Appendix S1

Young in Värmland questionnaire

Q1
Are you a boy or a girl?

Boy
Girl

Q2
What year are you born?

1993 or earlier
1994
1995
1996
1997 or later

Q5
In which country are you born?
In Sweden
In Norway, Denmark , Finland or Iceland
In another country in Europe
In a country outside Europe

Q6
In which country is your mother born?
In Sweden
In Norway, Denmark, Finland or Iceland
In another country in Europe
In a country outside Europe

Q2
In which country is your father born?
In Sweden D
In Norway, Denmark, Finland or Iceland
In another country in Europe
In a country outside Europe

Q3
How do you live?

Apartment
The townhouses, semi-detached or detached

Q4
Do you live with both your mother and father?
Yes
No, I live alone with my mom
No, I live alone with my dad

I mostly live with my mother and sometimes I live at my dad's
I mostly live with my dad and sometimes I live at my mother
I live almost as much with…
my father and mother (eg. one week I live with my father, the other of the mother)
During the school weeks, I live neither together with mom or dad
I never live together with neither mom or dad

Q8
What does your mother do?
Working full time
Working part time
Unemployed
Studying
Maternity leave/ housewife
On long time sick leave
retired / on disability

Q9
What does your father do?
Working full time
Working part time
Is unemployed
Studying
Paternity leave / house husband
On long-time sick leave
Retired / on disability

Q10
What characterizes school work in your class?

Does the school work in your class characterized by …
You get to learn and do things that are important to you for you
It is messy and disorderly in the classroom ..
Too great demands are placed on you from the teacher . ...
You get enough help from the teachers to be able to keep up with the school work
Too big demands are placed on you from other adults e.g., from one of your parents
The contacts with the teachers are good. ..
Too small demands are placed on you from teachers..
The school day feels fragmented due to local changes, teacher changes, subject changes….
Classroom friendship is good. ...
Too small demands are placed on you from other adults e.g., your parents ...

Q11
The following questions are about what possibilities you have to influence your school situation.

Never, seldom, sometimes, often, always
Do you think you can influence the pace of teaching?
Do you think you can get help from your teachers when you need it?
Do you think you can influence how much homework you get?
Do you think you can influence when you have a test?
Do you think you can influence the content of the teaching?

Q12
Are you being bothered with the following during your work day at school?

Insufficient light?
Bad air?
Noise?
worn-out premises?
School books are missing debris?
Destruction?
Poor standard on toilets?
Poor standard of dressing room in the gym?
Poor quality of food?

Q13
How many hours do you spend on average per day doing homework / homework
Less than ½ hour
Between ½ hour and one hour
Between one and two hours
Between two and three hours
More than three hours

Q14
Do you think you have been struggling to keep up with the school work?

Yes, in all subjects .....
Yes, in the most subjects .....
Yes, in any other subjects ..
No .....

Q15
What is it that you have been struggling with to keep up with the lessons?
totally agree, agree fairly well, only partially agree, disagree at all

you have a hard time reading
You have a hard time understanding the teachers?
Is it too messy in the classroom?
You are not interested in school work
You spend too little time on school work?

Q16
Do you think it can be fun or sad to go to school?
Most of the time fun
Neither fun nor boring
Most of the time boring

Q17

Have you skipped school at any time during this school year?

No
Yes, 1 time
Yes, twice
Yes, 3-5 times
Yes, 6-1O times
Yes, more than 10 times

Q18

Have you, during this semester, been home from school any day because you have been ill?

No
Yes, 1 day
Yes, 2 days
Yes, 3-5 days
Yes, 6-10 days

Q19

Have you, during this semester, been a class representative for the student race, or has been a member of the board of the student council?

Yes
No

Q20

If you were offered a job today, would you then like to quit school and start working
Instead, - if you were to decide for yourself?

Yes, regardless of the work offered ...
Yes, if I was offered suitable work
No, no matter what work is being offered
Don't know

Q21

Do you use good things outside the home together with some of your parents, eg. go to sports events, visit relatives, take walks etc?

Yes, a few times a week or more.
Yes, about once a week
Yes, some or several times per month.
Yes, but no more than once per month
No, never

Q22

Do you tell someone of your parents were you are when you are away in the evenings?

Yes, always
Yes, often
Sometimes
Seldom
No, never

Q23
How often are you usually with your peers after school?

Almost every one day
Some times in the week
Some one time per week
Less than once per week
Never

Q24
Do you bring your friends home to you?

Virtually every day
A few times a week
Someone once a week
Less than once a week
Never

Q25
Do you work ("extra work") in your spare time?

Yes, several times a week
Yes, once a week
Yes, sometime in the month
Yes, sometime once
No, never

Q26
Have you, during this month, not been able to do things that you wanted to do on your spare time because you could not afford it?

Go to the movie?
Go to a sports event?
Go to a concert and listen to live music?
Go to a disco or other dance place?

Q27
Have you, during this school year, been repeatedly teased, shaken, beaten or otherwise bullied by students at your school?

No
Yes

Q28
Have you, during this school year called out a doctor, a nurse, curator or psychologist because you have been subjected to "mental" bullying (eg teasing, frozen out, harassment)?

No
Yes one time
Yes, several times

Q29
Have you, during this school year, sought doctors, dentists or nurses because you have been beaten at your school?

No
Yes one time
Yes, several times

Q30
Have you, during this school year, been involved in bullying any student at your school?

No
Yes one time
Yes, several times

Q31
Have you, during this school year been threatened during your free time?

No
Yes one time
Yes, several times

Q32
Have you, during this school year been beaten or else been subjected to election during your spare time?

No
Yes one time
Yes, several times

Q33
Certain FEATURES OF or situations can sometimes be experienced as worrying or daunting. Have you ever been worried about something of the following?

Worried about family finances
Worried that dad or mom will become unemployed
Concerned that you will suffer some misfortune
Worried that you will be seriously ill
Worried that someone in the family will suffer of an accident
Worried about anyone in your family will get sick
Worried that you will be exposed to bullying or assault
Worried that you will suffer from AIDS
Worried that a nuclear war will break out
Worried that environmental pollution will kill nature
Worried that terrorists will carry out attacks in Sweden
Worried that environmental pollution will make me sick

Q34

The following statements are about how you look at yourself…

totally agree, agree fairly well, only partially agree, disagree at all

I think have many good qualities
I am often unhappy with myself
I know I'm liked by others
I can often fail
I am often satisfied with myself
I don't feel like I am liked by others
It's often someone says I have done something good
I am often unhappy with my appearance

Q35

Has it, during this school year, happen that someone has…

Yes many times, yes sometimes, yes occasionally, No never

spoken derogatory about your appearance
saying things that made you proud?
said that you are worthless?
encouraged you in school?
Said that you are a good friend?
Been interested in how you feel?
Said that you are doing bad in school?

Q36

The following questions are about your well-being, your health

Never, seldom, often, always

Have you during this school year…
had difficulties concentrate yourself?
Had sleeping problems?
Had headache
Stomach pain?
Felt tensed?
Had bad apatite?
Felt sad?
Felt dizzy in your head?
Been troubled with allergies?
Been troubled with eczema?
feel rested when you wake up in the morning?

Q37

Answer all questions. Mark how healthy do you think you are? <u>just one option per</u> <u>question</u>
Completely healthy
Quite healthy .. ...
Not especially healthy

Q38
How do you enjoy your life right now?
I enjoy it very well
I enjoy it pretty well
I don't feel very good
I don't like it at all

Q39
Do you have one or more of the diseases?
Mark with a cross for each row.

Visual impairment (not correction with glasses)
Hearing loss
speech defect
diabetes
mental or nervous problems
epilepsy
gastrointestinal disease
asthma
allergic sniff
eczema
disabled
overweight
ADHD / DAMP

Q39
Do you have any other disease or health problems that you have had at least three last months?

Yes
No
State what

Q40
Have you ever sometime in your life been drinking strong alcohol, wine or spirits?
No
yes

Q41
How often, during this school year, have you been drinking strong alcohol, wine or spirits?
None
Less than once a month
Once a month
Twice a month
Once a week
two times in the week
Every other day
Every day

Q42

How often, during this school year, have you been drinking “light” beer (3.5%)?

None
Less than once a month
Once a month
Twice a month
Once a week
two times in the week
Every other day
Every day

Q43

How often have you during this school year drunk homemade spirits (also known as moonshine)?

No time
Less than once a month
Once a month
Twice a month
Once a week
two times in the week
Every other day
Every day

Q44

How often have you during this school year drunk smuggled spirits?

No time
Less than once a month
Once a month
Twice a month
Once a week
two times in the week
Every other day
Every day

Q45

Have you ever drunk so much alcohol that you were intoxicated?

No
Yes

If *yes: How old were you the first time you got drunk?*
9 years or younger
10 years
11 years
12 years
13 years
14 years
15 years
16 years

Q46

How often does it happen that you drink alcohol equivalent to at least half a half-bottle of spirits (half a quart) or a whole bottle of wine or four large bottles of strong cider / alcohol box or four cans of strong alcohol or six cans of beer at the same time ?

Do not drink alcohol
Once a week
A couple of times / month
One a month
Few times /year
More rarely
Never

Q47

Does any of your parents know that you are drinking alcohol?

No
Yes, but only a small part of what I drink.
Yes , but only about half of it I drink ...
Yes, everything or almost everything I drink
*I do **not** drink alcohol*

Q48

Does it happen that you are being offered alcohol at your parents' home

*COUNT not with Light beer /*weak *cider (during 2.8%).*

No, never offered
Yes, taste my parents' glasses
Single glass
Yes, more of a single glass

Q49

Has you ever experienced any of these problems because you drank alcohol. *Mark with a cross for each row.*

Never, once, twice, 3 times or more

fought or beaten
happened to any accident or injured
led to unwanted sex
led to unprotected sex
driving a moped after drinking
been robbed or robbed
happened to the police
had a headache or had a bad day (hangover)

Q50

Have you ever used drugs? (e.g. Hashish, marijuana, amphetamine and heron)

Yes
No

Q51
Have you during this school year sniffed gas, thinner or other solvent to "intoxicate" yourself?
No, never
Yes, 1 time
Yes, several times

Q52
Would you like the school to provide more information about alcohols, drugs and tobacco?
Yes
No

Q53
Do you smoke?

No, never smoked
No, just tried
No, have stopped
Yes

Q54
How often do you smoke?

Every day
Almost every day
Only at the weekend
Only when I'm at a party
Almost anyway

Q55
How many cigarettes do you usually smoke every day?
Do not smoke cigarettes
More and 20 cigarettes / day
17-20 cigarettes / day
11-16 cigarettes / day
7-10 cigarettes / day
3-6 cigarettes / day
1-2 cigarettes / day

Q 56.
How old where you the first time you smoked?
9 years or younger
10 years
11 years
12 years
13 years
14 years
15 years
16 years

Q57
Do you use snuff?

No, have never used snuff
No, just tried
No, have stopped
Yes, less than 1 box per week
Yes, 1 box per week
Yes, 2 boxes per week
Yes, 3 boxes/ week
Yes, 4 or more boxes per week

Q58.
How old were you first time you used snuff?
9 years or younger
10 years
11 years
12 years
13 years
14 years .
15 years
16 years

Q 59.
Have you ever in your life used …
Yes, no
anabolic steroids?
growth hormone?
otherwise doping / preparation
specify what

Q60
Have you bought tobacco in the last month?

No
Yes

Q61
How is it nowadays in your age to buy tobacco into stores near your home, in kiosks or at petrol stations?
Very easy
Quite easily
Pretty difficult
Very difficult

Q62
From 1997, it is prohibited by law to sell tobacco to persons under the age of 18.
How do you think the law of 18-years for the purchase of tobacco has affected the habits of young people under the age of 18?

The smoking has increased considerably
The smoking has okay
Smoking has not been okay or diminished
The smoke has decreased slightly
Smoking has sharply decreased

Q63
Does your mother smoke?
No
Yes, every day
Yes, almost every day
Yes, sometimes
Do not know

Q64
Does your dad smoke?
No
Yes, every day
Yes, almost every day
Yes, sometimes
Do not know

Q65
How much do you exercise in your spare time?
no exercise at all
mostly sitting, sometimes walking or similar
light physical exercise at least 2 hours a week, eg walking and cycling (also to and from school), dancing
More strenuous exercise 1-2 hours a week, eg running, tennis, swimming, badminton, gymnastics
hard workouts or competitions regularly and several times a week where the physical effort is great, eg running, skiing, football, swimming, handball

Q66
Do you train or compete in a sports club?
Yes, regularly
Yes, sometimes
No

Q67
Do you usually have breakfast during the school weeks?
always often sometimes Rarely Never

Q68
Do you usually eat school lunches?
always often sometimes Rarely Never

Q69
how tall are you? (without shoes)

Q70
How much do you weigh without clothes?

Q71
What program have you applied for in high school?

Q72
Do you think you will study at university or college after you finish high school?

yes, for sure
Yes maybe
No
do not know

Q73
What opportunities do you think you have to get a job after you graduate?
very big opportunities
pretty big opportunities
neither great nor small opportunities
very small opportunities

Q74
Do you think there will be improvement or deterioration in the following respects?
unemployment
pollution
HIV / AIDS
opportunities for leisure activities for young people
crime
attitude to immigrants
alcohol abuse
drug use
people's loneliness
bullying in schools and workplaces