SUPPLEMENTARY QUESTIONS

When answering the following questions, mark a cross to the next alternative that best describes you and your life. Mark only one alternative for each question. Use the pictures as help when necessary.

Some questions may not be topical for you right now, but you should still answer all items.

Some of the questions are meant for only boys or only girls. Answer them according to your own sex.

It is important that you answer all questions quite independently and honestly. Your answers will be confidential, and neither your parents nor your teachers will be told about them.

Do not hesitate to ask if you wonder about some item or do not understand something. They study nurses will be glad to help you.
1. If you drink milk, which of the following do you usually drink?

☐ I do not drink milk
☐ Unprocessed milk from a dairy farm
☐ Full milk from a carton
☐ Low-fat milk
☐ Milk with 1% fat
☐ Non-fat milk

2. If you drink sour milk, which of the following do you drink?

☐ I do not drink sour milk
☐ Non-fat sour milk, butter milk
☐ Asidoilus or Neo sour milk

3. What kind of spread do you mostly put on your bread?

(refer to the picture for help)

☐ Light spread with 40% or 60% fat
  (e.g. Levi 40 or 60, Kevyt Linja, Kevyt Becel, Kevyt Maukas, Kevyempi Flora, Kevyempi Keiju, Kultarvysi)
☐ Vegetable stanol ester product (e.g. Benecol)
☐ Margarine or spread with 70% or 80% fat
  (e.g. Flora, Becel, Voimix, Keiju)
☐ Mixture of butter and vegetable oil (e.g. Voimariini)
☐ Butter
☐ Nothing

4. What kind of fat is mostly used for cooking at your home?

(refer to the picture for help)

☐ I cannot say
☐ Light spread with 40% or 60% fat
  (e.g. Levi 40 or 60, Kevyt Linja, Kevyt Becel, Kevyt Maukas, Kevyempi Flora, Kevyempi Keiju, Kultarvysi)
☐ Vegetable stanol ester product (e.g. Benecol)
☐ Margarine or spread with 70% or 80% fat
  (e.g. Flora, Becel, Voimix, Keiju)
☐ Baking margarine (e.g. Milda, Sunnuntai)
☐ Mixture of butter and vegetable oil
  (e.g. Voimariini)
☐ Oil
☐ Butter
☐ Nothing

5. How much fat do you put on a slice of bread?

(refer to the picture for help)

☐ 2.5 g / slice of bread
☐ 5 g / slice of bread
☐ 10 g / slice of bread
☐ 15 g / slice of bread
☐ No fat

6. Do you feel stress at the present?

(stress refers to a situation where person feels tense, restless or anxious or finds it difficult to sleep because of the things he/she constantly has on his/her mind)

☐ Not at all
☐ Slightly
☐ Somewhat
☐ Quite a lot
☐ Very much

7. Do you like school at the present?

☐ Very much
☐ Somewhat
☐ Not very much
☐ Not at all
☐ I do not go to school

8. Do you have a steady boyfriend / girlfriend?

☐ No
☐ Yes

9. Have you had sexual intercourse?

☐ No
☐ Yes

At age ______________

10. How many times altogether have you had sexual intercourse?

☐ I have not had intercourse
☐ Once
☐ 2-4 times
☐ 5-9 times
☐ 10 times or more
11. How many sexual partners have you had?
- [ ] I have not had intercourse
- [ ] One
- [ ] Two
- [ ] Three or four
- [ ] Five or more

12. What contraceptive method did you use for your FIRST intercourse?
- [ ] I have not had intercourse
- [ ] Nothing
- [ ] Condom
- [ ] Contraceptive pills
- [ ] Condom and pills
- [ ] Some other method

13. Did you yourself want your FIRST intercourse?
- [ ] I have not had intercourse
- [ ] I wanted it very much
- [ ] I wanted it somewhat
- [ ] I did not want it, but my partner put pressure on me
- [ ] I did not want it, but my friends put pressure on me
- [ ] I did not want it at all

14. Were you sorry about your first intercourse afterwards?
- [ ] I have not had intercourse
- [ ] I was not at all sorry
- [ ] I was a little sorry
- [ ] I was quite sorry
- [ ] I was very sorry

15. What contraceptive method did you use in your MOST RECENT intercourse?
- [ ] I have not had intercourse
- [ ] Nothing
- [ ] Condom
- [ ] Contraceptive pills
- [ ] Condom and pills
- [ ] Some other method

16. Have you had a chlamydia infection?
- [ ] No
- [ ] Yes

17. Have you been diagnosed for condyloma?
- [ ] No
- [ ] Yes

A QUESTION FOR BOYS, answer this and move on to item 25.

18. Have you made anybody pregnant?
- [ ] No
- [ ] Yes

QUESTIONS FOR GIRLS

19. Have you ever used contraceptive pills?
- [ ] No
- [ ] Yes

20. Have you ever used retrospective contraception (after intercourse)?
- [ ] No
- [ ] Yes, once
- [ ] Yes, twice
- [ ] Yes, three or more times
- [ ] I do not know what retrospective contraception is

21. Have you ever been pregnant?
- [ ] No
- [ ] Yes

22. Have you had an abortion?
- [ ] No
- [ ] Yes

23. Have you had a miscarriage?
- [ ] No
- [ ] Yes

24. Have you had a baby?
- [ ] No
- [ ] Yes
BOTH GIRLS AND BOYS ANSWER THE FOLLOWING QUESTIONS

25. How many times have you had at least one drink of alcohol?
   See the picture for a definition of "drink".

<table>
<thead>
<tr>
<th>Times of drinking</th>
<th>Never</th>
<th>1 - 2 times</th>
<th>3 - 5 times</th>
<th>6 - 9 times</th>
<th>10 - 19 times</th>
<th>20 - 39 times</th>
<th>40 times or more</th>
</tr>
</thead>
<tbody>
<tr>
<td>In your life</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>During the past</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>12 months</td>
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<tr>
<td>During the past 30 days</td>
<td></td>
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</tr>
</tbody>
</table>

26. How many times have you been drunk?

<table>
<thead>
<tr>
<th>Times of drinking</th>
<th>Never</th>
<th>1 - 2 times</th>
<th>3 - 5 times</th>
<th>6 - 9 times</th>
<th>10 - 19 times</th>
<th>20 - 39 times</th>
<th>40 times or more</th>
</tr>
</thead>
<tbody>
<tr>
<td>In your life</td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>During the past</td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
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</tr>
<tr>
<td>12 months</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>During the past 30 days</td>
<td></td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

27. Use this scale to evaluate how drunk you were when you last were drunk.

   - Only a little
   - So drunk
   - I could hardly stand
   - I have never been drunk

28. How many drinks do you need to get drunk?
   (One drink is a bottle (33 cl) of beer, cider or long drink, a glass (12 cl) of wine or 4 cl of spirits as such or in a mixture)
   - I have never drunk alcohol
   - I have never been drunk
   - 1 - 2 drinks
   - 3 drinks
   - 4 drinks
   - 5 drinks
   - 6 drinks
   - 7 - 8 drinks
   - 9 drinks or more

29. Think back for the past 30 days. If you are a BOY, how many times during that time have you drunk SIX DRINKS or more on the SAME OCCASION?
   (One drink is a bottle (33 cl) of beer, cider or long drink, a glass (12 cl) of wine or 4 cl of spirits as such or in a mixture)
   - Never
   - Once
   - Twice
   - 3 - 5 times
   - 6 - 9 times
   - 10 times or more
30. Think back for the past 30 days. If you are
a GIRL, how many times during that time
have you drunk FOUR DRINKS or more on
the SAME OCCASION?
(One drink is a bottle (33 cl) of beer, cider or long
drink, a glass (12 cl) of wine or 4 cl of spirits as
an in a mixture)
□ Never
□ Once
□ Twice
□ 3 - 5 times
□ 6 - 9 times
□ 10 times or more

31. How often have you drunk beer (IVA or III),
cider or long drinks during the past 12
months?
□ Never
□ A couple of times a year
□ 3 - 4 times a year
□ About once in a couple of months
□ About once a month
□ A couple of times a month
□ Once a week
□ 2-3 times a week
□ 4-5 times a week
□ 6-7 times a week

32. How much did you usually drink beer (IVA
or III), cider or long drinks in a day when you
drank them? (1 bottle = 1/3 liter)
□ I do not drink these beverages
□ Less than one bottle
□ 1 bottle
□ 2 bottles
□ 3 bottles
□ 4-5 bottles
□ 6-9 bottles
□ 10 bottles
□ 11-14 bottles
□ 15 bottles or more

33. How often have you drunk light wine during
the past 12 months? (alcohol content about 5%)
□ Never
□ A couple of times a year
□ 3 - 4 times a year
□ About once in a couple of months
□ About once a month
□ A couple of times a month
□ Once a week
□ 2-3 times a week
□ 4-5 times a week
□ 6-7 times a week

34. How much did you usually drink
light wine in a day when you drank
it? (alcohol content 5%)
□ I do not drink light wine
□ Less than one glass
□ About one glass
□ About two glasses
□ About a small bottle (appr. 0.37 litre)
□ About half a litre
□ About one large bottle (appr. 0.75 litre)
□ About one and a half large bottles
□ Two large bottles or more

35. How often have you drunk wine during
the past 12 months?
(mild, strong or home-made)
□ Never
□ A couple of times a year
□ 3 - 4 times a year
□ About once in a couple of months
□ About once a month
□ A couple of times a month
□ Once a week
□ 2-3 times a week
□ 4-5 times a week
□ 6-7 times a week
36. How much did you usually drink mild, strong or home-made wine in a day when you drank them?
- [ ] I do not drink wine
- [ ] Less than one glass
- [ ] About one glass
- [ ] About two glasses
- [ ] About a small bottle (appr. 0.37 litre)
- [ ] About half a litre
- [ ] About one large bottle (appr. 0.75 litre)
- [ ] About one and a half large bottles
- [ ] Two large bottles or more

37. How often have you drunk spirits during the past 12 months?
- [ ] Never
- [ ] A couple of times a year
- [ ] 3 - 4 times a year
- [ ] About once in a couple of months
- [ ] About once a month
- [ ] A couple of times a month
- [ ] Once a week
- [ ] 2-3 times a week
- [ ] 4-5 times a week
- [ ] 6-7 times a week

38. How much did you usually drink spirits in a day when you drank them?
- [ ] I do not drink spirits
- [ ] About one drink, as served in a restaurant (appr. 4 cl)
- [ ] A couple of drinks (appr. 8 cl)
- [ ] 3 - 4 drinks
- [ ] About 5 drinks (appr. 20 cl)
- [ ] Slightly less than one small bottle (appr. 0.30 litre)
- [ ] About one small bottle (0.37 litre)
- [ ] About a half-litre bottle
- [ ] About one whole bottle (0.75 litre)
- [ ] About two half-litre bottles (or one one-litre bottle)
- [ ] More than two half-litre bottles

39. Have you ever been offered drugs?
- [ ] Never
- [ ] Once
- [ ] Several times

40. Have you ever tried or used any of the following substances? Answer separately for each

<table>
<thead>
<tr>
<th>Substance</th>
<th>Never</th>
<th>Once</th>
<th>2-4 times</th>
<th>5 times or more</th>
<th>I use regularly</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medicines (sedatives, sleeping pills, or pain killers without alcohol)</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>for intoxication?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Alcohol and pills together?</td>
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</tr>
<tr>
<td>Sniffing thinner, glue, etc. for intoxication?</td>
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</tr>
<tr>
<td>Marijuana or hashish?</td>
<td></td>
<td></td>
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<td></td>
<td></td>
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<tr>
<td>Ecstasy, heroin, cocaine, amphetamine, LSD or other similar drugs?</td>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Intravenously injected drugs?</td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

41. At what age did you do the following things for the FIRST TIME?

<table>
<thead>
<tr>
<th>Event</th>
<th>11 years</th>
<th>12 years</th>
<th>13 years</th>
<th>14 years</th>
<th>15 years</th>
<th>16 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drank beer (one glass or more)</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
</tr>
<tr>
<td>Drank wine (one glass or more)</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
</tr>
<tr>
<td>Drank spirits (one drink or more)</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
</tr>
<tr>
<td>Got drunk</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
</tr>
<tr>
<td>Smoked your first cigarette</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
</tr>
<tr>
<td>Began to smoke daily</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
</tr>
<tr>
<td>Tried an intoxicating substance (thinner, glue, hashish, etc.)</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
</tr>
</tbody>
</table>
42. Mark the following statements with a cross at the alternative that best describes you.

<table>
<thead>
<tr>
<th></th>
<th>Strongly disagree</th>
<th>Disagree</th>
<th>Cannot say</th>
<th>Agree</th>
<th>Strongly agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>I am often confused about what emotion I am feeling.........................................................</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>It is difficult for me to find the right words for my feelings..........................................</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I have physical sensations that even doctors don’t understand.......................................</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I am able to describe my feelings easily. ...........................................................................</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I prefer to analyze problems rather than just describe them........................................</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>When I am upset, I don’t know if I am sad, frightened, or angry...................................</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I am often puzzled by sensations in my body......................................................................</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I prefer to just let things happen rather than to understand why they turned out that way.................................................................................</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I have feelings that I can’t quite identify......................................................................</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Being in touch with emotions is essential........................................................................</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I find it hard to describe how I feel about people.........................................................</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>People tell me to describe my feelings more.....................................................................</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I don’t know what’s going on inside me............................................................................</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I often don’t know why I am angry....................................................................................</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I prefer talking to people about their daily activities rather than their feelings.......</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I prefer to watch “light” entertainment shows rather than psychological dramas...............</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>It is difficult for me to reveal my innermost feelings, even to close friends.................</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I can feel close to someone, even in moments of silence..............................................</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I find examination of my feelings useful in solving personal problems..........................</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Looking for hidden meanings in movies or plays distracts from their enjoyment............</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
</tbody>
</table>
43. Have you had any of following experiences during last six months?

<table>
<thead>
<tr>
<th>Description</th>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Worrying, nervousness or anxiety (at least one week)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Trouble with sleep or loss of appetite (at least one week)</td>
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<tr>
<td>Bodily restlessness, e.g. pacing up and down, not being able to sit still</td>
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<td></td>
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<tr>
<td>Difficulty in coping with stress related to ordinary daily life events</td>
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<td></td>
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<tr>
<td>Difficulties thinking clearly or concentrating, interfering thoughts or</td>
<td></td>
<td></td>
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<tr>
<td>interrupted</td>
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<tr>
<td>Difficulties in considering alternatives or in making even minor decision.</td>
<td></td>
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<tr>
<td>Experience of thought running wild or difficulty in controlling the speed</td>
<td></td>
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<tr>
<td>of thoughts</td>
<td></td>
<td></td>
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<tr>
<td>Difficulties in understanding written text or speech heard</td>
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<td></td>
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<tr>
<td>Depression, apathy, loss or energy or marked tiredness (at least one week).</td>
<td></td>
<td></td>
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<tr>
<td>Difficulty in controlling one's speech, behavior of facial expression while</td>
<td></td>
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<tr>
<td>communicating</td>
<td></td>
<td></td>
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<tr>
<td>Difficulty or uncertainty in making contact with other people (at least one</td>
<td></td>
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<tr>
<td>week)</td>
<td></td>
<td></td>
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<tr>
<td>Lack of initiative or difficulty in completing tasks (at least one week)</td>
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<td></td>
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<tr>
<td>Social withdrawal, e.g. avoidance of company, feeling better in solitude</td>
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</tr>
<tr>
<td>Feeling that events in the environment or other people's behavior specifically concern oneself.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Feeling euphoric or especially competent and important</td>
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</tr>
<tr>
<td>Disorders in connection with vision, e.g. blurred vision, visual</td>
<td></td>
<td></td>
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<tr>
<td>oversensitivity or changing visual perceptions</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Disorders in connection with hearing, e.g. oversensitivity, hearing odd</td>
<td></td>
<td></td>
</tr>
<tr>
<td>voices without obvious source</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Difficulties in carrying out ordinary routine activities, e.g. washing,</td>
<td></td>
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<tr>
<td>dressing, housework, cycling, driving, etc. (at least one week)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Feeling that something strange or inexplicable is taking place in oneself or</td>
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<td>one's environment</td>
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<td>Feelings, thoughts or behaviors that could be considered weird or peculiar.</td>
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<td>Feelings that one is being followed or being influenced in some special</td>
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