

Translation for the 1993/2 version.

(Cover)

**ÄIDIN LOMAKE  
(MOTHER'S QUESTIONNAIRE)**

(Inside Cover)

**Honored Recipient:**

**This questionnaire is part of a medical study in which we're investigating environmental and genetic effects on health and factors affecting health. We have invited to participate in the study parents who have 16-year-old twins. Twins and their parents are each sent their own questionnaires.**

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**ANSWER IN THIS WAY:**

**This questionnaire is part of medical research studying the influence of and relationship between genetic inheritance and environment on health and factors influencing health. Families which have sixteen year old twins have been invited to participate in the study.**

**Now we are asking you to participate in our study; your role would be to answer the questions in this questionnaire. 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.**

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**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. Take a look at example 1.

Some of the questions have, after the answer alternatives, a supplementary question or an indication to move on to a certain other question. These have been marked with guiding arrows. Look at example 2.

In some of the questions you are asked to write or number something. These places have been underlined. Look at example 3.

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

**ANSWER EXAMPLES:**

**EXAMPLE 1** In the past month, have you visited the following

	never	once	2 or more times
Pharmacy	1	2	3
Doctor	1	2	3

(in this example the person giving the answers had visited the Pharmacy twice and a doctor once during the past month)

**EXAMPLE 2** Do you know your blood type?

- 1 no ----> go to the next question
- 2 yes ----> what is your blood type? \_\_\_\_\_  
(here the person answering has known his/her blood type)

**EXAMPLE 3** Which town/county do you live in?

-----  
(in this example the person lives in Lappeenranta)

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**THE REAL QUESTIONNAIRE BEGINS HERE**

**1** When and where were you born?

day\_\_\_ month\_\_\_ year\_\_\_ place

**2** Do you have sisters \_\_\_\_\_ brothers \_\_\_\_\_? (also step-sisters and step-brothers)

**3** Do you have children aged 0-6 in your household at this time?

**1** no

**2** yes, how many?

**4** Do you have school children (7-16) in your household at this time?

**1** no

**2** yes, how many? \_\_\_\_\_ (the twins included)

**5** Do you have other children?

**1** no

**2** yes, how many?

**FOLLOWING QUESTIONS CONCERN YOUR HEIGHT AND WEIGHT**

**6** How tall are you? \_\_\_\_\_

**7** How much is your weight nowadays (without clothes?) \_\_\_\_\_

**8** How much was your weight when you were about 20? \_\_\_\_\_

**0** - I can't say

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9 How much was your weight 17 years ago, (before your twin pregnancy?) \_\_\_\_\_  
\_\_\_\_\_ kg 0 I can't say

**THE FOLLOWING QUESTIONS CONCERN SYMPTOMS AND ILLNESS**

10 Do you regularly or for extended periods of time have a cough?

1 no (go to Q 13)

2 yes

11 How many months in a row do you cough per year?

1 less than three months in a row.

2 more than three months in a row.

12 For how many months in a row do you bring up phlegm from your chest per year?

1 less than three months in a row.

2 over three months in a row.

13 Have you ever been told by a doctor that you have or have had? (circle also if you answer no)

	no	yes
allergic cold, e.g. hay fever	1	2
allergic rash, dermatitis	1	2
asthma	1	2
diabetes	1	2
high blood pressure	1	2
coronary disease (heart infarct or angina pectoris)		
any other long or serious illness (explain)	1	2

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14 During the last year, how often have you used the following types of medicines (circle also, even if you have not used any) or alternative drugs?

	<u>I have not used</u>	<u>I have used occasionally</u>	<u>I have used regularly</u>
pain relievers	1	2	3
antihypertensive drugs	1	2	3
heart drugs	1	2	3
allergy drugs	1	2	3
sleeping pills or tranquilizers	1	2	3
vitamins and trace elements	1	2	3
alternative drugs	1	2	3

15 Has the fat content (cholesterol) of your blood been determined during the past five years?

- 1 No, has not been determined
- 2 I don't know
- 3 Yes, and the cholesterol level that last was determined was
  - 1 less than 5.0
  - 2 5.0 - 5.9
  - 3 6.0 - 6.9
  - 4 7.0 - 7.9
  - 5 8.0 or over
  - 6 I don't know the level

16 How old were you when you had your first period?

\_\_\_\_\_ years

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**About your parents' health. In this part of the questionnaire, we ask about your mother's and father's health and how their way of living perhaps could have affected it.**

**17 What is or what was your mother's occupation? (give as an informative description as possible).**

**18 Is your mother alive?**

**1 Yes - go to question 19**

**2 No**

**How old was she when she died? \_\_\_ years  
Do you know the reason why she died?**

**1 coronary disease**

**2 stroke**

**3 malignant tumor (cancer)**

**4 accident**

**5 other reason, what?**

**6 I don't know**

**Did she have diabetes?**

**1 Yes**

**2 No**

**3 I don't know**

**Did she suffer from elevated blood pressure?**

**1 Yes**

**2 No**

**3 I don't know**

**19 Did your mother do some exercise in her free time as an adult ?**

**1 she has regularly done some exercise during her free time**

**2 she has done some exercise - but not regularly**

**3 she has hardly done any exercise**

**4 can't say**

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20 Has your mother smoked?

- 1 she has never smoked
- 2 she has smoked some years but stopped
- 3 she has smoked regularly in her adult years
- 4 can't say

21 Has your mother been overweight when an adult?

- 1 she has clearly been overweight
- 2 she has been a little overweight
- 3 according to her age and height, she was normal weight
- 4 can't say

22 Has your mother used alcohol?

- 1 she has not used alcohol at all or very seldom
- 2 she has used alcohol occasionally
- 3 she has used alcohol rather regularly as an adult
- 4 can't say

23 Is your father alive?

- 1 Yes - go to question 24
- 2 No

How old was he when he died?

Do you know the reason why he died?

- 1 coronary disease
- 2 stroke
- 3 malignant tumor (cancer)
- 4 accident
- 5 other reason, what?
- 6 I don't know

Did he have diabetes?

- 1 Yes
- 2 No
- 3 I don't know

Did he suffer from elevated blood pressure?

- 1 Yes
- 2 No
- 3 I don't know

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24 What is or what was your father's occupation? (give as an informative description as possible).

25 Did your father do some exercise in his free time as an adult?

- 1 he has regularly done some exercise during his free time
- 2 he has done some exercise - but not regularly
- 3 he has hardly done any exercise
- 4 can't say

26 Has your father smoked?

- 1 he has never smoked
- 2 he has smoked some years but stopped
- 3 he has smoked regularly in his adult years
- 4 can't say

27 Has your father been overweight when an adult?

- 1 he has clearly been overweight
- 2 he has been a little overweight
- 3 according to his age and height, he was normal weight
- 4 can't say

28 Has your father used alcohol?

- 1 he has not used alcohol at all or very seldom
- 2 he has used alcohol occasionally
- 3 he has used alcohol rather regularly as an adult
- 4 can't say

#### SMOKING HABITS

29 Have you in your entire life smoked more than 5-10 packs of cigarettes?

- 1 No - skip to question 33.
- 2 Yes



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**30 Do you smoke or have you at some time smoked cigarettes regularly, in other words daily or almost daily?**

- 1 No - skip to question 33**
- 2 Yes**

**31 How old were you when you began to smoke cigarettes regularly?  
\_\_\_\_\_ years old**

**32 Do you still smoke cigarettes regularly?**

- 1 No**
- How old were you when you stopped smoking?  
\_\_\_\_\_ years old**

**How many did you smoke on average per day before you stopped?**

- 1 none**
- 2 less than 5 cigarettes**
- 3 5 - 9 cigarettes**
- 4 10 - 14 cigarettes**
- 5 15 - 19 cigarettes**
- 6 20 - 24 cigarettes**
- 7 25 - 39 cigarettes**
- 8 more than 40 cigarettes**

**2 Yes**

**How many cigarettes do you smoke daily on average?**

- 1 none**
- 2 less than 5 cigarettes**
- 3 5 - 9 cigarettes**
- 4 10 - 14 cigarettes**
- 5 15 - 19 cigarettes**
- 6 20 - 24 cigarettes**
- 7 25 - 39 cigarettes**
- 8 more than 40 cigarettes**

**THE NEXT QUESTIONS ARE ABOUT EDUCATION AND WORK**

**33 What kind of basic education have you had?**

- 1 less than primary school**
- 2 primary school**
- 3 little less than intermediate school**
- 4 intermediate school**
- 5 part of gymnasium**
- 6 bachelor's degree (=a national exam in Finland)**

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**34 How long is your vocational training (after the basic education asked in the previous question)?**

- 1 no vocational training**
- 2 only course-like or studies at working place**
- 3 school-like studies not over 2 years**
- 4 school-like studies over 2 years**
- 5 university degree**

**35 What is your occupation, or if you are not working, your previous occupation? (describe as accurately as possible).**

**occupation: \_\_\_\_\_ description:**

**36 What was your occupation about 17 years ago? (before the twins were born).**

- 1 the same as now**
- 2 something else, what?**

**37 Are you at present?**

- 1 working, outside home**
- 2 working at home**
- 3 on pension because of injury or illness**
- 4 other kind of pension**
- 5 student, re-training**
- 6 unemployed, looking for a job**
- 7 something else, what?**

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**38 At the present moment are you?**

- 1 working for somebody else on a monthly or hourly basis**
- 2 working for somebody on a contractual basis**
- 3 self-employed (non-farm)**
- 4 farmer**
- 5 I am not working at the present time**
- 6 I have never worked**

**39 Is your present work, or the work which you last did (mainly)?**

- 1 regular daywork**
- 2 regular nightwork**
- 3 unregular or part-time work**
- 4 two-shift work without night shifts**
- 5 two-shift work with night shift**
- 6 three shift work**
- 7 I have never worked**

**40 What kind of work do you do? (The present work, or the work which you last did?)**

- 1 mainly sedentary work, which requires very little physical activity**
- 2 work which involves standing and walking, but no other physical activity**
- 3 work which in addition to standing and walking requires lifting and carrying**
- 4 heavy physical work**
- 5 I have never worked**

**THE NEXT QUESTIONS CONCERN USE OF ALCOHOL**

**41 During the last year, have you been unemployed or laid off?**

- 1 no**
- 2 yes, less than a month**
- 3 yes, a month - half a year**
- 4 yes, more than half a year**

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42 Have you during the last year drank alcohol (beer, strong beer, wine or other alcohol liquors)?

- 1 No because I have been an abstainer for the whole of my life - go to Q 51
- 2 No, because I have not used alcohol during the last year
- 3 yes

43 How old were you when you first drank at least a glass of:

Beer? \_\_\_ years

0 I have never had beer

Wine? \_\_\_ years

0 I have never had wine

Hard liquor? \_\_\_ years

0 I have never had hard liquor

44 Compared to your alcohol use today - how was your alcohol consumption 17 years ago (before twin pregnancy began)?

- 1 used clearly less alcohol then
- 2 used somewhat less
- 3 my use of alcohol has not changed
- 4 used a little more
- 5 used clearly more then

45 How often do you use alcohol nowadays? Which of the following alternatives best describes your use of beer, wine and hard liquor?

	NEVER	<2DAYS/M ONTH	3-8 DAYS/ MONTH	9-16 DAYS MONTH	>16 DAYS MONTH
BEER	1	2	3	4	
WINE	1	2	3	4	
LIQUOR	1	2	3	4	

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- 46 How often does it happen that on the same occasion you drink more than five bottles of beer or more than a bottle of wine or more than half a bottle of hard liquor (or the same amount of alcohol)?
- 1 never
  - 2 once a year or more seldom
  - 3 sometimes a year
  - 4 about once a month
  - 5 about once a week
  - 6 more often than once a week
- 47 Have you ever felt that you use alcohol more often than you actually would like to?
- 1 often
  - 2 occasionally
  - 3 seldom
  - 4 never
- 48 Have you ever felt that you use greater quantities of alcohol than you actually would like to?
- 1 often
  - 2 occasionally
  - 3 seldom
  - 4 never
- 49 How often do you find yourself drinking more than you had initially planned to?
- 1 often
  - 2 occasionally
  - 3 seldom
  - 4 never
- 50 Do you find it difficult to confine yourself to one drink once you have begun to drink?
- 1 often
  - 2 occasionally
  - 3 seldom
  - 4 never

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## PHYSICAL ACTIVITY

**51** Next we give you five alternatives, which describe the amount of leisure time physical activity. Which alternative best describes your leisure time activity the year round?

- 1** I don't practically do any exercise in my leisure time
- 2** a little
- 3** moderately
- 4** quite a lot
- 5** a lot

What kind of free time exercise do you do?

In the summer:

In the winter:

**52** The exercise you do in your leisure time is usually as strenuous as:

- 1** walking
- 2** shifting between walking and light running
- 3** light running (jogging)
- 4** active running

**53** How long does one round of physical activity in your leisure time last?

- 1** less than 15 minutes
- 2** 15 minutes - less than half an hour
- 3** half an hour - less than an hour
- 4** an hour - less than two hours
- 5** more than 2 hours

**54** How many times a month do you do exercise in your leisure time nowadays?

- 1** less often than once a month
- 2** 1 - 2 times a month
- 3** 3 - 5 times a month
- 4** 6 - 10 times a month
- 5** 11 - 19 times a month
- 6** more than 20 times a month

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**THE NEXT QUESTIONS ARE ABOUT SLEEPING, SNORING AND TIREDNESS DURING THE DAYTIME**

**55 How many hours do you usually sleep in 24 hours?**

- 1 6 hours or less**
- 2 6.5 hours**
- 3 7 hours**
- 4 7.5 hours**
- 5 8 hours**
- 6 8.5 hours**
- 7 9 hours**
- 8 9.5 hours**
- 9 10 hours or more**

**56 Do you snore in the nights (if necessary, ask another person)?**

- 1 every night or nearly every night**
- 2 3 - 5 nights in a week**
- 3 1 - 2 nights in a week**
- 4 less than one night in a week**
- 5 less than once a month or never**
- 6 I don't know**

**57 How does your snoring sound (described by another person)?**

- 1 I don't snore**
- 2 I snore quietly**
- 3 I snore loudly and steadily**
- 4 I snore loudly and unevenly**
- 5 I don't know**

**58 Do you feel yourself tired in the morning when you wake up?**

- 1 every morning or nearly every morning**
- 2 3 - 5 mornings in a week**
- 3 1 - 2 mornings in a week**
- 4 less than once a week**
- 5 less than once a month or never**

**59 Do you feel tired during the daytime?**

- 1 every day or nearly every day**
- 2 3 - 5 days per week**
- 3 1 - 2 days per week**
- 4 less than once a week**
- 5 less than once a month or never**

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MMPI  
(items 1-163)

## PERSONALITY

The following segment mapping your personality is based on a psychological test which has been widely used in many countries for several years now. For that reason it might seem somewhat old-fashioned in places. Even though we have here a little over a hundred statements, filling it out won't take very long. We'll send you your own test results so you can compare yourself to other youth of your age.

Now follows a group of statements.

Read each statement and determine whether it is true for you or not. If it is true, or is almost true, circle the word "true" in front of it.

If that statement is untrue about you or usually wouldn't apply to you, circle the "false" in front of it.

If the statement is irrelevant to you or you don't understand it, don't circle either alternative.

Remember to represent your own opinion about yourself, and try to take a position on each statement. Don't leave any blanks if you can avoid it.

Examples:

True False A. I have a good appetite.  
(The person answering has circled "true", he thinks he has a good appetite)

True False B. I don't always tell the truth.  
(The person answering has circled "false"; he thinks he always tells the truth)

Here the statements begin:

- |   |   |     |  |
|---|---|-----|--|
| T | F | 1.  | I like mechanics magazines.  |
| T | F | 2.  | I like to read newspaper articles on crime.                                |
| T | F | 3.  | My daily life is full of things that keep me interested.                   |
| T | F | 4.  | I am sure I get a raw deal from life.                                      |
| T | F | 5.  | My sex life is satisfactory.   |
| T | F | 6.  | At times I have very much wanted to leave home                             |
| T | F | 7.  | No one seems to understand me.   |
| T | F | 8.  | Evil spirits possess me at times.  |
| T | F | 9.  | I find it hard to keep my mind on a task or job.                           |
| T | F | 10. | I have had very peculiar and strange experiences.                          |
| T | F | 11. | I have a cough most of the time.   |
| T | F | 12. | If people had not had it in for me I would have been much more successful. |



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- T F 13. I have never been in rouble because of my sex behavior.
- T F 14. During one period when I was a youngster I engaged in petty thievery.
- T F 15. My family does not like the work I have chosen (or the work I intend to choose for my life work).
- T F 16. My soul sometimes leaves my body.
- T F 17. As a youngster I was suspended from school one or more times for cutting up.
- T F 18. I am a good mixer.
- T F 19. Everything is turning out just like the prophets of the Bible said it would.
- T F 20. I have often had to take orders from someone who did not know as much as I did.
- T F 21. I have not lived the right kind of life.
- T F 22. I wish I could be as happy as others seem to be.
- T F 23. I used to like drop-the-handkerchief.
- T F 24. I think a great many people exaggerate their misfortunes in order to gain the sympathy and help of others.
- T F 25. I have often wished I were a girl. (Or if you are a girl) I have never been sorry that I am a girl.
- T F 26. I enjoy reading love stories.
- T F 27. I like poetry.
- T F 28. I think I would like the kind of work a forest ranger does.
- T F 29. I am easily downed in an argument.
- T F 30. These days I find it hard not to give up hope of amounting to something.
- T F 31. I am certainly lacking in self-confidence.
- T F 32. I would like to be a florist.
- T F 33. It takes a lot of argument to convince most people of the truth.
- T F 34. I do not mind being made fun of.
- T F 35. I would like to be a nurse.
- T F 36. I think most people would lie to get ahead.
- T F 37. I do many things which I regret afterwards. (I regret things more or more often than others seem to).
- T F 38. I go to church almost every week.
- T F 39. I have very few quarrels with members of my family.
- T F 40. I believe in the second coming of Christ.
- T F 41. I like to go to parties and other affairs where there is lots of loud fun.
- T F 42. My hardest battles are with myself.
- T F 43. Much of the time I feel as if I have done something wrong or evil.

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- T F 44. I am happy most of the time.
- T F 45. Someone has it in for me.
- T F 46. I believe in a life hereafter.
- T F 47. I enjoy a race or game better when I bet on it.
- T F 48. Most people are honest chiefly through fear of being caught.
- T F 49. In school I was sometimes sent to the principal for cutting up.
- T F 50. My table manners are not quite as good at home as when I am out in company.
- T F 51. Most people will use somewhat unfair means to gain profit or an advantage rather than to lose it.
- T F 52. I like dramatics.
- T F 53. I know who is responsible for most of my troubles.
- T F 54. The sight of blood neither frightens me nor makes me sick.
- T F 55. I have never vomited blood or coughed up blood.
- T F 56. I like collecting flowers or growing house plants.
- T F 57. At times my thoughts have raced ahead faster than I could speak them.
- T F 58. I commonly wonder what hidden reason another person may have for doing something nice for me.
- T F 59. I believe that my home life is as pleasant as that of most people I know.
- T F 60. I like to cook.
- T F 61. My conduct is largely controlled by the customs of those about me.
- T F 62. I used to keep diary.
- T F 63. I am neither gaining nor losing weight.
- T F 64. I have had periods in which I carried on activities without knowing later what I had been doing.
- T F 65. I like to know some important people because it makes me feel important.
- T F 66. What others think of me does not bother me.
- T F 67. I makes me uncomfortable to put on a stunt at a party even when others are doing the same sort of things.
- T F 68. I liked school.
- T F 69. I am worried about sex matters.
- T F 70. I find it hard to make talk when I meet new people.
- T F 71. When I get bored I like to stir up some excitement.
- T F 72. I am against giving money to beggars.
- T F 73. I frequently notice my hand shakes when I try to do something.

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- T F 74. I wish I were not so shy.
- T F 75. If I were a reporter I would very much like to report news of the theater.
- T F 76. I am very religious (more than most people).
- T F 77. I enjoy many different kinds of play and recreation.
- T F 78. I like to flirt.
- T F 79. I have used alcohol excessively.
- T F 80. There is very little love and companionship in my family as compared to other homes.
- T F 81. I think I would like the work of a building contractor.
- T F 82. I like science.
- T F 83. I very much like hunting.
- T F 84. My parents have often objected to the kind of people I went around with.
- T F 85. Some of my family have habits that bother and annoy me very much.
- T F 86. I should like to belong to several clubs or lodges.
- T F 87. I like to talk about sex.
- T F 88. I have been quite independent and free from family rule.
- T F 89. My relatives are nearly all in sympathy with me.
- T F 90. I have been disappointed in love.
- T F 91. I have few or no pains.
- T F 92. My way of doing things is apt to be misunderstood by others.
- T F 93. My parents and family find more fault with me than they should.
- T F 94. Sometimes without any reason or even when things are going wrong I feel excitedly happy, "on top of the world."
- T F 95. I believe there is a Devil and a Hell in afterlife.
- T F 96. I have had blank spells in which my activities were interrupted and I did not know what was going on around me.
- T F 97. I like to be with a crowd who play jokes on one another.
- T F 98. I believe there is a God.
- T F 99. If I were an artist I would like to draw figures.
- T F 100. I sweat very easily even on cool days.
- T F 101. When in a group of people I have trouble thinking of the right things to talk about.
- T F 102. I have often felt that strangers were looking at me critically.
- T F 103. Most people make friends because friends are likely to be useful to them.

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- T F 104. If I were a reporter I would very much like to report sporting news.
- T F 105. I am sure I am being talked about.
- T F 106. I have very few fears compared to my friends.
- T F 107. I am always disgusted with the law when a criminal is freed through the arguments of a smart lawyer.
- T F 108. I am likely not to speak to people until they speak to me.
- T F 109. I have never been in trouble with the law.
- T F 110. I liked "Alice in Wonderland" by Lewis Carroll.
- T F 111. I have periods in which I feel unusually cheerful without any special reason.
- T F 112. There never was a time in my life when I liked to play with dolls.
- T F 113. I seem to make friends about as quickly as others do.
- T F 114. Most people inwardly dislike putting themselves out to help other people.
- T F 115. Many of my dreams are about sex matters.
- T F 116. I cannot keep my mind on one thing.
- T F 117. I tend to be on my guard with people who are somewhat more friendly than I had expected.
- T F 118. I have several times given up doing a thing because I thought too little of my ability.
- T F 119. I have sometimes stayed away from another person because I feared doing or saying something that I might regret later.
- T F 120. I feel sure that there is only one true religion.
- T F 121. At parties I am more likely to sit myself or with just one other person than to join in with the crowd.
- T F 122. I do not like to see women smoke.
- T F 123. People often disappoint me.
- T F 124. I love to go to dances.
- T F 125. I frequently ask people for advice.
- T F 126. I have often met people who were supposed to be experts who were no better than I.
- T F 127. I would certainly enjoy beating a crook at his own game.
- T F 128. I deserve severe punishment for my sins.
- T F 129. I played hooky from school quite often as a youngster.
- T F 130. I like or have liked fishing very much.
- T F 131. I have at times had to be rough with people who were rude or annoying.
- T F 132. I would like to be an auto racer.
- T F 133. People generally demand more respect for their own rights than they are willing to allow for others.
- T F 134. I was fond of excitement when I was young (or in childhood).
- T F 135. I enjoy gambling for small stakes.

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- T F 136. I am often inclined to go out of my way to win a point with someone who has opposed me.
- T F 137. I enjoy social gatherings just to be with people.
- T F 138. I enjoy the excitement of a crowd.
- T F 139. My worries seem to disappear when I get into a crowd of lively friends.
- T F 140. I have used alcohol moderately (or not at all).
- T F 141. I used to like hopscotch.
- T F 142. I have often found people jealous of my good ideas, just because they had not thought of them first.
- T F 143. Whenever possible I avoid being in a crowd.
- T F 144. If I were in trouble with several friends who were equally to blame, I would rather take the whole blame than to give them away.
- T F 145. I do not mind meeting strangers.
- T F 146. While in trains, busses, etc., I often talk to strangers.
- T F 147. Christ performed miracle such as changing water into wine.
- T F 148. I pray several times every week.
- T F 149. I read in the bible several times a week.
- T F 150. I have no patience with people who believe there is only one true religion.
- T F 151. I readily become one hundred per cent sold on a good idea.
- T F 152. I have frequently worked under people who seem to have things arranged so that they get credit for good work but are able to pass off mistakes onto those under them.
- T F 153. I would like to wear expensive clothes.
- T F 154. I would like to hunt lions in Africa.
- T F 155. I think I would like the work of a dressmaker.
- T F 156. I like parties and socials.
- T F 157. I like to read about science.
- T F 158. If I were an artist I would like to draw children.
- T F 159. I would like to be a private secretary.
- T F 160. A large number of people are guilty of bad sexual conduct.
- T F 161. The one to whom I was most attached and whom I most admired as a child was a woman (mother, sister, aunt, or other woman).
- T F 162. I like adventure stories better than romantic stories.
- T F 163. I like movie love scenes.

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## DIETARY HABITS

- 61 How often do you eat an early breakfast (sandwiches, milk, cereal or other such foods) in the morning before going to work?
- 1 every morning
  - 2 3-4 times/week
  - 3 1 time/week or less often
- 62 What type of spread do you use on your bread?
- 1 usually nothing
  - 2 mostly margarine (list of brands)
  - 3 mostly butter
  - 4 butter/margarine mixture (brands)
  - 5 light spreads (brands)
  - 6 other, what?
- 63 What type of milk do you usually drink? (count also hyla-milk\*)
- 1 I don't drink milk
  - 2 skim milk
  - 3 1% milk
  - 4 2% milk
  - 5 whole milk
- 64 How many cups of coffee or tea do you drink daily?
- Coffee 0 none  
1 number of cups
- Tea 0 none  
1 number of cups

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**NEXT WE WILL ASK ABOUT YOUR HABITS AND EXPERIENCES ASSOCIATED WITH ALCOHOL. IF YOU DON'T USE ALCOHOL AT ALL, SKIP TO Q74**

- 65 Do you take a drink before going to a party? yes no
- 66 Do you usually drink a bottle of wine or corresponding amount of beer or other alcoholic beverages over the weekend? yes no
- 67 Do you drink a couple of drinks (or beers) a day to relax? yes no
- 68 Do you tolerate more alcohol now than you did 10 years ago? yes no
- 69 Have you difficulties not drinking more than your friends? yes no
- 70 Do you fall asleep after moderate drinking without knowing how you got to bed? yes no
- 71 Do you have a bad conscience after drinking? yes no
- 72 Do you take a drink (the day after a party) for your hang-over? yes no
- 73 Do you try to avoid alcoholic beverages for a determined period of time -- e.g., a week? yes no

#### **SMOKING AT HOME AND AT WORK**

- 74 Are you working indoors, where they are smoking regularly?
- 1 I don't work outside my home
  - 2 I work mostly outdoors
  - 3 In my workplace they do not smoke at all or only occasionally
  - 4 In my workplace they smoke regularly
- 75 Does anybody smoke indoors at your home?
- 1 Nobody smokes indoors
  - 2 Only one family member smokes indoors
  - 3 More than one family member smokes indoors
- 76 Did anybody smoke indoors at your home when the twins were 0-6 years old?
- 1 No
  - 2 Yes

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## ATTITUDES

Here are a few statements about alcohol use, smoking and physical exercise. You should tell what you think about each statement. Circle the alternative which best corresponds to your opinions.

77 A moderate use of alcohol is most suitable to begin at:

- 1 14 years or younger
- 2 15 years
- 3 16 years
- 4 17 years
- 5 18 years
- 6 19 years
- 7 one should not use alcohol at all

78 A moderate use of alcohol is part of normal life:

- 1 strongly agree
- 2 partly agree
- 3 undecided
- 4 partly disagree
- 5 strongly disagree

79 Alcohol gives no real happiness to anyone:

- 1 strongly agree
- 2 partly agree
- 3 undecided
- 4 partly disagree
- 5 strongly disagree

80 A drink every now and then merely acts as a pick-me-up and cannot be considered out of place:

- 1 strongly agree
- 2 partly agree
- 3 undecided
- 4 partly disagree
- 5 strongly disagree

81 Regular exercise/motion is a condition for good health:

- 1 strongly agree
- 2 partly agree
- 3 undecided
- 4 partly disagree
- 5 strongly disagree



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- 82 It is right that the law forbids selling tobacco to children less than 18 years of age:**
- 1 strongly agree**
  - 2 partly agree**
  - 3 undecided**
  - 4 partly disagree**
  - 5 strongly disagree**
- 83 It is sometimes the case that a genuine, spontaneous relaxed atmosphere is only born when alcohol is used:**
- 1 strongly agree**
  - 2 partly agree**
  - 3 undecided**
  - 4 partly disagree**
  - 5 strongly disagree**
- 84 There is too much talk about the dangers in smoking nowadays:**
- 1 strongly agree**
  - 2 partly agree**
  - 3 undecided**
  - 4 partly disagree**
  - 5 strongly disagree**
- 85 Top-ranking sports give good ideals for youngsters:**
- 1 strongly agree**
  - 2 partly agree**
  - 3 undecided**
  - 4 partly disagree**
  - 5 strongly disagree**
- 86 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 strongly agree**
  - 2 partly agree**
  - 3 undecided**
  - 4 partly disagree**
  - 5 strongly disagree**
- 87 Alcohol is used far too much in Finland:**
- 1 strongly agree**
  - 2 partly agree**
  - 3 undecided**
  - 4 partly disagree**
  - 5 strongly disagree**

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**These were the last of the actual questions. We would kindly request you to make sure that you have answered all the questions according to the instructions.**

**We thank you for your assistance in this medical study.**

**As our research proceeds, it may become necessary to ask further questions. We hope that if the need arises, we could contact you by telephone.**

**My telephone number is**

**In the following space you can provide additional information if our questions have not addressed some aspect of your health.**

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: