QUESTIONNAIRE

The following questionnaire has been prepared third-year nursing students from St. Francis Xavier University in order to explore the lifestyles of students attending this university. Your cooperation in completing this study by responding as honestly as possible to the following questions would be greatly appreciated. **As all responses are confidential, please do not sign your name.**

1. In what year were you born? 1 9 __ __

2. Do you live:
   - On campus
     - Single room--------------------------- 1
     - Double room-------------------------- 2
   - Off campus
     - Apartment/house with others--------- 3
     - Apartment/house by yourself--------- 4
     - At home with parents----------------- 5

3. I eat breakfast.
   - Never     1     2     3     4     5     6     7     8     9     Always

4. I usually read nutrition labels on packages.
   - Never     1     2     3     4     5     6     7     8     9     Always

5. Are you currently on any of the following diets?
   - Low salt
   - Sugar-free
   - Weight reduction
   - Weight gain
   - Vegetarian

<table>
<thead>
<tr>
<th>Diet</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low salt</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sugar-free</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Weight reduction</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Weight gain</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vegetarian</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
6. I wear sunscreen of SPF 15 or more during sun exposure.
Never 1 2 3 4 5 6 7 8 9 Always

7. I wear a seat belt when in a moving vehicle.
Strongly disagree 1 2 3 4 5 6 7 8 9 Strongly agree

8. When riding a bike or motorbike, I always wear a helmet.
Strongly disagree 1 2 3 4 5 6 7 8 9 Strongly agree

9. I sometimes take rides from people who I know have been drinking.
Strongly disagree 1 2 3 4 5 6 7 8 9 Strongly agree

10. I smoke ___ ___ cigarettes a day.

11. In the past seven days, how often have you used:

<table>
<thead>
<tr>
<th></th>
<th>Alcohol</th>
<th>Illegal drugs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Did not use</td>
<td>___</td>
<td>___</td>
</tr>
<tr>
<td>1-3 times</td>
<td>___</td>
<td>___</td>
</tr>
<tr>
<td>4-7 times</td>
<td>___</td>
<td>___</td>
</tr>
<tr>
<td>8-12 times</td>
<td>___</td>
<td>___</td>
</tr>
<tr>
<td>13 or more</td>
<td>___</td>
<td>___</td>
</tr>
</tbody>
</table>

12. I engage in unprotected sexual intercourse.
Never 1 2 3 4 5 6 7 8 9 Always

13. Do the people listed below engage in the following behaviours? (Please check all appropriate categories for each of the following people.)

<table>
<thead>
<tr>
<th>Consume alcohol</th>
<th>Mother</th>
<th>Father</th>
<th>Oldest Brother</th>
<th>Oldest Sister</th>
<th>Best Friend</th>
</tr>
</thead>
<tbody>
<tr>
<td>(2 or more/day)</td>
<td>___</td>
<td>___</td>
<td>___</td>
<td>___</td>
<td>___</td>
</tr>
<tr>
<td>Smoke daily</td>
<td>___</td>
<td>___</td>
<td>___</td>
<td>___</td>
<td>___</td>
</tr>
<tr>
<td>Exercise 3 times/week</td>
<td>___</td>
<td>___</td>
<td>___</td>
<td>___</td>
<td>___</td>
</tr>
<tr>
<td>Eat fast foods regularly</td>
<td>___</td>
<td>___</td>
<td>___</td>
<td>___</td>
<td>___</td>
</tr>
<tr>
<td>Has annual check-ups</td>
<td>___</td>
<td>___</td>
<td>___</td>
<td>___</td>
<td>___</td>
</tr>
</tbody>
</table>
14. Check the following categories which apply:

- I always choose snacks such as fruits and vegetables. ____________________Yes □ No □
- I eat regular, well-balanced meals. ____________________Yes □ No □
- I enjoy eating nutritiously and exercising regularly. ____________________Yes □ No □
- When sick or injured, I usually seek medical attention immediately. ____________________Yes □ No □
- I usually report any unusual changes in my body to a nurse, physician, parent or friend. ____________________Yes □ No □
- I exercise vigorously 4-5 times weekly. ____________________Yes □ No □

15. Are you on any varsity or intramural teams?

Yes__________1□
No___________0□

16. I usually exercise:

- Alone ____________________1□
- With another person________________2□
- 2 or more people________________3□

17. Since September 2001 have you lost or gained weight?

- Gained ____________________1□
- Lost ____________________2□
- No change ____________________3□

If gained, how many pounds? _____
If lost, how many pounds? _____

18. I feel weight loss and a desirable body image brings about peer and social acceptance.

Strongly disagree 1 2 3 4 5 6 7 8 9 Strongly agree

19. I worry about the way I look.

Strongly disagree 1 2 3 4 5 6 7 8 9 Strongly agree

20. I like who I am.

Strongly disagree 1 2 3 4 5 6 7 8 9 Strongly agree
21. I like my body.
   Strongly disagree 1 2 3 4 5 6 7 8 9 Strongly agree

22. Sometimes I feel like I can’t cope with everything I have to do.
   Strongly disagree 1 2 3 4 5 6 7 8 9 Strongly agree

23. I feel that I am in control of my life.
   Strongly disagree 1 2 3 4 5 6 7 8 9 Strongly agree

24. I am happy and content.
   Strongly disagree 1 2 3 4 5 6 7 8 9 Strongly agree

25. Receiving information related to health issues is critical to me.
   Strongly disagree 1 2 3 4 5 6 7 8 9 Strongly agree

26. I have a high level of knowledge regarding health matters, healthy living and positive
   healthy behaviours.
   Strongly disagree 1 2 3 4 5 6 7 8 9 Strongly agree

27. I consider myself to be a healthy person.
   Strongly disagree 1 2 3 4 5 6 7 8 9 Strongly agree

28. Gender: I am:
   Male ----------------- 1
   Female ----------------- 2

29. In which region did you live prior to attending StFX?
   Cape Breton ----------------- 1
   Mainland N.S. --------------- 2
   P.E. I. ----------------- 3
   New Brunswick ------------- 4
   Newfoundland -------------- 5
   Quebec---------------------- 6
   Ontario--------------------- 7
   Western Canada ------------- 8
   Other (non-Canadian) ------ 9
   If other, please specify___________
30. Approximately, what was the population of your hometown/city you grew up in?

Rural area under 1,000 .................................. 1
1,000-4,999................................................. 2
5,000-7,999................................................. 3
8,000-10,999............................................... 4
11,000-14,999............................................. 5
15,000-29,999............................................. 6
30,000-49,999............................................. 7
50,000 and over ........................................... 8

31. I am enrolled in the following program:

Bachelor of Arts-----------------------------01
Bachelor of Business Administration---------02
Bachelor of Education------------------------03
Bachelor of Engineering----------------------04
Bachelor of Music---------------------------05
Bachelor of Science in Nursing................06
Bachelor of Arts in Human Nutrition ........08
Bachelor of Science in Human Kinetics ....09
Bachelor of Science-------------------------10
Bachelor of Arts in Information Systems ...11
Other---------------------------------------12

If other, please specify ______________________

32. What type of program?

Honours----------------------------------------1
Advanced Major-----------------------------2
Major----------------------------------------3
General---------------------------------------4
Other----------------------------------------5

If other, please specify ______________________

33. I am currently in the ____ year of my program.

34. a) What was your graduating average from high school? ___ ___%

b) What was your average at Christmas this year (or previous university year you completed)? ___ ___%
35. Have you taken courses covering material dealing with the ill effects of poor health habits (i.e., smoking, excessive alcohol consumption, not exercising, etc.)?

Yes------------1\[ 
No -----------0\[ 

36. a) What is (or was) the occupation of your father? (e.g., social worker, elementary school teacher)

Job __________________________________________________________

Brief Job Description__________________________________________
________________________________________________________________

b) What is (or was) the occupation of your mother? (e.g., high school teacher, homemaker, lawyer)

Job __________________________________________________________

Brief Job Description__________________________________________
________________________________________________________________

37. During the current school year, I am employed.

Yes------------1\[ 
No -----------0\[ 

40a. If yes, how many hours do you work a week? ___ ___ hours

38. What type of relationship are you presently involved in?

I am married----------------------------------------1\[ 
I am living with someone ------------------------2\[ 
I am engaged -----------------------------------3\[ 
I date one person regularly ----------------------4\[ 
I date more than one person---------------------5\[ 
I date occasionally-------------------------------6\[ 
I have never dated--------------------------------7\[ 

******Thank You******