

APPENDIX

RESEARCH QUESTIONNAIRES

**University of Peloponnese, Faculty of Human Movement and Quality of Life Services,
Nursing Department**

Introductory note

This survey is conducted in doctoral thesis entitled “**Investigation of aggravating factors on health and predictability of smoking and alcohol use in postadolescent students**” conducted by the PhD candidate of Nursing Department of University of Peloponnese, Psychologist, Ms Effrosyni Barmpagianni, supervised by faculty member Dr Sofia Zyga, Assistant Professor of Nursing Department, University of Peloponnese. It concerns tobacco and alcohol use addressing to students of the University of Peloponnese Departments and TEI of Peloponnese Region.

Research procedure concludes three parts: During the first part participants are going to complete this questionnaire, during the second part, those selected will participate in individually focused interview via skype and presentation of optical stimuli and during the third part participants are going to complete brief questionnaire. It is necessary to record your personal code at the beginning of the questionnaire, following the way that is nominated, and for the second part of the research that will be conducted via skype you are asked to write your email and skype address that you have. All of the participants will be conducted the third part of the research.

It is valuable to answer honestly to all the questions. Your participation is voluntary and optional. The questionnaires are anonymous, ensuring this way for your data privacy. The completed questionnaires are given and remain to the researcher and will be used only for the purpose of this research. Your desire to participate in the first research part implies your desire to continue to the subsequent research parts.

The results will hopefully contribute to the advancement of scientific knowledge and to this end your participation in the survey is very important.

Thank you in advance for your participation and your honest answers.

With sincere thanks and appreciation to the participants,

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QUESTIONNAIRE A

Your personal code to ensure anonymity

(You will use this code during the entire survey):

1. The first 2 letters of your first name
2. The last 3 digits of your mobile phone
3. The last 3 digits of your last name

4. The number of your address

Example for personal code

1. Ma(ria) 2. (6918332)876 3. (Georg)iov 4. 162

Last code:

MA876IOU162

Your personal code:

E-mail address: _____

Skype address: _____

COMPLETION DATE OF SURVEY : _____

1) **Date of birth:** _____ **Sex:** _____ **Year of study:** _____

Department of Education: _____ **Hometown:** _____

2) **Personal Statement** (please put \checkmark in your corresponding answer):

Without relationship In longterm relationship (> 1 year) Married

In brief relationship (< 1 year) Divorced

3) **Education of parents** (please put \checkmark in your corresponding answer):

Father	Mother	
		Finished Primary or some Primary school classes
		Finished Gymnasium or some classes of Gymnasium
		Finished High School or some classes of High School
		Finished T.E.I. Or College
		Finished University
		Other (please tick):

4) **Occupational status of parents:** (please put \checkmark in your corresponding answer):

Father	Mother	
		Works
		Is retired
		Is unemployed
		Household

5) **Born in Greece?**

Yes No

If not, how many years do you live in Greece?

- Less than one(1) year One (1) to three(3) years
 Four (4) to six (6) years Seven (7) years or more

6) Family level:

- Your parents are still together Your parents are separated or divorced
 One of your parents is died Other:

7) Economic level of the family:

- High (> 30.000 euro per year) Average (12.000-30.000 euro per year)
 Low (< 12.000 euro per year)

8) Which of the following best describes the situation you are staying right now:

- Stay with parents I live alone I live with my spouse / partner
 I rent my house with roommate Other:

DEFINITION

One (1) drink is:

A glass of wine or a small box or bottle of beer or a shot or a bottle of packaged alcoholic beverage or cocktail that contains alcohol or a glass of ouzo or tsipouro (raki or tsikoudia) or a soft drink.

12) Remember how many times (if it happens) you drank each of these last week:

(please fill in putting √ in the corresponding reply. One answer per line)

TYPE OF ALCOHOLIC BEVERAGE	TIMES						
	0	1 - 2	3 - 5	6 - 9	10 - 19	20 - 39	40+
a. Beer (not beer without alcohol or with a little alcohol)							
b. Ouzo, tsipouro (raki or tsikoudia)							
c Packaged alcoholic beverage eg Mule, Breezer, Space, Rigo etc.							
d. Wine							
e. Whisky, Vodka, Brandy or similar drink							
f. Shots							
g Cocktail with alcohol							

13) In my family drink (please circle your corresponding answer):

Too much						Do not drink
1	2	3	4	5	6	7

b) How much alcohol each of your parents consumes every week:

(please fill in the amount in one or more answers)

Father	Mother	
		glasses of beer
		glasses of wine
		glasses of distilled beverage (eg whiskey, vodka)
		packaged alcoholic beverages eg Breezer
		Shots
		glasses of ouzo or tsipouro (raki or tsikoudia)
		coctails with alcohol

11) What was the largest amount of alcohol that you consumed at an outlet last week?

(Please fill in quantity, if there was not an outlet pass to the next question):

	Beers		Alcoholic beverages
	Ouzo, tsipouro (raki or tsikoudia)		Shots
	Spirits (whiskey, vodka, brandy, etc.)		Cocktails with alcohol
	Glasses of wine		
	Other alcoholic not listed above (please write):		

1. Which of the following is considered alcohol abuse for men and for women?

(Fill in one or more answers quantity for both genders)

For men	For women	
		glasses of beer in "sat"
		glasses of wine at a time
		spirits (whiskey, vodka, brandy, etc.) ποτήρια αποσταγμένου ποτού (π.χ. ουίσκυ, βότκα) at a time
		packaged alcoholic beverages eg Breezer
		Shots
		Glasses of ouzo or tsipouro (raki or tsikoudia)
		Coctails with alcohol

13) How many times did you take to drink of alcoholic beverages, namely you can not keep your balance when you walk, you can not speak well, vomit or may not remember what had happened?

(please, fill ✓ in your corresponding answer . An answer per line)

	TIMES						
	0	1 - 2	3 - 5	6 - 9	10 - 19	20 - 39	40+
a. In your lifetime so far							
b. In the last month							
c During the last year (Last 12 months)							
d. During the last week							

14) **Due to the use of alcohol you did, how many times in the last year (last 12 months so far) happened to you?** (Please fill putting \surd in your corresponding answer. An answer per line)

	TIMES						
	0	1 - 2	3 - 5	6 - 9	10 - 19	20 - 39	40+
a. To get involved in a fight with beating							
b. To have an accident or be injured							
c. To have serious problems with your family							
d. To have serious problems with your friends							
e. To neglect your studies							
f. To be the victim of robbery or theft							
g. To entangle with police							
h. To be hospitalized or in the emergency department							
i. To have intercourse without a condom							
j. To have sexual contact that you regret the next day							

15) **Please indicate the number of alcoholic drinks that you usually consume in an exit.**
(Please fill putting \surd in your corresponding answer)

0 1 – 3 4 – 6 7+

16) In a typical week, how much alcohol you consume in total?

(please fill in the amount in one or more answers)

	Glasses of wine			Alcoholic beverages
	Beers			Shots
	Ouzo, tsipouro (raki or tsikoudia)			Cocktails with alcohol
	Spirits (whiskey, vodka, brandy, etc.)			
	Other alcoholic not listed above (please write):			

17) **Do your friends drink alcohol?** (please, fill putting \surd in your corresponding answer regardless of the quantity)

All of my friends drink alcohol Most of my friends drink alcohol

Few of my friends drink alcohol None of my friends drink alcohol

18) **Please indicate approximately the number of incidences that your friends drink alcohol in a usual week.** (please, fill putting \surd in your corresponding answer)

0 1-2 3-4 5-6 7 +

19) **Please indicate the number of alcoholic drinks that your friends consume in a usual going out.** (please, fill putting \surd in your corresponding answer)

0 1 - 3 4 - 6 7+

20) **When you drink alcohol, with whom usually do you drink?** (please, fill putting √ in your corresponding answer)

- I never drink alcohol I always drink alone I drink with a friend
- I drink with two or three friends I drink with a company of four or more friends
- I drink in home with my family

21) **How usually do you visit a bar?** (please, fill putting √ in your corresponding answer)

- Never 1-2 times a week 3-4 times a week 5-6 times a week
- Every day

If you have answered «Never» please continue in question 23

22) **Please indicate the number of hours per week that you are in a bar with friends.**

(please, fill putting √ in your corresponding answer)

- <1 hour 1 - 2 hours 3 – 4 hours 5+ hours

23) **Please circle the answer that best describes you in each of the dealing suggestions below: (please circle):**

	Absolute Degree						Absolute Disagree
1. My friends would approve to drink.	1	2	3	4	5	6	7
2. My friends would expect me to drink when we go out.	1	2	3	4	5	6	7
3. My family would approve to drink.	1	2	3	4	5	6	7
4. My family would expect me to drink when we go out.	1	2	3	4	5	6	7
5. If I drink alcohol is mainly under my control.	1	2	3	4	5	6	7
6. It's easy to drink more than usual when drinking with friends.	1	2	3	4	5	6	7

7. I have less control over the amount I drink, when I drink with friends	1	2	3	4	5	6	7
8. I would drink the same number of drinks as my friends to an exit if they feel that is what I should do	1	2	3	4	5	6	7
9. I usually try to drink the same number of drinks as my friends.	1	2	3	4	5	6	7
10. My friends would encourage me to drink the same number of drinks in an exit as they do.	1	2	3	4	5	6	7
11. Sometimes I feel pressured to drink when I go out with friends.	1	2	3	4	5	6	7
12. When I have a problem I think drinking will make me to forget it.	1	2	3	4	5	6	7
13. When drinking with friends in a bar, drinks normally buy in "rounds".	1	2	3	4	5	6	7
14. When I have been bought a drink, I will hardly say "no."	1	2	3	4	5	6	7
15. I would drink more than usual in a bar where the drinks were on offer.	1	2	3	4	5	6	7
16. To shop serves of undistored drinks make me drink more.	1	2	3	4	5	6	7
17. During this period of celebrations I usually drink more.	1	2	3	4	5	6	7
18. When drinking with friends, the size of the group can affect the amount I drink.	1	2	3	4	5	6	7
19. In this period of economic crisis I drink more than usual.	1	2	3	4	5	6	7
20. I intend to drink alcohol in the next week, if a friend asks for.	1	2	3	4	5	6	7
21. I intend to drink alcohol when my friends drink alcohol.	1	2	3	4	5	6	7
22. The fear of unemployment makes me drink or to drink more than usual.	1	2	3	4	5	6	7

24) I believe that drinking alcohol is:

(please, circle the answer that best describes you, one in each line):

None at all pleasant 1	2	3	4	5	6	Absolutely pleasant 7
None at all delicious 1	2	3	4	5	6	Absolutely delicious 7
None at all safe 1	2	3	4	5	6	Absolutely safe 7
None at all favorable 1	2	3	4	5	6	Absolutely favorable 7
None at all good 1	2	3	4	5	6	Absolutely good 7
None at all beneficial 1	2	3	4	5	6	Absolutely beneficial 7
None at all valuable 1	2	3	4	5	6	Absolutely valuable 7
None at all relaxing 1	2	3	4	5	6	Absolutely relaxing 7

25) Please indicate approximately how many alcoholic drinks do you intend to consume next month. (please fill in the quantity):

	Glasses of wine			Alcopops
	Beers			Shots
	Ouzo, tsipouro (raki or tsikoudia)			Cocktails with alcohol
	Spirits (whiskey, vodka, brandy etc.)			
	Other alcoholic drinks that are not mentioned above: (please mention)			

26) I combine alcohol with: (please, fill in putting \checkmark in the corresponding reply)

I don't drink any alcohol Food Snacks Music Cigarette

Other (Please note): _____

Questionnaire B

1) Do you smoke? (please put \surd in your corresponding answer):

Yes No

2) If you don't smoke, never smoked in the past;

Yes No

3) If you smoke in present or you smoked in past, for what or which reasons you have started? (please put \surd in your corresponding answer)

Curiosity reasons Cause friends smoked I believe that I would be loosen

Without any reason Other

IF YOU DON'T SMOKE GO TO QUESTION 7

4) On average, about how many cigarettes do you smoke a day?

(Please, fill in the corresponding \surd putting your answer):

1 - 5 6 - 10 11 - 20 21+

5) How many cigarettes did you smoke on average per day during the past month?

(Please put \surd in your respective replies)

1 - 5 6 - 10 11 - 20 21+

6) How many cigarettes do you intend to smoke about next month?

Note the number: _____

7) Who or which of your family members smoke or smoked in the past?

(You can choose more than one answer):

No Mother Father Sibling (number of siblings who smoke)

8) The most of your friends smoke?

Yes No

9) Please circle the response that represents you: (Please circle the corresponding reply, one in each row):

	Strongly Agree						Strongly Disagree
a. My best friend thinks it is not negative for me to smoke.	1	2	3	4	5	6	7
b Other friends believe that it is not negative to the smoke.	1	2	3	4	5	6	7
c. My father believes that it is not negative for me to smoke.	1	2	3	4	5	6	7
d. My mother believes that it is not negative for me to smoke.	1	2	3	4	5	6	7
e. Health experts believe that it is not negative for me to smoke.	1	2	3	4	5	6	7
f. My partner (if I have) believes that it is not negative for me to smoke.	1	2	3	4	5	6	7
g. People who smoke think it is not negative for me to smoke.	1	2	3	4	5	6	7

h. My siblings think it is not negative for me to smoke.	1	2	3	4	5	6	7
i. For societal beliefs it is not negative for me to smoke.	1	2	3	4	5	6	7
j. People indoors around me (e.g. in cafes, bars) believe that it is not negative for me to smoke.	1	2	3	4	5	6	7

10) If you do not smoke this time, is there any possibility to smoke in the future?

c Yes c No c Maybe

IF YOU ANSWERED NO TO THE PREVIOUS QUESTION PLEASE STOP HERE

11) For what or which reasons would you start smoking?

(Please put ✓ in the corresponding reply, you can choose more than one answer):

c Curiosity c Because my friends smoke c I think that I would be loosen

c Without apparent reason c Other

12) Please circle your response on how you operate normally.

(Please circle the corresponding reply, one in each line who you smoke):

	Strongly Agree						Strongly Disagree
1. The cost of cigarettes / tobacco permit to me to buy them.	1	2	3	4	5	6	7
2. Looking for quality of cigarettes / tobacco I use.	1	2	3	4	5	6	7
3. When I have a lot of work to do, I smoke more than usual.	1	2	3	4	5	6	7

4. That I don't live with my parents to check in, make me smoke more freely.	1	2	3	4	5	6	7
5. When I'm in a bad mood I smoke more than usual.	1	2	3	4	5	6	7
6. When I'm in a good mood I smoke more than usual	1	2	3	4	5	6	7
7. When I go out I smoke more than usual.	1	2	3	4	5	6	7
8. When I am stressed I smoke more than usual.	1	2	3	4	5	6	7
9. The availability of cigarettes / tobacco makes me smoking.	1	2	3	4	5	6	7
10. When I drink my coffee I smoke more than usual.	1	2	3	4	5	6	7
11. I smoke more than usual when I drink alcohol .	1	2	3	4	5	6	7
12. I believe that if I quit smoking I will eat more.	1	2	3	4	5	6	7
13. I tend to smoke after eating.	1	2	3	4	5	6	7
14. When I feel lonely I smoke more than usual.	1	2	3	4	5	6	7
15. To stop eating I light a cigarette.	1	2	3	4	5	6	7
16. Listening to the music that I like, I smoke more than usual.	1	2	3	4	5	6	7
17. In stressful times like examination period I smoke more than usual.	1	2	3	4	5	6	7
18. If there was a heartbreak in my life would make me smoke more than usual.	1	2	3	4	5	6	7
19. The fear of unemployment made me start smoking or smoke more than usual.	1	2	3	4	5	6	7
20. The economic crisis made me start smoking or smoke more than usual.	1	2	3	4	5	6	7

13) To smoke the next month would be:

(Please, those who already smoke and those who may smoke in the future, circle your corresponding answer, one per line):

Not at all pleasant 1	2	3	4	5	6	Absolutely pleasant 7
Not at all funny 1	2	3	4	5	6	Absolutely funny 7
Not at all safe 1	2	3	4	5	6	Absolutely safe 7
Not at all favorable 1	2	3	4	5	6	Absolutely favorable 7
Not at all good 1	2	3	4	5	6	Absolutely good 7
Not at all relaxing 1	2	3	4	5	6	Absolutely relaxing 7

THANK YOU