

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?	<ul style="list-style-type: none"><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?	<ul style="list-style-type: none"><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?	<ul style="list-style-type: none"><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?	<ul style="list-style-type: none"><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?	<ul style="list-style-type: none"><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?	<ul style="list-style-type: none"><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?	<ul style="list-style-type: none"><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)	<ul style="list-style-type: none"><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.)	<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 advice from family members or friends?	<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 information in the media on how to get healthier?	<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 which everyday behavior is related to your health?	<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

INFORMATION SOURCES ON ENVIRONMENTAL TOPICS

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

- School/university	<input type="radio"/> Very frequently <input type="radio"/> Frequently <input type="radio"/> Occasionally <input type="radio"/> Rarely <input type="radio"/> Very rarely <input type="radio"/> Never <input type="radio"/> No answer
- Workplace/colleagues	<input type="radio"/> Very frequently <input type="radio"/> Frequently <input type="radio"/> Occasionally <input type="radio"/> Rarely <input type="radio"/> Very rarely <input type="radio"/> Never <input type="radio"/> No answer
- Occupational physician	<input type="radio"/> Very frequently <input type="radio"/> Frequently <input type="radio"/> Occasionally <input type="radio"/> Rarely <input type="radio"/> Very rarely <input type="radio"/> Never <input type="radio"/> No answer

- Information brochures	<ul style="list-style-type: none">○ Very frequently○ Frequently○ Occasionally○ Rarely○ Very rarely○ Never○ No answer
- Family/friends	<ul style="list-style-type: none">○ Very frequently○ Frequently○ Occasionally○ Rarely○ Very rarely○ Never○ No answer
- Family doctor	<ul style="list-style-type: none">○ Very frequently○ Frequently○ Occasionally○ Rarely○ Very rarely○ Never○ No answer
- Newspaper	<ul style="list-style-type: none">○ Very frequently○ Frequently○ Occasionally○ Rarely○ Very rarely○ Never○ No answer
- Commercials	<ul style="list-style-type: none">○ Very frequently○ Frequently○ Occasionally○ Rarely○ Very rarely○ Never○ No answer
- Internet	<ul style="list-style-type: none">○ Very frequently○ Frequently○ Occasionally○ Rarely○ Very rarely○ Never○ No answer

- Apps	<input type="radio"/> Very frequently <input type="radio"/> Frequently <input type="radio"/> Occasionally <input type="radio"/> Rarely <input type="radio"/> Very rarely <input type="radio"/> Never <input type="radio"/> No answer
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Do you know and use apps relating to the environmental impacts listed?

- Pollen	<input type="radio"/> I know it and use it <input type="radio"/> I know it, but I don't use it <input type="radio"/> I don't know it, but would like to use it <input type="radio"/> I don't know it and do not want to use it <input type="radio"/> No answer
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- Heat	<input type="radio"/> I know it and use it <input type="radio"/> I know it, but I don't use it <input type="radio"/> I don't know it, but would like to use it <input type="radio"/> I don't know it and do not want to use it <input type="radio"/> No answer
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- UV radiation	<input type="radio"/> I know it and use it <input type="radio"/> I know it, but I don't use it <input type="radio"/> I don't know it, but would like to use it <input type="radio"/> I don't know it and do not want to use it <input type="radio"/> No answer
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- Air quality	<input type="radio"/> I know it and use it <input type="radio"/> I know it, but I don't use it <input type="radio"/> I don't know it, but would like to use it <input type="radio"/> I don't know it and do not want to use it <input type="radio"/> No answer
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ENVIRONMENTAL QUESTIONS

Are there any environmental issues you are concerned about?	<input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> No answer
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Please use this list to name the environmental issues that you are concerned about (<i>multiple choice</i>):	<input type="radio"/> Climate change <input type="radio"/> Increase in waste in the environment (plastic/microplastic/trash) <input type="radio"/> Loss of biodiversity <input type="radio"/> Anthropogenetic disasters <input type="radio"/> Pollution (air, water, soil) <input type="radio"/> Noise pollution <input type="radio"/> Natural disasters <input type="radio"/> No answer
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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”?	<ul style="list-style-type: none"><input type="radio"/> Yes<input type="radio"/> No<input type="radio"/> No answer
Are you aware of protective measures in times of increased particulate matter pollution?	<ul style="list-style-type: none"><input type="radio"/> Yes<input type="radio"/> No<input type="radio"/> No answer
How do you behave in times of increased particulate matter pollution?	<ul style="list-style-type: none"><input type="radio"/> Always<input type="radio"/> Often<input type="radio"/> Sometimes<input type="radio"/> Rarely<input type="radio"/> Never<input type="radio"/> No answer
- I avoid physical activity outdoors, including sport	<ul style="list-style-type: none"><input type="radio"/> Always<input type="radio"/> Often<input type="radio"/> Sometimes<input type="radio"/> Rarely<input type="radio"/> Never<input type="radio"/> No answer
- I keep the windows closed	<ul style="list-style-type: none"><input type="radio"/> Always<input type="radio"/> Often<input type="radio"/> Sometimes<input type="radio"/> Rarely<input type="radio"/> Never<input type="radio"/> No answer
- I reduce the amount of time I spend outdoors	<ul style="list-style-type: none"><input type="radio"/> Always<input type="radio"/> Often<input type="radio"/> Sometimes<input type="radio"/> Rarely<input type="radio"/> Never<input type="radio"/> No answer
- I use medication to treat the symptoms	<ul style="list-style-type: none"><input type="radio"/> Always<input type="radio"/> Often<input type="radio"/> Sometimes<input type="radio"/> Rarely<input type="radio"/> Never<input type="radio"/> No answer