
* Required

1. Q1. Gender *

Mark only one oval.

- female
- male
- other/prefer not to disclose

2. Q2. Major of studies (if you are a Student of more than one of the given majors of study, select the one in which you are studying at a higher year) *

Mark only one oval.

- medical
- dentistry
- pharmacy
- medical analytics
- dietetics
- physiotherapy
- nursing
- midwifery
- public health
- paramedic

3. Q3. Year of your studies *

Mark only one oval.

- 2nd
- 3rd
- 4th
- 5th
- 6th

4. Q4. Do you think your diet during the last academic year (2020/2021) was healthy (diverse and sufficient)? *

Mark only one oval.

- definitely yes
 rather yes
 I don't know /I cannot say
 rather not
 definitely not

5. Q5. How do you rate your personal stress level during the last academic year (2020/2021)? *

Mark only one oval.

	0	1	2	3	4	5	6	7	8	9	10	
lack of stress	<input type="radio"/>	extremely high stress										

6. Q6. Did you take any dietary supplements and/or drugs available without prescription (over-the-counter drugs, OTC drugs) for stress/anxiety/depression/sleeping problems during the last academic year? *

Mark only one oval.

- yes Skip to question 8
 no Skip to question 7

Section 2

7. Q7. Why did not you take the dietary supplements and/or OTC drugs for stress/anxiety/depression/sleeping problems? More than one answer may be selected. *

Check all that apply.

- I did not need any dietary supplements or OTC drugs for stress/anxiety/depression/sleeping problems
 I do not believe that they are effective and can really help
 I do not believe that they are safe and do not cause any harm
 I only take drugs prescribed by the doctor
 I do not have enough knowledge about dietary supplements or OTC drugs

Other: _____

Skip to question 16

Section 3

8. Q8. What kind of dietary supplements and/or OTC drugs for stress/anxiety/depression/sleeping problems did you use during the last academic year? More than one answer may be selected. *

Check all that apply.

- ashwagandha (*Withania somnifera*)
- CBD oil (*Cannabis sativa* oil)
- ginseng (*Panax ginseng*)
- golden root (*Rhodiola rosea*)
- Gotu Kola (*Centella asiatica*)
- great basil (*Ocimum basilicum*)
- guarana (*Paullinia cupana*)
- honokiol (magnolia bark, *Magnolia officinalis*)
- hop (*Humulus lupulus*)
- kava kava (*Piper methysticum*)
- lion's mane mushroom (*Hericium erinaceus*)
- maca root (*Lepidium peruvianum*)
- magnolia-vine, schizandra (*Schisandra chinensis*)
- maypop, passionflower (*Passiflora incarnata*)
- melissa, lemon balm (*Melissa officinalis*)
- saffron (autumn) crocus (*Crocus sativus*)
- St John's-wort (*Hypericum perforatum*)
- valerian (*Valeriana officinalis*)
- water hyssop (*Bacopa monnieri*)
- wild chamomile (*Matricaria recutita*)
- B-group vitamins complex
- GABA
- glycine
- L-theanine
- magnesium/magnesium + vitamin B6
- melatonin
- tryptophan

Other: _____

9. Q9. What was the reason for using of above-mentioned dietary supplements and/or OTC drugs? More than one answer may be selected. *

Check all that apply.

- stress
- anxiety
- depression
- sleeping problems

10. Q10. How often did you use dietary supplements and/or OTC drugs for stress/anxiety/depression/sleeping problems during the last academic year? *

Mark only one oval.

- every day for the whole last academic year
- every day, but for a short time
- regularly before tests/exams
- a few times a week
- a few times a month
- sporadically, a few times a year
- Other: _____

11. Q11. Did the pandemic situation with COVID-19 change the pattern of dietary supplements and/or OTC drug use when compared with the pre-pandemic time? More than one answer may be selected. *

Check all that apply.

- before the pandemic I did not take any, last year I used them
- I took them more often
- I took more different kinds of them
- I took greater doses of them
- I took them less often
- I took fewer different kinds of them
- I took lower doses of them
- nothing changed in their use
- Other: _____

12. Q12. Who has recommended you the dietary supplements and/or OTC drugs for stress/anxiety/depression/sleeping problems? More than one answer may be selected. *

Check all that apply.

- my own judgment
- general practitioner
- psychologist
- psychiatrist
- pharmacist
- nurse
- dietitian
- family member/friend/colleague
- Internet/social media
- television/radio
- medical books/professional journals
- non-medical materials (e.g., books, newspapers, leaflets)
- Other: _____

13. Q13. Where did you buy dietary supplements and/or OTC drugs for stress/anxiety/depression/sleeping problems? More than one answer may be selected. *

Check all that apply.

- pharmacy/drugstore
- pharmacy/drugstore on the Internet
- supermarkets, small shops, gas station etc.
- shops with healthy food and/or dietary supplements
- online shops with healthy food and/or dietary supplements
- directly from manufacturer (stationary, sales representative or online)

Other: _____

14. Q14. How do you estimate the efficacy of taken dietary supplements and/or OTC drugs for stress/anxiety/depression/sleeping problems? *

Mark only one oval.

	0	1	2	3	4	5	6	7	8	9	10	
completely ineffective	<input type="radio"/>	fully effective										

15. Q15. Have you ever experienced any adverse effects that you would combine with the use of dietary supplements and/or OTC drug for stress/anxiety/depression/sleeping problems? More than one answer may be selected. *

Check all that apply.

- I have never experienced any adverse effects
- nausea, vomiting, loss of appetite
- stomachache, heartburn
- diarrhea, bloating
- constipation
- headache and/or dizziness
- fatigue, sleepiness
- problems with concentration
- anxiety, agitation, sleeplessness
- problems with breathing, asthma attacks
- itching, rash, urticaria
- heart palpitations/irregular heart rate
- too low blood pressure
- too high blood pressure
- sexual dysfunction
- worsening of laboratory check results

Other: _____

Section 4

16. Q16. Did you take any drugs prescribed by a general practitioner and/or specialist (e.g., psychiatrist) for stress/anxiety/depression/sleeping problems during the last academic year? *

Mark only one oval.

- yes, regularly the whole academic year
 yes, sometimes e.g., before tests/exams
 no, never
 prefer not to disclose

17. Q17. Did you take any dietary supplements and/or OTC drugs OTHER than for stress/anxiety/depression/sleeping problems during the last academic year? *

Mark only one oval.

- yes
 no Skip to question 20

Section 5

18. Q18. What was the reason to take dietary supplements and/or OTC drugs OTHER than for stress/anxiety/depression/sleeping problems during the last academic year? More than one answer may be selected. *

Check all that apply.

- for beauty hair, skin, nails
 to improve training regimens
 to improve immunity/stay healthy
 to improve sexual performance
 to supplement vegan/vegetarian diet
 to increase cognition, concentration, and alertness
 to increase energy and physical performance
 to increase muscle mass
 to lose weight and/or decrease fat mass
 to prevent or treat chronic or acute diseases
 to prevent or treat microelements/nutrients deficiency
 to protect joints
 to protect/to improve liver function
 to supplement a medical elimination diet

Other: _____

19. Q19. What kind of dietary supplements and/or OTC drugs OTHER than for stress/anxiety/depression/sleeping problems have you taken during the last academic year? More than one answer may be selected. *

Check all that apply.

- beta-alanine
- calcium
- collagen
- creatine
- folic acid
- glucosamine
- glutamine
- guarana (Paullinia cupana)
- iron
- multivitamins
- omega-3 fatty acids
- pre- or probiotics
- protein powder, shakes or other products
- spirulina
- vitamin B12
- vitamin C
- vitamin D/vitamin D + MK7
- vitamin E/vitamin A+E
- vitaminized water/beverages
- yerba mate
- white mulberry (Morus alba)
- zinc

Other: _____

Section 6

20. Q20. How do you rate your knowledge about dietary supplements? *

Mark only one oval.

	0	1	2	3	4	5	6	7	8	9	10	
I do not know anything	<input type="radio"/>	I think I know very much										

21. Q21. Have you learned about dietary supplements during your studies? *

Mark only one oval.

- yes, I have learned a lot
- yes, I have learned enough
- yes, I have learned a little bit
- not yet, but I probably will
- not yet, and I do not know if I will
- I do not remember such topics

22. Q22. If you are now a final-year student, do you think that you should have learned more about dietary supplements during your studies? *

Mark only one oval.

- I am not a final-year student yet
- yes, much more as an obligatory subject
- yes, much more in optional classes
- yes, a little bit more but as an obligatory subject
- yes, a little bit more but only in optional classes
- no, it was enough
- no, it is unnecessary
- I have no opinion
- Other: _____

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