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Health study of teen-age twins

Form (questionnaire) for 17-year-old

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Dear teenager:

This questionnaire is part of medical research studying the influence of and relationship between genetic inheritance and environment on health and factors influencing health.

Now we are asking you to answer the questionnaire another time. From a scientific viewpoint it is of utmost importance that EVERY ONE WHO HAS RECEIVED THIS FORM ANSWER THIS QUESTIONNAIRE. The forms have been numbered for data processing purposes. Thus we will avoid sending a new form to those who have already answered. If your parents would like to see this form, we would hope they would do so before you answer the questions in it. For the reliability of the study it is very important that you answer the questions independently.

Be thorough in answering the questions. WHEN YOU ARE DONE, CHECK TO MAKE SURE YOU HAVE NOT SKIPPED ANY QUESTIONS BY ACCIDENT. We hope you would find the time to complete the questionnaire within seven days.

Return the completed questionnaire in the enclosed return envelope. You can drop it at the post office without a stamp. We will pay for the postage.

NOTICE: ~~YOUR IDENTITY AND THE INFORMATION YOU GIVE WILL REMAIN COMPLETELY CONFIDENTIAL.~~ The results of the research will be studied in the form of tables compiled from all the answers, and won't reveal answers given by individual participants.

ANSWER LIKE THIS:

It is easy to fill out the questionnaire. You will always answer each question or sub-question by circling one of the alternatives. The alternatives have been numbered.

Some of the questions have, after the answer alternatives, a supplementary question or an indication to move on to a certain other question. In some of the questions you are asked to write or number something.

If you have to correct an answer, cross out the faulty answer.

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HERE BEGIN THE ACTUAL QUESTIONS

1 DO YOU STILL LIVE WITH YOUR TWIN?

- 1 I still live with her/him
- 2 No I don't, how often do you meet or talk by telephone?

- 1 daily or almost daily
- 2 about once a week
- 3 1-2 times a month
- 4 less often

2 ARE YOU PRESENTLY ATTENDING SCHOOL OR STUDYING?

- 1 I don't go to school nor do I study ----> go to question 4
- 2 I go to school or study, I don't work
- 3 I go to school or study, but also work

3 WHAT KIND OF SCHOOL OR INSTITUTION DO YOU ATTEND?

- 1 elementary school, intermediate school
- 2 gymnasium (high-school)
- 3 higher education, university
- 4 trade school (accounting-, technical-, agricultural-, etc. school)
- 5 vocational school [higher level than 4. above but below university level] (business school, engineering school, nursing school etc.)
- 6 job training programs, vocational training or equivalent.
- 7 other school or institution, what?

4 IF YOU DON'T PRESENTLY STUDY OR ATTEND SCHOOL, WHAT DO YOU DO?

I AM:

- 1 in temporary training in order to continue my studies
- 2 I work for pay
- 3 I'm serving in the military
- 4 I'm unemployed or on forced leave
- 5 I'm at home
- 6 other, what? _____

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USE OF FREE TIME

5 WITH WHOM DO YOU USUALLY SPEND YOUR FREE TIME?

- 1 alone
- 2 with my twin
- 3 with my family
- 4 with one friend
- 5 with two of my friends
- 6 with a larger group

6 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 I cannot say

HEIGHT AND WEIGHT

7 CURRENT HEIGHT _____cm

8 CURRENT WEIGHT _____kg

HEALTH

9 HOW DO YOU VIEW YOUR HEALTH, IS IT PRESENTLY

- 1 very good
- 2 rather good
- 3 mediocre
- 4 rather poor
- 5 very poor

SMOKING, COFFEE DRINKING AND USE OF ALCOHOL

10 WHICH OF THE FOLLOWING CHOICES BEST FITS YOUR PRESENT USE OF CIGARETTES?

- 1 I smoke, at least, 10 cigarettes a day
- 2 I smoke everyday, however, no more than 9 cigarettes a day
- 3 I smoke once a week, or more often, however, not every day
- 4 I smoke less than once a week
- 5 I have stopped or quit smoking
- 6 I have never smoked

11 HOW MANY CUPS OF COFFEE OR TEA, DO YOU DRINK PER DAY?

COFFEE 0 I don't drink daily
 1 about _____ cups

TEA 0 I don't drink daily
 1 about _____ cups

12 HOW OFTEN DO YOU DRINK ALCOHOL AT ALL? TRY TO INCLUDE THE TIMES ALSO WHEN YOU DRINK VERY SMALL QUANTITIES, LIKE JUST HALF A BOTTLE OF LIGHT BEER OR A DROP OF WINE.

- 1 daily
- 2 couple of times a week
- 3 once a week
- 4 a couple of times a month
- 5 about once a month
- 6 about once every two months
- 7 3-4 times a year
- 8 once a year or less
- 9 I don't use alcohol

13 AND HOW OFTEN DO YOU GET REALLY DRUNK?

- 1 once a week or more often
- 2 about 1-2 times a month
- 3 less often than that
- 4 never

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14 ON HOW MANY DAYS TOTAL HAVE YOU HAD BEER, WINE, OR LIQUOR DURING THE PAST FOUR WEEKS?

on _____ days
0 I didn't drink at all

15 WHAT PROPORTION OF YOUR SAME-AGE AND SAME-SEX PEERS DRINK EVERY NOW AND THEN?

| BEER | WINE | HARD LIQUOR |
|-------------------|-------------------|-------------------|
| 1 almost everyone | 1 almost everyone | 1 almost everyone |
| 2 most | 2 most | 2 most |
| 3 half | 3 half | 3 half |
| 4 some | 4 some | 4 some |
| 5 hardly any | 5 hardly any | 5 hardly any |

PHYSICAL EXERCISE

16 HOW DO YOU PERCEIVE YOUR PRESENT PHYSICAL CONDITION? IS IT

1 very good
2 rather good
3 satisfactory
4 rather poor
5 very poor

17 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

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18 WHAT SORTS OF FREE-TIME PHYSICAL EXERCISES DO YOU DO? (SCHOOL PHYSICAL ACTIVITIES DO NOT COUNT HERE). CIRCLE AS MANY CHOICES THAT APPLY TO YOU.

1 I do not do any physical exercises - - skip to question #20

2 bicycling

3 jogging

4 swimming

5 cross-country skiing

6 slalom, down-hill skiing

7 body-building

8 aerobics

9 other gymnastics

10 tennis

11 soccer

12 volleyball

13 badminton

14 baseball

15 basketball

16 bandy

17 ice-hockey

18 ice-skating

19 weight lifting

20 other, what?

19 PRESENTLY, DO YOU TAKE PART IN ATHLETIC COMPETITIONS OR DO YOU PLAY WITH A TEAM?

1 no

2 yes, what type(s)

20 SENSATIONS

DIRECTIONS: Each item below contains two choices (a or b). Please indicate which choice better describes your likes and feelings. In some cases, you may find both choices describe your likes or feelings. Always choose the one which better describes your preferences. In some cases, you may find that you do not like either choice. In such cases, mark the choice you dislike least. ~~Do not leave any items blank.~~

1. A I like "wild" uninhibited parties. B I prefer quiet parties with good conversation.

2. A I often wish I could be a mountain climber. B I can't understand people who risk their necks climbing mountains.

3. A I like to explore a strange city or section of town by myself, even if it means getting lost. B I prefer a guide when I am in a place I don't know well.

4. A I dislike people who do or say things just to shock or upset others. B When you can predict almost everything a person will do and say he or she must be a bore.

5. A A sensible person avoids activities that are dangerous. B I sometimes like to do things that are a little frightening.

6. A I dislike "swingers". B I enjoy the company of real "swingers".

7. A I like to try new foods that I have never tasted before. B I order the dishes with which I am familiar, so as to avoid disappointment and unpleasantness.

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- | | | |
|-----|-------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|
| 8. | A I would like to take up the sport of water-skiing. | B I would not like to take up the sport of water-skiing. |
| 9. | A I would like to take off on a trip with no pre-planned or definite routes or timetable. | B When I go on a trip I like to plan my route and timetable fairly carefully. |
| 10. | A I prefer the "down-to-earth" kinds of people as friends. | B I would like to make friends in some of the "far-out" groups like artists or "hippies". |
| 11. | A I prefer the surface of the water to the depths. | B I would like to go scuba diving. |
| 12. | A I would like to meet some persons who are homosexual (men or women). | B I stay away from anyone I suspect of being "queer". |
| 13. | A I prefer friends who are excitingly unpredictable. | B I prefer friends who are reliable and predictable. |
| 14. | A I am not interested in experience for its own sake. | B I like to have new and exciting experiences and sensations even if they are a little frightening, unconventional or illegal. |
| 15. | A The essence of good art is its clarity, symmetry of form and harmony of colors. | B I often find beauty in the "clashing" of colors and irregular forms of modern paintings. |
| 16. | A I enjoy spending time in the familiar surroundings of home. | B I get very restless if I have to stay around home for any length of time. |
| 17. | A I like to dive off the high board. | B I don't like the feeling I get standing on the high board (or I don't go near it at all). |
| 18. | A I like to date members of the opposite sex who are physically exciting. | B I like to date members of the opposite sex who share my values. |

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19. A a non-scored item? B
20. A A person should have considerable sexual experience before marriage. B It's better if two married persons begin their sexual experience with each other.
21. A I like people who are sharp and witty even if they do sometimes insult others. B I dislike people who have their fun at the expense of hurting the feelings of others.
22. A There is altogether too much portrayal of sex in movies. B I enjoy watching many of the "sexy" scenes in movies.
23. A People should dress according to some standards of taste, neatness, and style. B People should dress in individual ways even if the effects are sometimes strange.
24. A Skiing fast down a high mountain slope is a good way to end up on crutches. B I think I would enjoy the sensations of skiing very fast down a high mountain slope.

EVENTS/HAPPENINGS IN THE LAST 12 MONTHS

21 NEXT IS A LIST OF GROUP EVENTS THAT CAN HAPPEN IN LIFE. HAVE YOU EXPERIENCED ANY OF THE FOLLOWING EVENTS IN THE LAST 12 MONTHS?

| | Hasn't Occurred | Has Occurred |
|-------------------------------------------------|--------------------|-----------------|
| changes in school or place of study | 1 | 2 |
| your parents have divorced or separated | 1 | 2 |
| moved to another location | 1 | 2 |
| serious disagreement with your father or mother | 1 | 2 |
| serious disagreement with your best friend | 1 | 2 |

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22 BELOW IS A LIST OF A FEW THINGS THAT MAY HAPPEN WHEN PEOPLE DRINK ALCOHOL. PLEASE INDICATE, FOR EACH QUESTION, IF YOU HAVE EXPERIENCED SIMILAR EVENTS IN THE LAST 12 MONTHS WHILE DRINKING ALCOHOL.

| | YES | NO |
|-------------------------------------------------------|-----|----|
| have you gotten into a row with anyone? | 1 | 2 |
| have you gotten into a fight? | 1 | 2 |
| have you lost money, valuables . . .? | 1 | 2 |
| have any possessions or clothes been ruined? | 1 | 2 |
| have you, afterwards, regretted what you said or did? | 1 | 2 |

23 HAS THERE BEEN ANY SUBSTANTIAL CHANGES IN YOUR HEALTH WITHIN THE LAST 12 MONTHS (FOR EXAMPLE, A SERIOUS ILLNESS OR AN ACCIDENT)?

- 1 no
- 2 yes, explain in more detail

24. IN THE LAST 12 MONTHS, HAS THERE BEEN ANY OTHER KINDS OF IMPORTANT POSITIVE OR NEGATIVE CHANGES IN YOUR LIFE?

- 1 no
- 2 yes, explain in more detail

THIS COMPLETES THE QUESTIONS. PLEASE CHECK YOUR ANSWERS TO MAKE SURE THAT YOU HAVE ANSWERED THE QUESTIONS ACCORDING TO THE STATED DIRECTIONS.

WE THANK YOU FOR YOUR HELP WITH THIS MEDICAL-SCIENCE RESEARCH/STUDY.