**Questionnaire**

The following questionnaire is part of a study being conducted as a Sociology 300 project. The focus of the study is on stress reactions of students at university. To ensure confidentiality, please do not write your name on the questionnaire. Thank you for your cooperation.

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

2. In what year were you born? 19__

3. What program of study are you currently enrolled in?
   - 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 Science in Human Nutrition ----- 07
   - Bachelor of Science in Human Kinetics ------- 08
   - Bachelor of Science in Human Kinetics ------- 09
   - Bachelor of Arts in Information Systems ----- 10
   - Other --------------------------------- 11
   - Please specify_____________________

4. What year of study are you currently in?
   - Freshman ------------------ 1
   - Sophomore ------------------ 2
   - Junior ------------------ 3
   - Senior ------------------ 4
   - Other ------------------ 5

5. Approximately, what was the population of your hometown/ or city before coming to university?
   - Rural area under 1,000 -------------- 1
   - 1,000 - 4,999 ------------------ 2
   - 5,000 - 9,999 ------------------ 3
   - 10,000 - 19,999 ------------------ 4
   - 20,000 - 29,999 ------------------ 5
   - 30,000 - 39,999 ------------------ 6
   - 40,000 - 49,000 ------------------ 7
   - 50,000 and over ------------------ 8
6. What is your religious affiliation?

<table>
<thead>
<tr>
<th>Religious Affiliation</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anglican</td>
<td>01</td>
</tr>
<tr>
<td>Baptist</td>
<td>02</td>
</tr>
<tr>
<td>Buddhist</td>
<td>03</td>
</tr>
<tr>
<td>Jewish</td>
<td>04</td>
</tr>
<tr>
<td>Muslim</td>
<td>05</td>
</tr>
<tr>
<td>Presbyterian</td>
<td>06</td>
</tr>
<tr>
<td>Roman Catholic</td>
<td>07</td>
</tr>
<tr>
<td>United</td>
<td>08</td>
</tr>
<tr>
<td>Other Protestant</td>
<td>09</td>
</tr>
<tr>
<td>None</td>
<td>10</td>
</tr>
<tr>
<td>Other</td>
<td>11</td>
</tr>
</tbody>
</table>

Please specify____________________

7. How often do you attend church services currently?

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>More than once a week</td>
<td>1</td>
</tr>
<tr>
<td>Once a week</td>
<td>2</td>
</tr>
<tr>
<td>2-3 times a month</td>
<td>3</td>
</tr>
<tr>
<td>Once a month</td>
<td>4</td>
</tr>
<tr>
<td>7-10 times a year</td>
<td>5</td>
</tr>
<tr>
<td>2-6 times a year</td>
<td>6</td>
</tr>
<tr>
<td>Once a year</td>
<td>7</td>
</tr>
<tr>
<td>Never</td>
<td>8</td>
</tr>
</tbody>
</table>

8. Do you consider yourself to be a member of an ethnic minority group within the campus community?

Yes ------------ 1
No ------------- 0

9. What is (or was) the main occupation of your father? (e.g., social worker, lawyer)?

Job position __________________________________________________
Brief Job Description___________________________________________
_____________________________________________________________

10. What is (or was) the main occupation of your mother? (e.g., doctor, pilot)?

Job position __________________________________________________
Brief Job Description___________________________________________
_____________________________________________________________
11. How many classes are you currently enrolled in? _____

12. How many of these classes have lab components? _____

13. Approximately how much money did you spend on text books this year (fall and winter semesters combined)? $ _ _ _ _

14. How much money do you spend each year on additional materials for your courses (suits for presentations, uniforms)? $ _ _ _ _

**Please circle a number to best indicate your rating of the following statements.**

15. I am overwhelmed with my current workload.
   - Strongly disagree 1 2 3 4 5 6 7 8 9 Strongly agree

16. I find it hard to get out of bed in the morning knowing how much work I have to do.
   - Strongly disagree 1 2 3 4 5 6 7 8 9 Strongly agree

17. I feel as though there are not enough hours in the day to get everything I need to do accomplished.
   - Strongly disagree 1 2 3 4 5 6 7 8 9 Strongly agree

18. I feel as though I am under pressure to get things finished.
   - Strongly disagree 1 2 3 4 5 6 7 8 9 Strongly agree

19. I have trouble finding time in which I can relax and enjoy myself.
   - Strongly disagree 1 2 3 4 5 6 7 8 9 Strongly agree

20. I have difficulty falling asleep and wake frequently through the night.
   - Strongly disagree 1 2 3 4 5 6 7 8 9 Strongly agree

21. I cannot partake in some of the things I used to enjoy doing because I have so much school work.
   - Strongly disagree 1 2 3 4 5 6 7 8 9 Strongly agree
22. Do you have a job during the school year?

   Yes ------------ 1
   No ------------ 0

22a. If yes, how many hours per week? __ __

23. Where do you live:

   On campus single room----------------------------- 1
   On campus double room---------------------------- 2
   On campus new rez---------------------------------- 3
   Off campus apartment/house with others--------- 4
   Off campus apartment/house by yourself ------- 5
   Off campus apartment/house with parents ------- 6

24. Do you smoke cigarettes?

   Yes ------------ 1
   No ------------- 0

24a. If yes, on average how many per day?

   1-5------------ 1
   6-10---------- 2
   11-15--------- 3
   16-20-------- 4
   >20----------- 5

25. How often do you consume alcohol?

   Every Day---------------------- 1
   4-5 times a week ----------- 2
   2-3 times a week ---------- 3
   Weekly---------------------- 4
   Twice a month ------------- 5
   Monthly---------------------- 6
26. If you consume alcohol please indicate on average how many drinks do you usually consume in a session?

- 0 Drinks------------------------ 1
- 1 Drink------------------------- 2
- 2-3 Drinks --------------------- 3
- 4-6 Drinks ---------------------- 4
- 7-10 Drinks--------------------- 5
- 11-15 Drinks-------------------- 6
- 16-22 Drinks-------------------- 7
- 23+ Drinks--------------------- 8

27. Do you use illegal drugs?

Yes -------- 1
No --------- 0

27a. If yes, please indicate how often.

- Every Day --------------------- 1
- 4-5 times a week -------------- 2
- 2-3 times a week -------------- 3
- Weekly ------------------------ 4
- Twice a month ---------------- 5
- Monthly ---------------------- 6

28. Growing up I was allowed to come and go as I pleased.
    Strongly disagree    1 2 3 4 5 6 7 8 9    Strongly agree

29. Growing up I was included in all major household decisions.
    Strongly disagree    1 2 3 4 5 6 7 8 9    Strongly agree

30. I talk to my family often.
    Strongly disagree    1 2 3 4 5 6 7 8 9    Strongly agree

31. I discuss problems that I am having at school with my family.
    Strongly disagree    1 2 3 4 5 6 7 8 9    Strongly agree

32. I am strongly influenced by someone that I look up to and “draw on” for advice and encouragement.
    Strongly disagree    1 2 3 4 5 6 7 8 9    Strongly agree

33. I would consider myself a religious person.
    Strongly disagree    1 2 3 4 5 6 7 8 9    Strongly agree
34. What is your present marital status?

- Single ------------------------------ 1
- Married ----------------------------- 2
- Divorced---------------------------- 3
- Separated--------------------------- 4
- Married-common law----------------- 5
- Widowed/ Widower ------------------ 6

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

- Married ----------------------------- 1
- Living with someone ---------------- 2
- Engaged to be married--------------- 3
- Dating one person regularly -------- 4
- More than one person--------------- 5
- Occasionally dating---------------- 6
- Never dating ----------------------- 7

36. I believe I can succeed in any course I put effort into

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

37. I work harder in courses that I find stressful and difficult

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

38. I often talk to my professor when I am having difficulty in class

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

When under stress because of school/work, indicate how much you would increase or decrease the following (leave blank if the item does not apply to you):

39. Attending church or prayer groups.

   Decreases  1   2   3   4   5   6   7   8   9   Increases

40. Drinking alcohol.

   Decreases  1   2   3   4   5   6   7   8   9   Increases

41. Drug use.

   Decreases  1   2   3   4   5   6   7   8   9   Increases
42. Exercise.
   Decreases 1  2  3  4  5  6  7  8  9 Increases

43. Relaxation techniques, e.g. meditation, deep breathing, listening to music.
   Decreases 1  2  3  4  5  6  7  8  9 Increases

44. Talking to friends about school.
   Decreases 1  2  3  4  5  6  7  8  9 Increases

45. Talking to a family member.
   Decreases 1  2  3  4  5  6  7  8  9 Increases

46. Have you ever skipped class because you wanted to postpone seeing a mark on a test or paper?
   Yes 1
   No 0

Thank you for taking the time to participate in our survey.