participation level, list 3 sports you are/were active in.)
I am/have been most active in ________________ and have/had participated for ____ years.
I am/have been 2nd most active in ________________ and have/had participated for ____ years.
I am/have been 3rd most active in ________________ and have/had participated for ____ years.

YOUR GENERAL WELLBEING

59. Thinking about your life at the moment, would you say that you by and large are satisfied with life, or are you mostly dissatisfied? (Put an X in only one box)
Very satisfied
Satisfied
Somewhat satisfied
Neither satisfied nor dissatisfied
Somewhat dissatisfied
Dissatisfied
Very dissatisfied

60. Do you feel, for the most part, strong and fit or tired and worn out? (Put an X in only one box)
Very strong and fit
Strong and fit
Somewhat strong and fit
Somewhere in between
Somewhat tired and worn out
Tired and worn out
Very tired and worn out

61. Would you say you are usually cheerful or downhearted? (Put an X in only one box)
Very downhearted
Downhearted
Somewhat downhearted
Some of both
Somewhat cheerful
Cheerful
Very cheerful

62. How do you see yourself?
Put an X in a box for each sentence below indicating whether you agree or disagree in how it relates to you. (Put an X in one box on each line)
<Strongly agree, Agree, Disagree, Strongly Disagree>
I take a positive attitude toward myself.
I certainly feel useless at times.
I feel I do not have much to be proud of.
I feel that I’m a person of worth, at least on an equal plane with others.
63. In the last month have you:
< Almost every night, Often, Sometimes, Never>
Had difficulty falling asleep?
Woken up too early and not been able to get to fall asleep again?

64. The questions below are about how you usually behave, feel and deal with things. Place a cross in the box for Yes or No for each statement depending on whether it describes you or not. <yes, no>
Are you a relatively lively person?
Would you be upset by seeing a child or animal suffer?
Do you like meeting new people?
Are your feelings easily hurt?
Do you often feel that you lose interest?
Do you like to tease people even though it may hurt them?
Are you often worried?
Are good manners and cleanliness important to you?
Do you worry that terrible things might happen?
Do you usually take the first step to make new friends?
Are you mostly quiet when you are around other people?
Do you like to be on time for appointments?
Do you often feel tired and indifferent/unmotivated without reason?
Do many people try to avoid you?
Are you a life-of-the-party type person?
Are you bothered by an embarrassing experience long after it happens?
Do you like to have a lot of life and excitement around you?
Do people tell you a lot of lies?

65. Below is a list of some problems. Have you been bothered by any of these in the last 14 days?
(Put an X in one box on each line)
<Not at all, A little, Quite a bit, Very>
Been constantly afraid and anxious
Felt tense or uneasy
Felt hopelessness when you think of the future
Felt dejected or sad
Worried too much about various things

66. During the last month have you been bothered by nervousness (irritability, uneasiness, tenseness or restlessness)?
Almost always
Often
Sometimes
Never
YOUR LEISURE TIME

67. Think back over the last week, the last 7 days. If you did any of the things listed below, put an X in the box for about how many times you did this. (X an answer for each line)
   <Not once, Once, 2 or 3 times, 4 times or more>
   Visited someone you know
   Were visited
   Read a book you liked
   Listened to music or played an instrument longer than 15 minutes
   Were out for more than 2 hours (in a row) with friends
   Were at a meeting or training with a club or team
   Were active in a hobby
   Watched television or a video
   Did homework longer than 1 hour

68. How many teams or clubs are you a part of?
   (For example: sports team, girl or boy scouts, band, etc.)
   None
   One
   2 or more

FRIENDS

69. Do you have someone that you have considered your best friend during most of the time you have been at school? <yes, no>

70. Do you feel lonely?
   (Put an X in one box)
   Very often
   Often
   Sometimes
   Seldom
   Very seldom or never

71. Are your parents separated or divorced, or have they lived separately for more than one year?
   (Put an X in one box and write in your age where necessary)
   No
   Yes, they lived separately or were separated when I was _____ years old, but they later moved back together again.
   Yes, they were divorced or permanently separated when I was ____ years old.

72. If you have siblings, how good a relationship do you feel you have with your sister or brother? If you have several siblings, think about the one you have the best relationship to.
   (Put an X in one box)
   Much worse than normal
   Worse than normal
   Average
   Better than normal
   Much better than normal
   I do not have siblings
73. **About how many close friends do you have?** Include those with whom you can confidentially talk and who help you when you are in need. Do not include the people you live with, but include other relatives.

(Put an X in one box)
None
One
2 or more
4 or more

74. **Do you have a steady boyfriend/girlfriend?** <yes, no>

75. **Do you feel that you have enough friends?** <yes, no>

---

**SCHOOL**

76. **Do any of the following things happen to you at school/concerning school, or have any of them happened?**

(Put an X in one box on each line)

<Never, Sometimes, Often, Very often>

Have difficulties concentrating during class
Think that gym or art is fun
Think other classes are fun
Argue with the teacher
Look forward to going to school
Skip school
Understand what is being taught
Have fun during recess/break time
Are satisfied with your test results
Get in a fist fight
Are teased/harassed by other students
Are reprimanded by the teacher
Cannot manage to be calm/sit still during class
Become bored or dissatisfied
MEALS AND EATING HABITS

77. How often do you usually eat these meals?
(Put an X in one box on each line)
<Everyday, 4-6 days a week, 1-3 days a week, Seldom or never>
Breakfast
Lunch
Warm dinner

78. Are you trying to lose weight?
No, I'm comfortable with my weight
No, but I need to lose weight
Yes

79. How often do you not eat your lunch even though you brought one with you?
(Put an X in one box)
Every school day
4-6 days a week
1-3 days a week
Seldom or never
I never bring a lunch with me

80. How often do you drink or eat the things listed below?
(Put an X in one box on each line)
<More than once a day, Once a day, Every week but not everyday, Seldom, Never>
Cola, soda or still soft drinks
Low fat milk/skim milk
Whole milk
Coffee
Potato chips and such
Candy, chocolate and other sweets
Chips/French fries, hamburgers or hot dogs
Whole grain bread/ Crispbread
Butter
Margarine
Fruit
Vegetables

81. Do you consider yourself:
(Put an X in one box)
Very fat
Chubby
About the same as others
Thin
Very thin

82. Below are listed things that concern your eating habits. Put an X in the boxes according to how they apply to you.
(Put an X in one box for each statement)
<Never, Seldom, Often, Always>

When I first begin eating, it is difficult to stop.
I spend too much time thinking about food.
I feel that food controls my life.
I cut my food into small pieces.
I take longer than others to eat my meals.
Older people think that I am too thin.
I feel that others pressure me to eat.
ALCOHOL

83. Have you ever tried drinking alcohol? (Meaning alcoholic beer, wine, hard liquor or moonshine) <Yes, No, Don't know>

If you answered NO, go to question 87

84. Have you ever drunk so much alcohol that you felt intoxicated (drunk)?
(Put an X in one box)
  No, never
  Yes, once
  Yes, 2-3 times
  Yes, 4-10 times
  Yes, more than 10 times

85. About how much beer, wine or hard liquor do you usually drink during two weeks? Don't count alcohol free beer. Write 0 if you do not drink alcohol.

- Beer ______ number of 1/2 bottles
- Wine ______ number of glasses (approx. 1 dl)
- Hard liquor, liqueurs ______ number of glasses (approx. 1/2 dl)
- Moonshine ______ number of glasses (approx. 1/2 dl)

86. On which days during the week do you most often drink alcohol?
(Put an X in one or more boxes)
  I do not drink
  Fridays
  Saturdays
  Other days

87. Have you ever seen either of your parents intoxicated?
(X one box)
  Never
  A few times
  A few times a year
  A few times a month
  A few times a week
READING AND WRITING DIFFICULTIES

88. How often do you feel your reading or writing skills are below the level of the tasks you do at school and/or in your spare time?
<Never, Very seldom, Sometimes, Often, Always>
Reading
Writing

89. Have you had any particular reading or writing problems in the last 12 months?
<A lot of problems, Some problems, No problems>
Reading
Writing

90. Do you receive help for reading or writing difficulties at this time? <yes, no>

91. Have you had problems with reading or writing earlier, but not within the last 12 months?
<yes, no>
If YES, did you receive help at that time? <yes, no>

92. Do you have any speaking difficulties? <yes, no>
If YES, which one(s):
Stuttering
Pronunciation difficulties
Problems with your voice
Difficulties expressing yourself

HEALTH SERVICES

93. During the last 12 months have you been to:
(Put an X in one box for every line) <yes, no>
General practitioner (a doctor outside the hospital)
Doctor at the hospital (not having been admitted)
Psychologist
Physiotherapist
Chiropractor
Homeopath
Other treatment (naturopath, reflexologist, laying on of hands, healer, psychic, etc.)
94. Have you ever been admitted to the hospital (exclude when you were born)?
No, never
Yes, once
Yes, more than once
If YES, have you been admitted to the hospital during the last 12 months? <yes, no>

95. How often have you been to the school health centre/nurse’s office during the last 12 months?
Not at all
1-3 times
More than 3 times

96. Have you ever contacted the school health centre? <yes, no>

97. Would you like to contact/visit the school health centre more than you have? <yes, no>
98. How often have you been absent from school due to illness during the last 12 months?
Less than 1 week
1-2 weeks
More than 2 weeks

PHYSICAL DEVELOPMENT
You are now at the age when your body has begun to change and become more like an adult’s body. Below are some questions about physical changes that occur in young people around your age.

99. During the teenage years there are periods where one grows quickly (growing spurt). Have you noticed that your body has grown quickly (become taller)?
(Put an X in one box)
No, I have not begun to grow
Yes, I have barely begun a growing spurt
Yes, I’ve clearly begun a growing spurt
Yes, it seems that I’m finished with growing spurts

100. Concerning hair on your body (under your arms and your crotch/groin), would you say that the hair on your body has:
(Put an X in one box)
Not begun to grow yet
Barely begun to grow
Quite clearly begun to grow
It seems that my body hair has grown in

101. When you look at yourself, do you think that you are physically maturing/have physically matured earlier or later than others your own age?
(Put an X in one box)
Much earlier
Earlier
A little bit earlier
The same as others
A little bit later
Later
Much later
QUESTIONS FOR GIRLS ONLY

102. Have you begun to develop breasts? (Put an X in one box)
   No, haven’t begun yet
   Yes, have barely begun
   Yes, have quite clearly begun
   It seems my breasts are fully developed

103. Have you begun menstruating (gotten your period)? <yes, no>
    If you answered NO, go to question 106

104. How old were you when you first began menstruating?
    I was _____ years and _____ months old.

105. Have you ever missed (not gotten) your period for several months after a regular period (without being pregnant)?
    (Put an X in one box)
    Yes, for 2-5 months
    Yes, for 6-12 months
    Yes, for more than a year
    No, never

106. Have you ever been treated by a doctor for: <yes, no>
     Inflammation/infection of the reproductive system (ovaries, fallopian tubes)
     Vaginal discharge
     Menstrual pain

107. Have you ever taken birth control pills or the mini pill? <yes, no>
    If you answered NO, go to the last page

108. How old were you when you first began taking birth control pills? _____ years old

109. How long in total did you take birth control pills?
     _____ years

110. Do you take birth control pills now? <yes, no>
QUESTIONS FOR BOYS ONLY

112. Has your voice begun to change? (Put an X in one box)
   No, hasn’t begun yet
   Yes, has just barely begun
   Yes, has clearly begun
   It seems my voice has finished changing

113. Has facial hair begun to grow (moustache or beard)? (Put an X in one box)
   No, hasn’t begun yet
   Yes, has just barely begun
   Yes, has clearly begun
   Yes, I have quite a lot of facial hair

114. Have you been treated by a doctor for:
   (Put an X in one box on every line)
   Tight foreskin
   Discharge from the penis (urethra)
   Inflammation of the foreskin or scrotum (testicles)

FOR STUDENTS IN HIGH SCHOOL
These questions are in this questionnaire for high school students to answer.

115. During the last year, have you often felt that you pressured yourself or continuously pushed yourself? <Yes, No, Don't know>

116. Do you feel that you are constantly short of time, even in your everyday tasks?
   Always, or almost always
   Sometimes
   Never

117. Have you ever had thoughts about taking your own life? <yes, no>

118. Have you ever tried hash, marijuana or related drugs? <yes, no>

119. Have you ever used steroids or other performance enhancing drugs? <yes, no>

120. If YES, how old were you the first time? _____ years old

121. Have you ever had sexual intercourse? <yes, no>

122. For GIRLS: Have you ever become pregnant when you didn’t want to be? <yes, no>

123. For BOYS: Have you ever gotten a girl pregnant without intending to? <Yes, No, Don’t know>

For BOTH boys and girls
If YES:

124. How old were you when this happened? _____ years old

125. Was the result an abortion? <Yes, No, Don’t know>
COMMENTS

If you have time, you could write here about what you think is important, but was not asked about in this questionnaire. What are your thoughts about being young these days? What do you feel can be improved upon concerning health and well-being for youth of today?