

Survey for participants in the research project “Dare to feel full”

Date you fill in the survey (*year, month, day*) _____

1. What year were you born? _____
(*answer with four digits*)

2. Are you male or female?

Male Female

3. What is your main occupation at the moment?

- Working full time (or more)
- Working part-time
- Student
- Sick leave (for more than 3 months)
- Parental leave
- Retired (sick, contract, age-, early-)
- Other _____

4. If you have a job, what do you do?

5. What is your highest formal education?

- Elementary school
- High school
- College/University
- Other _____

6. What is your current living situation?

- Living alone
- Living with another person (child and/or adult) fully or partially
- Other _____

7. How do you generally assess your current eating habits?

- Very good
- Good
- Bad
- Very bad

8. What do you eat and drink on a regular weekday? *Write down everything you put in your mouth during the day. Specify type of food/drink e.g. 4 cheese sandwiches, 8 meatballs, 3 large potatoes, 2dl sauce, 1 tbsp jelly and peas, 1 apple, 200g chocolate cake, 100 g candy, 2 glasses of juice, 1 strong beer, coffee with or without sugar/milk/cream etc.*

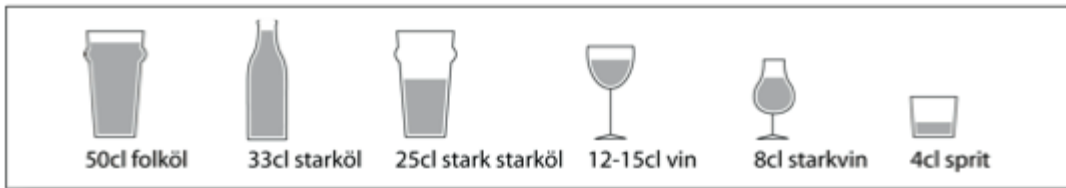
Time	Eat	Drink
Morning		
Mid-morning		
Midday		
Afternoon		
Evening		
Night		

9. What are your tobacco habits? (multiple options possible)

- I have never been a smoker or snus user
- I quit smoking or snus _____ months ago
- I smoke or use snus, but not daily
- I smoke daily, _____ cigarettes per day
- I use snus daily, _____ cans per week
- Other _____

10. What are your alcohol habits?

The picture shows examples of what is meant by standard glasses.



How many standard glasses do you drink in a regular week? (You can think over a whole month and make an average.)

- Do not use alcohol, is teetotaler
- Drink less than 1 standard glass per week
- 1–4 standard glasses per week
- 5–9 standard glasses per week
- 10–14 standard glasses per week
- 15 or more standard glasses per week

11. How often do you as a woman drink 4 standard glasses and you as a man drink 5 standard glasses or more at one and the same occasion?

- Never
- Less often than 1 time per month
- Every month
- Every week

12. What is your physical activity in your current work/main occupation? (Choose the option that best fits.)

- Sedentary
- Standing
- Lighter mobile work
- Heavier mobile work
- Heavy physical work

13. What is your average physical activity in your free time?

- Sedentary leisure time
- Light/moderate exercise in leisure time (do not need to shower afterwards)
- Moderate, regular exercise in leisure time
- Regular more intense exercise and training

14. With the help of the following questions, you can try to estimate how satisfied you are with your situation in various respects. (Mark with a ring around a number for each question.)

	Very Bad			→			Excellent Could not be better!
1. Work situation	1	2	3	4	5	6	7
2. Economy	1	2	3	4	5	6	7
3. Housing	1	2	3	4	5	6	7
4. Home and family situation	1	2	3	4	5	6	7
5. Appetite	1	2	3	4	5	6	7
6. Sleep	1	2	3	4	5	6	7
7. Memory	1	2	3	4	5	6	7
8. Physical fitness	1	2	3	4	5	6	7
9. Mood	1	2	3	4	5	6	7
10. Stamina	1	2	3	4	5	6	7
11. Energy	1	2	3	4	5	6	7
12. Patience	1	2	3	4	5	6	7
13. Self-confidence	1	2	3	4	5	6	7
14. Health	1	2	3	4	5	6	7

15. Do you take any medication (tablets, injections, patches, nasal spray or other)?

- No
- Yes, take medication regularly/daily
- Yes, use medication as needed (*more than just on occasional occasions*)

If yes, write which medicines it is. If you do not know the name of the medicine, write why you take it (e.g. for blood pressure, painkillers).
