

Questionnaire for All Twin Brothers/Sisters at Age 14

27.6.2002

[first a cover sheet and an instructions page, then at page 3, the actual questions begin:]

1. What is your first name? _____ Class _____

2. Do you and your twin go to the same school?
- 1 yes, and we have almost all the same classes
 - 2 yes, but we share only a part of our classes
 - 3 yes, but we have completely different classes
 - 4 we don't go to the same school

3. What kind of grades did you receive last semester? Compared to the average in your class or course were they:
- 1 much better
 - 2 somewhat better
 - 3 about average
 - 4 somewhat below average
 - 5 considerably below average

4. In addition to you and your siblings, does your family consist of
- 1 mother and father
 - 2 mother and stepfather
 - 3 father and stepmother
 - 4 only mother
 - 5 only father
 - 6 other, who? _____

5. How well do the following descriptions fit your parents (or parent)?

	always	usually	sometimes	rarely
My parents know about my plans for each day.	1	2	3	4
My parents have a pretty good idea of my interests, activities, and whereabouts every day.	1	2	3	4
My parents know where I am and who I am with when I am not at home.	1	2	3	4
My parents listen to my opinions.	1	2	3	4
My parents give me credit and appraisal.	1	2	3	4
My parents encourage me to be independent.	1	2	3	4
My parents punish me when I do something that is not allowed.	1	2	3	4
My parents try to clear things by talking, when I've behaved badly.	1	2	3	4
My parents know how I use my money.	1	2	3	4

6. How often does your family have dinner together on week days (after school/work)?

- 1 always
- 2 often
- 3 seldom
- 4 never

7. How often does your family have dinner together on weekends?

- 1 always
- 2 often
- 3 seldom
- 4 never

8. How do the following features describe the atmosphere at your home? Evaluate how well each statement describes your home.

	completely	quite well	somewhat	only little	not at all
Warm, caring	1	2	3	4	5
Encouraging, supporting	1	2	3	4	5
Trusting, understanding	1	2	3	4	5
Open	1	2	3	4	5
Hard, punishing	1	2	3	4	5
Unfair	1	2	3	4	5
Quarrelsome	1	2	3	4	5
Indifferent	1	2	3	4	5

Leisure time after school

9. When you nowadays came home after school, is either of your parents or some other adult at home?

- 1 yes, my mother or father
- 2 yes, some other adult, who _____ -
- 3 no - how many hours are you usually at home on each of the following days before an adult comes home)

- _____ hours on Monday
- _____ hours on Tuesday
- _____ hours on Wednesday
- _____ hours on Thursday
- _____ hours on Friday

10. How much time do you use/how often you do the following things? Please give an answer for each activity.

	daily	A few times			I don't
		per week	in a month	in a year	
watching TV	1	2	3	4	5
watching videos	1	2	3	4	5

playing video/computer games	1	2	3	4	5
listening to music	1	2	3	4	5
playing some board game	1	2	3	4	5
playing some musical instrument	1	2	3	4	5
reading	1	2	3	4	5
drawing or painting pictures	1	2	3	4	5
doing handicrafts or building something (e.g. scale models)	1	2	3	4	5
spending time with my friends at my own home	1	2	3	4	5
spending time with my friends at their home	1	2	3	4	5
spending time with my friends in town/at the village/places where adolescents meet	1	2	3	4	5
going to some club, to girl/boy scouts or some other organized activity	1	2	3	4	5
doing sports or training	1	2	3	4	5
exercising or doing outdoor activities	1	2	3	4	5

II. If your parents were asked to answer the questions about how you spend your time, how accurately could they do that, what do you think? Please answer for both mother and father.

- | | |
|---|---|
| 1 my mother would know very inaccurately | 1 my father would know very inaccurately |
| 2 my mother would know quite inaccurately | 2 my father would know quite inaccurately |
| 3 my mother would know quite accurately | 3 my father would know quite accurately |
| 4 my mother would know very accurately | 4 my father would know very accurately |

Growth and Development

12. How tall are you? _____ cm

13. How much do you weigh? _____ kg

14. Are you
- 1 right-handed
 - 2 left-handed
 - 3 I'm able to use both hands equally

15. Do you write with your right hand?

- 1 no
- 2 yes

16. Would you say that your growth in height

- 1 has not yet begun to spurt (spurt means faster growth than usually)
- 2 has barely started
- 3 is definitely underway
- 4 has completed

17. How about the growth of body hair ("body hair" means underarm and pubic hair). Would you say that your body hair

- 1 has not yet started growing
- 2 has barely started growing
- 3 is definitely growing
- 4 has stopped growing

18. Have you noticed any skin changes, pimples, for example?

- 1 no changes yet
- 2 have barely begun showing changes
- 3 skin changes are definitely underway
- 4 skin changes have stopped

19. (Boys) Has your voice begun to change?

- 1 not yet started changing
- 2 has barely started changing
- 3 voice change is definitely underway
- 4 voice change seems completed

20. (Boys) Have you begun to grow hair on your face?

- 1 not yet started growing hair
- 2 have barely started growing hair
- 3 facial hair growth is definitely underway

19. (Girls) Have your breasts begun to grow?

- 1 not yet started growing
- 2 have barely started growing
- 3 breast growth is definitely underway
- 4 breast growth seems completed

20. (Girls) Have you begun to menstruate?

- 1 no
- 2 yes. How old were you the first time? ____ yrs _____ mos

Health

21. How do you see your health? Is it at the moment

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

22. How often have you had the following symptoms during the past months?

	almost daily	more than once a week	about once a week	about once a month	seldom or never
headache	1	2	3	4	5
stomach ache	1	2	3	4	5
depression	1	2	3	4	5
difficulties sleeping	1	2	3	4	5
tiredness during daytime	1	2	3	4	5
waking up during nights	1	2	3	4	5
tension or nervousness	1	2	3	4	5
irritability or fits of anger	1	2	3	4	5
dizziness	1	2	3	4	5

Exercise

23. Which of the following alternatives best describes your present sports/fitness activities? I usually do sports or exercise so that:

- 1 I breathe hard and sweat profusely
- 2 I breathe rather hard and sweat somewhat
- 3 I don't breathe very hard and sweat but a little
- 4 I don't sweat or breathe hard
- 5 I don't do sports or exercise during my free time

24. How often do you exercise or do sports during your free time? (school physical activities don't count here).

- 1 not at all
- 2 less than once a month
- 3 1-2 times a month
- 4 about once a week
- 5 2-3 times a week
- 6 4-5 times a week
- 7 just about every day

Smoking

25. Have you ever smoked (or tried smoking)?
- 1 no -----> go to question 28
 - 2 yes
26. How many cigarettes have you smoked altogether up to now?
- 1 only one
 - 2 about 2-10
 - 3 about 11-50
 - 4 over 50
27. Which of the following best describes your present smoking habits?
- 1 I smoke at least once each day
 - 2 I smoke at least once a week, but not every day
 - 3 I smoke less often than once a week
 - 4 I am trying to or have quit smoking
 - 5 I have tried smoking but I don't smoke
28. Do any of your friends smoke?
- 1 no one smokes
 - 2 one of them smokes
 - 3 2 - 5 of them smoke
 - 4 more than 5 of them smoke

Alcohol and drug use

29. Do any of your friends drink alcohol?
- 1 no one drinks
 - 2 one of them drinks
 - 3 2 - 5 of them drink
 - 4 more than 5 of them drink
30. How often do you drink alcohol? Try to include also the times when you drink very small quantities, such as a half a bottle of light beer or a sip of wine.
- 1 once a week or more
 - 2 about 1-2 times a month
 - 3 less than once a month
 - 4 never; I don't drink alcohol
31. How often do you drink so that you get at least slightly intoxicated?
- 1 once a week or more
 - 2 about 1-2 times a month
 - 3 less than once a month
 - 4 never; I don't drink alcohol

32. How would you describe how alcohol affects people. When people drink a lot of alcohol, they become:

	Never	Sometimes	Often	
Don't Know				
Sleepy	1	2	3	4
Talkative	1	2	3	4
Sad	1	2	3	4
Angry	1	2	3	4
Ill feeling	1	2	3	4
Friendly	1	2	3	4
Confused	1	2	3	4
Mean	1	2	3	4
Content	1	2	3	4
Fun	1	2	3	4
Depressed	1	2	3	4

33. Do you know anyone among your acquaintances who would have tried drugs (hashish, paint thinner or something else to sniff, prescription drugs, or other substances like that)?

- 1 I don't know any adolescents who have done that
- 2 I know one
- 3 I know 2 - 5
- 4 I know more than 5 adolescents who have done that

Opinions

34. Please circle the number that most closely represents the way you feel.

	strongly disagree	disagree	agree	strongly disagree
On the whole, I am satisfied with myself.	1	2	3	4
At times I think I am no good at all.	1	2	3	4
I feel that I have a number of good qualities.	1	2	3	4
I am able to do things as well as most other people.	1	2	3	4
I feel I do not have much to be proud of.	1	2	3	4
I certainly feel useless at times.	1	2	3	4
I feel that I'm a person of worth, at least on an equal basis with others.	1	2	3	4
I wish I would have more respect for myself.	1	2	3	4
All in all, I am inclined to feel that I am a failure.	1	2	3	4

I take a positive attitude toward myself.	1	2	3	4
I do as I see fit, nevermind what my friends try to lure me in to.	1	2	3	4

35. Here are some attitudes concerning alcohol, cigarette and drug use, and sexual behavior. Please tell us what you think about them. Check the alternative that best describes what you think.

	strongly disagree	partly disagree	difficult to say	partly agree	strongly agree
A moderate use of alcohol is part of normal life	1	2	3	4	5
Trying marijuana or hashish is no more dangerous than drinking a few bottles of beer	1	2	3	4	5
Alcohol gives no real happiness for anyone	1	2	3	4	5
It's not right for kids my age to have sex when dating	1	2	3	4	5
It's fair that the law prohibits the sale of beer to persons under 18 years of age	1	2	3	4	5
Parents shouldn't try to control the sexual relationship between two young persons	1	2	3	4	5
A drink every now and then merely acts as a pick-me-up and cannot be considered out of place	1	2	3	4	5
Kids that use alcohol are more popular among peers	1	2	3	4	5
When you've had a drink, it's easier to get acquainted with the opposite sex	1	2	3	4	5
There is too much fuss about the dangers of smoking nowadays	1	2	3	4	5
Alcohol is used far too much in Finland	1	2	3	4	5
It is sometimes the case that a genuine, spontaneous relaxed atmosphere is only born when alcohol is used	1	2	3	4	5
It's fair that the law prohibits the sale of tobacco to persons under 18 years of age	1	2	3	4	5
It is important that one should					

be able to drink oneself
into a state of intoxication
in order to relax and
say what one has to say

1 2 3 4 5

36. Here is a list of events which may or may not have happened to you or in your family or to close friends. Please read each item carefully. If the event has happened in the past two years, please circle YES; if it has not happened, please circle NO.

You moved to a new neighborhood or town with your family	NO	YES
A close friend has moved away	NO	YES
You have changed to another school	NO	YES
You have experienced a serious illness or accident	NO	YES
Someone close to you has been seriously ill	NO	YES
Someone close to you has died	NO	YES
Your parents or parent and step-parent have had serious conflicts	NO	YES
Mother or father has moved out of home, or they have divorced	NO	YES
A new mate of your mother's or father's has moved in	NO	YES
Your sister or brother has moved away from home	NO	YES
A teacher/coach close to you has changed	NO	YES
A close friendship has ended	NO	YES
Mother or father has become unemployed	NO	YES
Mother has started working after being at home for a long time	NO	YES
A new sibling has been born	NO	YES

37. Thinking about all of these changes and difficulties you may have had over the past year, how hard were they for you overall? Please circle the number of the answer that comes closest to your overall feeling.

- 1 none of the things mentioned above has happened to me
- 2 all the changes I've experienced have been only positive
- 3 most changes have been positive, but some of them have been hard for me
- 4 most changes have been hard for me, but some of them have been positive
- 5 all the changes have been hard for me

If you want, you can use the following space to describe your feelings in more detail: _____

Friends and leisure time

38. With whom do you usually spend your free time?

- 1 alone
- 2 together with my twin or my family
- 3 with my twin and my friends
- 4 together with one or two friends
- 5 in company with a larger group

39. How much of your free time do you spend together with your twin?

- 1 nearly all of it

- 2 I spend somewhat more of my free time with my twin than with other people
- 3 I spend somewhat more of my free time with others than with my twin
- 4 I spend most of my free time with others than my twin
- 5 we live apart and don't have the opportunity to spend time together
- 6 cannot tell

40. Twins often resemble each other. Similarity in appearance may be emphasized with clothing, hair, etc. How much do you and your twin emphasize your similarity?

- 1 we emphasize our similarity, we want to look alike as much as possible
- 2 we emphasize our similarity a little, we want to have a similar style
- 3 we do not emphasize either similarity or difference
- 4 we emphasize our differences in many ways
- 5 we are of opposite sex

41. How often do you do the following things with your parents? Please answer each question separately.

	Daily	A few times				Never
		a week	a month	in 6 months		
Discussions	1	2	3	4	5	
Events like movies, theatre etc.	1	2	3	4	5	
Sports	1	2	3	4	5	
Being involved in some hobby	1	2	3	4	5	
Camping, traveling, visiting	1	2	3	4	5	
Outdoor activities	1	2	3	4	5	

42. Are your friends (or friend) with whom you most usually spend your leisure time (other than your twin and members of your family):

- 1 Of the same sex as you.
- 2 Of both sexes.
- 3 Of the opposite sex.

43. Have any of your friends gotten into trouble at school because of bad behavior or dishonesty?

- 1 no one has
- 2 one of them has
- 3 2 - 5 of them have
- 4 more than 5 of them have

44. How popular are you among your own sex?

- 1 very popular
- 2 somewhat popular
- 3 only a little popular
- 4 not at all popular

45. How popular are you among the opposite sex?

- 1 very popular
- 2 somewhat popular
- 3 only a little popular
- 4 not at all popular

46. Are you satisfied with:

	Completely	Mainly yes	Sometimes	Mainly no	Not at all
Spending free time at home	1	2	3	4	5
Spending free time outside home	1	2	3	4	5
Your school achievements	1	2	3	4	5
Your relationship with your mother	1	2	3	4	5
Your relationship with your father	1	2	3	4	5
Your relationship with your twin	1	2	3	4	5
Your relationships with your friends	1	2	3	4	5
Your relationship with your teacher	1	2	3	4	5

Finally, we'd like to ask your permission to contact a teacher of yours to get some information about school-related things. You can choose which one of your teachers would fill the questionnaire by giving the name of that teacher. Our only wish is that you select a teacher who you think knows you well: it's easier for her/him to answer the survey than for a teacher who seldom sees you. Your classmates won't know that your teacher will fill a questionnaire, so no special attention is drawn to you at school.

Will you give us a permission to send your teacher a questionnaire?

- 1 yes, I will ----> please fill the school information below
- 2 no, I won't, because _____

Name of school _____
Street address _____
Area code and town _____
Teacher's name _____
Teacher's subject _____

After filling this questionnaire, if you have some things on your mind that you would like to tell us more about or if you would like to say something about this questionnaire itself, you can write it here.

We may later need to ask further questions. We wish we may contact you also by phone, if needed.

My home phone number is (____) _____

Please check once more that you have answered every question.

Thank you for replying to this survey!