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Translation of the form for teen-age twins (1993 version)

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Helsinki University Department of Public Health  
Health study of teen-age twins

Form (questionnaire) for 18-year-old

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Dear teenager:

(The wording is somewhat different from the 16 year old survey)

A character analysis is included in this questionnaire. This analysis charts your liking for different experiences that can either be daring and exciting or peaceful and stable. The analysis is similar to the one in the questionnaire which you got when you were 17. The result of the analysis can be delivered to you if you want (see page 15). Thus, you can compare your result with your previous result, with other same-age persons' results and also your twin's result.

From a scientific viewpoint it is of utmost importance that EVERY ONE WHO HAS RECEIVED THIS FORM ANSWERS 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. 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.

HOW TO ANSWER:

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 THERE IN YOUR FAMILY:

- 1 mother and father
- 2 mother and step-father
- 3 father and step-mother
- 4 just your mother
- 5 just your father
- 6 husband or wife/common-law husband or -wife
- 7 some other guardian, who?

EDUCATION AND WORK

3 ARE YOU PRESENTLY ATTENDING SCHOOL OR STUDYING?

- 1 I don't go to school nor do I study ----> go to question 5
- 2 I go to school or study, I don't work
- 3 I go to school or study, but also work

4 WHAT KIND OF SCHOOL OR INSTITUTION DO YOU ATTEND?

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

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5 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? \_\_\_\_\_

#### USE OF FREE TIME

6 PRESENTLY, ARE YOU REGULARLY DATING?

- 1 yes
- 2 no

7 WITH WHOM DO YOU USUALLY SPEND YOUR FREE TIME?  
(you can circle more than one alternative)

- 1 alone
- 2 with my twin
- 3 with my family (with my parent or my husband/wife)
- 4 with one friend
- 5 with two of my friends
- 6 with a larger group

8 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

9 CURRENT HEIGHT \_\_\_\_\_ cm

10 CURRENT WEIGHT \_\_\_\_\_ kg

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HEALTH

11 HOW DO YOU VIEW YOUR HEALTH, IS IT PRESENTLY

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

12 HAVE YOU EXPERIENCED ANY OF THE FOLLOWING SYMPTOMS IN THE LAST HALF YEAR, AND IF SO, HOW FREQUENTLY?

Circle appropriate choice:

		Seldom or never	About once a month	About once a week	Almost everyday
stomach aches	1		2	3	4
stress/nervousness		1	2		3 4
difficulty getting to sleep or staying asleep	1		2	3	4
headaches		1	2		3 4
back or neck aches		1	2		3 4

CIGARETTE AS WELL AS COFFEE AND ALCOHOL USE

13 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.

14 IN THE LAST 4 WEEKS, HOW MANY DAYS, ALTOGETHER, HAVE YOU DRANK BEER, WINE OR LIQUOR?

On \_\_\_\_\_ days  
0 not at all

15 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

16 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

17 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

INFLUENCE OF ALCOHOL ON YOU

People act and feel in different ways when they drink alcohol. The following statements describe different feelings, which can be connected with the use of alcohol. We ask now how well these statements fit into you when you have been drinking alcohol.

In case you don't have a lot of experiences of alcohol you can answer according to what you think how alcohol would affect you.

18 If I would drink so much alcohol that I would feel its effect, I would \_\_\_\_

The statement fits me:

		Never	Seldom	Some- times	Quite often	Nearly Always
Feel good		1	2	3	4	5
Get angry		1	2	3	4	5
Be friendly		1	2	3	4	5
Feel sad		1	2	3	4	5
Be talkative		1	2	3	4	5
Become sick		1	2	3	4	5
Feel romantic	1		2	3	4	5
Become loud		1	2	3	4	5
Feel dizzy		1	2	3	4	5
Can't think straight		1	2	3	4	5
Get argumentative		1	2	3	4	5
Act mean		1	2	3	4	5
Become sexually free & liberated	1		2	3	4	5
Do things not done sober		1	2	3	4	5
Act vulgar		1	2	3	4	5
Act silly		1	2	3	4	5
Be sexually aggressive	1		2	3	4	5
Become quiet		1	2	3	4	5
Get into fights	1		2	3	4	5
Lose self-control		1	2	3	4	5
Become sleepy	1		2	3	4	5

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19 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

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.



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5. A I have tried marijuana or would like to. B I would never smoke marijuana.
6. A I would not like to try any drug which might produce strange and dangerous effects on me. B I would like to try some of the new drugs that produce hallucinations.
7. A A sensible person avoids activities that are dangerous. B I sometimes like to do things that are a little frightening.
8. A I dislike "swingers". B I enjoy the company of real "swingers".
9. 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.
10. 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.
11. 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.
12. 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".
13. A I prefer the surface of the water to the depths. B I would like to go scuba diving.
14. 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".
15. A I prefer friends who are excitingly unpredictable. B I prefer friends who are reliable and predictable.
16. 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.
17. 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.

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18. 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.
19. 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).
20. 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.
21. A Heavy drinking usually ruins a party because some people get loud and boisterous. B Keeping the drinks full is the key to a good party.
22. 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.
23. 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.
24. A There is altogether too much portrayal of sex in movies. B I enjoy watching many of the "sexy" scenes in movies.
25. A I feel best after taking a couple of drinks. B Something is wrong with people who need liquor to feel good.
26. 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.
27. 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.

#### PHYSICAL EXERCISE

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

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

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22 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

EVENTS/HAPPENINGS IN THE LAST 18 MONTHS

23 NEXT IS A LIST OF GROUP EVENTS THAT CAN HAPPEN IN LIFE. HAVE YOU EXPERIENCED ANY OF THE FOLLOWING EVENTS IN THE LAST 18 MONTHS, IN OTHER WORDS, IN THE LAST YEAR AND A HALF?

	Has not <u>Occurred</u>	Has <u>Occurred</u>
change of 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

24 HAS THERE BEEN ANY SUBSTANTIAL CHANGES IN YOUR HEALTH WITHIN THE LAST 18 MONTHS? (FOR EXAMPLE, A SERIOUS ILLNESS OR AN ACCIDENT?)

- 1 no
- 2 yes, explain in more detail

25 Below is a list of consequences that may happen when people drink alcohol.

Please indicate how often during the past 18 months you have experienced each consequence or something similar while drinking or as a consequence of drinking alcohol.

HOW OFTEN?	Never	Rarely	Sometimes	Quite Often
Made someone feel ashamed or embarrassed	1	2	3	4
Neglected your duties	1	2	3	4
Family member or friends have avoided you	1	2	3	4
You felt you had to drink more than usual to achieve the same effect	1	2	3	4
Tried to limit your alcohol consumption by drinking at certain times only	1	2	3	4
Felt wretched because you cut down or stopped drinking altogether	1	2	3	4
Found that your character had changed	1	2	3	4
Felt that alcohol was a problem for you	1	2	3	4
Tried to cut down drinking or give it up altogether	1	2	3	4
Continued drinking despite a promise to yourself to stop	1	2	3	4
Thought you would go mad	1	2	3	4
Things went badly when you were drinking	1	2	3	4
Felt physically or mentally dependent on alcohol	1	2	3	4

HOW MANY TIMES?

	None	1-2 times	3-5 times	More than 5 times
You got into a fight, behaved yourself improperly or did mischief	1	2	3	4
You spent too much money on alcohol so you could not afford something you wanted	1	2	3	4
You went to work or school when you were drunk	1	2	3	4
You cut school or did not go to work	1	2	3	4
You found yourself in a place without remembering how you got there	1	2	3	4
You passed out or suddenly lost consciousness	1	2	3	4
You got into a fight or an argument with your friend	1	2	3	4
You got into a fight or an argument with your family member	1	2	3	4
Your friends or acquaintances encouraged you to stop drinking or at least to cut it down	1	2	3	4

26 HAVE YOU BEEN UNEMPLOYED OR ON FORCED LEAVE WITHIN THE LAST 18 MONTHS?

- 1 no
- 2 yes, less than a month
- 3 yes, a month to half a year
- 4 yes, over a half year

27 IN THE LAST 18 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.

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We thank you for your help with this medical-science research study.

Which of the following may we send you?

\_\_\_movie ticket (Finnkino)

\_\_\_video rental gift certificate (-Kiaski)

\_\_\_bookstore gift certificate (Suomalainen Kijakauppa)

Finnkinon movie theaters are located in the following towns:

Suomalainen Kijakauppa is located in the following towns: