

Questionnaire

SOCIODEMOGRAPHIE

- What is your sex?**
- Female
 - Male
 - Divers

 - No answer
-
- What is your age?**
- _____ years
- No answer
-
- What is your highest educational level?**
- No degree
 - Pupil
 - Certificate of Secondary Education
 - General Certificate of Secondary Education
 - University entrance exam
 - University degree (bachelor, master, diploma)
 - Doctoral degree
 - Other

 - No answer

HEALTH LITERACY

On a scale from very easy to very difficult, how easy would you say it is to....

-
- ... find information on treatments of illness that concern you?**
- Very easy
 - Fairly easy
 - Fairly difficult
 - Very difficult

 - No answer
-
- ... find out where to get professional help when you are ill?**
- Very easy
 - Fairly easy
 - Fairly difficult
 - Very difficult

 - No answer
-
- ... understand what your doctor says to you?**
- Very easy
 - Fairly easy
 - Fairly difficult
 - Very difficult

 - No answer
-
- ... understand your doctor's or pharmacist's instruction on how to take a prescribed medicine?**
- Very easy
 - Fairly easy
 - Fairly difficult
 - Very difficult

 - No answer
-

... judge when you may need to get a second opinion from another doctor?	<input type="radio"/> Very easy <input type="radio"/> Fairly easy <input type="radio"/> Fairly difficult <input type="radio"/> Very difficult <input type="radio"/> No answer
... use information the doctor gives you to make decisions about your illness?	<input type="radio"/> Very easy <input type="radio"/> Fairly easy <input type="radio"/> Fairly difficult <input type="radio"/> Very difficult <input type="radio"/> No answer
... follow the instructions from your doctor or pharmacist?	<input type="radio"/> Very easy <input type="radio"/> Fairly easy <input type="radio"/> Fairly difficult <input type="radio"/> Very difficult <input type="radio"/> No answer
... find information on how to manage mental health problems like stress or depression?	<input type="radio"/> Very easy <input type="radio"/> Fairly easy <input type="radio"/> Fairly difficult <input type="radio"/> Very difficult <input type="radio"/> No answer
... understand health warnings about behavior such as smoking, low physical activity and drinking too much?	<input type="radio"/> Very easy <input type="radio"/> Fairly easy <input type="radio"/> Fairly difficult <input type="radio"/> Very difficult <input type="radio"/> No answer
... understand why you need health screening?	<input type="radio"/> Very easy <input type="radio"/> Fairly easy <input type="radio"/> Fairly difficult <input type="radio"/> Very difficult <input type="radio"/> No answer
... judge if the information on health risks in the media is reliable?	<input type="radio"/> Very easy <input type="radio"/> Fairly easy <input type="radio"/> Fairly difficult <input type="radio"/> Very difficult <input type="radio"/> No answer
... decide how you can protect yourself from illness based on information in the media? (e.g. newspaper, brochures, internet, or other media)	<input type="radio"/> Very easy <input type="radio"/> Fairly easy <input type="radio"/> Fairly difficult <input type="radio"/> Very difficult <input type="radio"/> No answer

... find out about activities that are good for your mental well-being? (e.g. drinking and eating habits, exercise, etc.)

- Very easy
- Fairly easy
- Fairly difficult
- Very difficult

- No answer

... understand advice from family members or friends?

- Very easy
- Fairly easy
- Fairly difficult
- Very difficult

- No answer

... understand information in the media on how to get healthier?

- Very easy
- Fairly easy
- Fairly difficult
- Very difficult

- No answer

... judge which everyday behavior is related to your health?

- Very easy
- Fairly easy
- Fairly difficult
- Very difficult

- No answer

INFORMATION SOURCES ON ENVIRONMENTAL TOPICS

How often do you use the following sources to find out about environmental issues?

- School/university

- Very frequently
- Frequently
- Occasionally
- Rarely
- Very rarely
- Never

- No answer

- Workplace/colleagues

- Very frequently
- Frequently
- Occasionally
- Rarely
- Very rarely
- Never

- No answer

- Occupational physician

- Very frequently
 - Frequently
 - Occasionally
 - Rarely
 - Very rarely
 - Never

 - No answer
-

- Information brochures

- Very frequently
- Frequently
- Occasionally
- Rarely
- Very rarely
- Never

- No answer

- Family/friends

- Very frequently
- Frequently
- Occasionally
- Rarely
- Very rarely
- Never

- No answer

- Family doctor

- Very frequently
- Frequently
- Occasionally
- Rarely
- Very rarely
- Never

- No answer

- Newspaper

- Very frequently
- Frequently
- Occasionally
- Rarely
- Very rarely
- Never

- No answer

- Commercials

- Very frequently
- Frequently
- Occasionally
- Rarely
- Very rarely
- Never

- No answer

- Internet

- Very frequently
 - Frequently
 - Occasionally
 - Rarely
 - Very rarely
 - Never

 - No answer
-

- Apps

- Very frequently
- Frequently
- Occasionally
- Rarely
- Very rarely
- Never

- No answer

Do you know and use apps relating to the environmental impacts listed?

- Pollen

- I know it and use it
- I know it, but I don't use it
- I don't know it, but would like to use it
- I don't know it and do not want to use it

- No answer

- Heat

- I know it and use it
- I know it, but I don't use it
- I don't know it, but would like to use it
- I don't know it and do not want to use it

- No answer

- UV radiation

- I know it and use it
- I know it, but I don't use it
- I don't know it, but would like to use it
- I don't know it and do not want to use it

- No answer

- Air quality

- I know it and use it
- I know it, but I don't use it
- I don't know it, but would like to use it
- I don't know it and do not want to use it

- No answer

ENVIRONMENTAL QUESTIONS

Are there any environmental issues you are concerned about?

- Yes
- No

- No answer

Please use this list to name the environmental issues that you are concerned about (*multiple choice*):

- Climate change
 - Increase in waste in the environment (plastic/microplastic/trash)
 - Loss of biodiversity
 - Anthropogenetic disasters
 - Pollution (air, water, soil)
 - Noise pollution
 - Natural disasters

 - No answer
-

How much do you think pollution and environmental pollutants affect your health?

- Very strong
- Strong
- Less strong
- Not at all
- I don't know

- No answer

How well informed do you feel about the following topics?

- Heat

- I know everything about it
- I know a lot about it
- I know little about it
- I know nothing about it

- No answer

- Storms and floods

- I know everything about it
- I know a lot about it
- I know little about it
- I know nothing about it

- No answer

- UV radiation

- I know everything about it
- I know a lot about it
- I know little about it
- I know nothing about it

- No answer

- Air pollution

- I know everything about it
- I know a lot about it
- I know little about it
- I know nothing about it

- No answer

QUESTIONS ON AIR POLLUTION & PARTICULATE MATTER

How would you describe the air quality in general in your area?

- Very good
- Rather good
- Rather bad
- Very bad

- No answer

How well informed do you feel about particulate matter

- Very well informed
 - Well informed
 - Poorly informed
 - Very poorly informed

 - No answer
-

Have you heard about the term “UFP” or “ultrafine particles”?

- Yes**
- No**

- No answer**

Are you aware of protective measures in times of increased particulate matter pollution?

- Yes
- No

- No answer

How do you behave in times of increased particulate matter pollution?

- Always
- Often
- Sometimes
- Rarely
- Never

- No answer

- I avoid physical activity outdoors, including sport

- Always
- Often
- Sometimes
- Rarely
- Never

- No answer

- I keep the windows closed

- Always
- Often
- Sometimes
- Rarely
- Never

- No answer

- I reduce the amount of time I spend outdoors

- Always
- Often
- Sometimes
- Rarely
- Never

- No answer

- I use medication to treat the symptoms

- Always
 - Often
 - Sometimes
 - Rarely
 - Never

 - No answer
-