

## LIFESTYLE PRACTICES AND HEALTH BELIEFS QUESTIONNAIRE

The following questionnaire aims to assess practices and beliefs related to healthy lifestyle. Put an "x" in the box that best describes your behavior. Answer truthfully. There are no right or wrong answers.

Sexo: Male \_\_\_ Female \_\_\_

Your age is between: 18-20 \_\_\_ 21-25 \_\_\_ 26-30 \_\_\_ >30

Degree:

Course: 1º \_\_\_ 2º \_\_\_ 3º \_\_\_ 4º \_\_\_

Your weight is between: 40-50 \_\_\_ 51-60 \_\_\_ 61-70 \_\_\_ 71-80 \_\_\_ 81-90 \_\_\_ More than 90 \_\_\_

Your height is between: 1.50-1.60 \_\_\_ 1.61-1.70 \_\_\_ 1.71-1.80 \_\_\_ 1.81-1.90 \_\_\_ More than 1.90 \_\_\_

### A.- PHYSICAL EXERCISE: PRACTICES

1 - Do you exercise, walk or play sports?: YES \_\_\_ NO \_\_\_

2 Do you have time to do sport: YES \_\_\_ NO \_\_\_

3 - Approximately how many days a week do you do sport?:

1 a 2 days  3 days  4  5 or more

4 - Approximately how many hours a day do you do it?:

30 minutes  30 minutes to 1 hour  1 to 2 hours  More than 2 hours

5 - Does it keep your body weight stable?: YES \_\_\_ NO \_\_\_

6 - I go to university: walking \_\_\_ by car \_\_\_ by Public transport \_\_\_

### B.- EATING HABITS: PRACTICES

7 - I drink between 4 and 8 glasses of water a day.: YES \_\_\_ NO \_\_\_

8 - I eat sweets, ice cream, cakes more than 2 times a week: YES \_\_\_ NO \_\_\_

9 - I eat less than 2 rations of fruit per day.: YES \_\_\_ NO \_\_\_

10 - I eat less than 1 ration of vegetables per day: YES \_\_\_ NO \_\_\_

11- I eat 2 or more rations of meat products per day: YES \_\_\_ NO \_\_\_

12 - I consume less than 3 servings of milk/derivatives per day: YES \_\_\_ NO \_\_\_

13 - I eat 2 or more rations of pastries per day: YES \_\_\_ NO \_\_\_

14 - I eat salty snacks (crisps, chips, snacks...) 2 or more rations per week: YES \_\_\_ NO \_\_\_

15 - In the last 12 months I have been on a weight loss diet.: YES \_\_\_ NO \_\_\_

16 - I go to university without breakfast: YES \_\_\_ NO \_\_\_

**C.- USE OF TOBACCO, ALCOHOL AND OTHER DRUGS: PRACTICES**

17 - I have ever smoked: **YES** \_\_\_ **NO** \_\_\_

18 - I currently smoke: **YES** \_\_\_ **NO** \_\_\_

19 - Number of cigarettes per day: \_\_\_\_\_

20 - I allow smoking in my presence: **YES** \_\_\_ **NO** \_\_\_

21 - Have I ever had any of the following drinks:

|                   | YES | NO |
|-------------------|-----|----|
| BEER              |     |    |
| WINE              |     |    |
| SPIRITS OR MIXERS |     |    |

22 - How often do you currently drink alcoholic beverages??

|                   | All days | All weeks | All month | Less than once a month | Never |
|-------------------|----------|-----------|-----------|------------------------|-------|
| BEER              |          |           |           |                        |       |
| WINE              |          |           |           |                        |       |
| SPIRITS OR MIXERS |          |           |           |                        |       |

23 - At what age do you remember having your first drink of any alcoholic beverage?: \_\_\_\_\_

24- Have you ever drank so much that you got drunk?:

**yes, 1 time:** \_\_\_\_\_ **Yes, 4-10 times:** \_\_\_\_\_

**Yes, 2-3 times:** \_\_\_\_\_ **Yes, more than 10 times:** \_\_\_\_\_

25 - Have you ever taken these drugs??

|                                | 3 times or more | 1 or 2 times | Never |
|--------------------------------|-----------------|--------------|-------|
| Hashish, joints-marijuana      |                 |              |       |
| Solvent glues                  |                 |              |       |
| Cocaine                        |                 |              |       |
| Heroine, morphine, opium       |                 |              |       |
| LSD                            |                 |              |       |
| Medicines or pills to get high |                 |              |       |

**D.- SEXUAL RELATIONS: PRACTICES**

26 - At what age did you have your first sexual intercourse?: \_\_\_\_\_

27 - I have a steady partner: **YES** \_\_\_ **NO** \_\_\_

28 - I use contraception in sexual intercourse with my regular partner: **YES** \_\_\_ **NO:** \_\_\_\_\_

29 - I use contraception in sexual intercourse with NON-stable partners: **YES** \_\_\_ **NO** \_\_\_

30 - I know about sexually transmitted diseases: **YES** \_\_\_ **NO** \_\_\_

31 - I use the morning-after pill if I do not use another method of contraception: **YES** \_\_\_ **NO** \_\_\_

32 - Considero haber tenido alguna vez relaciones de riesgo: **YES** \_\_\_ **NO** \_\_\_

**E.- ROAD SAFETY: PRACTICES**

33 - If I get on a motorbike, I wear a helmet: YES \_\_\_ NO \_\_\_

34 - If I get into a car as a driver or co-driver, I wear my seatbelt: YES \_\_\_ NO \_\_\_

35 - I have ever driven under the influence of alcohol/drugs: YES \_\_\_ NO \_\_\_

36 - I have ever ridden with someone in a car under the influence of alcohol/drugs: YES \_\_\_ NO \_\_\_

37 - I have ever driven with excessive speed: YES \_\_\_ NO \_\_\_

38 - I have ever driven while using my mobile phone at the same time: YES \_\_\_ NO \_\_\_

**A.- PHYSICAL EXERCISE: BELIEFS**

39 - Physical activity helps to improve health: YES \_\_\_ NO \_\_\_

40 - Exercising can prevent some diseases: YES \_\_\_ NO \_\_\_

41 - Exercise improves mood: YES \_\_\_ NO \_\_\_

42 - Physical exercise is useless: YES \_\_\_ NO \_\_\_

43 - Physical exercise is boring: YES \_\_\_ NO \_\_\_

44 - Since I have been exercising I have more vitality: YES \_\_\_ NO \_\_\_

**B.- EATING HABITS: BELIEFS**

45 - How much slimmer the more healthy you are: Agreed \_\_\_ Disagree \_\_\_

46 - The most important thing is the body shape: Agreed \_\_\_ Disagree \_\_\_

47 - Water is important for health: Agreed \_\_\_ Disagree \_\_\_

48 - A good diet is important for studying performance: Agreed \_\_\_ Disagree \_\_\_

49 - Fast food makes better use of time: Agreed \_\_\_ Disagree \_\_\_

**C.- USE OF TOBACCO, ALCOHOL AND OTHER DRUGS: BELIEFS**

50 - I would like to stop smoking: YES \_\_\_ NO \_\_\_

51 - I would ask for help from health services to stop smoking: YES \_\_\_ NO \_\_\_

52 - Drinking alcohol is normal in social relationships: YES \_\_\_ NO \_\_\_

53 - Drinking alcohol is fun: YES \_\_\_ NO \_\_\_

54 - I consider illegal drugs to be easily accessible: YES \_\_\_ NO \_\_\_

55 - I consider that I have enough information about illegal drugs: YES \_\_\_ NO \_\_\_

**D.- SEXUAL RELATIONS: BELIEFS**

56 - Condoms are the best method of contraception: YES \_\_\_ NO \_\_\_

57 - Condoms are very uncomfortable: YES \_\_\_ NO \_\_\_

58 - Condoms prevent AIDS/STDs/unwanted pregnancies: YES \_\_\_ NO \_\_\_

59 - The morning-after pill is just like any other normal method of contraception: YES \_\_\_

**NO** \_\_\_

**60** - It is better to enjoy sex without any method of contraception: **YES** \_\_\_ **NO** \_\_\_

**61** - I have good information about sex in terms of STD/STD/unwanted pregnancy prevention  
**YES** \_\_\_ **NO** \_\_\_

**E.- ROAD SAFETY: BELIEFS**

**62** - Traffic accidents can be avoided: **YES** \_\_\_ **NO** \_\_\_

**63** - I see traffic accidents as a health and life problem: **YES** \_\_\_ **NO** \_\_\_

**64** - Drugs do not affect driving: **YES** \_\_\_ **NO** \_\_\_