

Self-description questionnaire

SOCIODEMOGRAPHIC QUESTIONS
STRESS & RESILIENCE FACTORS

PNUM: (assigned by the study team)

Date:

Please answer each of the following points by ticking the appropriate alternative or by entering the appropriate value

1. Biological gender Female <input type="checkbox"/> masculine <input type="checkbox"/>	2. Social gender Female <input type="checkbox"/> masculine <input type="checkbox"/> both <input type="checkbox"/> neither <input type="checkbox"/> different <input type="checkbox"/>
3. age in years <input type="text"/>	5. weight in kg <input type="text"/>
4. size in cm <input type="text"/>	
6. civil status single <input type="checkbox"/> married <input type="checkbox"/> separated or divorced <input type="checkbox"/> widowed <input type="checkbox"/>	7. Relationship regardless of marital status no partner or relationship shorter than 3 months / living without a partner <input type="checkbox"/> married and living together <input type="checkbox"/> not married but living together <input type="checkbox"/> Partnership without living together (> 3 months) <input type="checkbox"/>
8. Duration of the relationship in months (0 if no partnership) <input type="text"/>	9. Number of biological children <input type="text"/>
10. In which state did you grow up? Baden-Wuerttemberg <input type="checkbox"/> Bavaria <input type="checkbox"/> Berlin <input type="checkbox"/> Brandenburg <input type="checkbox"/> Bremen <input type="checkbox"/> Hamburg <input type="checkbox"/> Hesse <input type="checkbox"/> Mecklenburg-Western Pomerania <input type="checkbox"/>	Lower Saxony <input type="checkbox"/> North Rhine-Westphalia <input type="checkbox"/> Rhineland-Palatinate <input type="checkbox"/> Saarland <input type="checkbox"/> Saxony <input type="checkbox"/> Saxony-Anhalt <input type="checkbox"/> Schleswig-Holstein <input type="checkbox"/> Thuringia <input type="checkbox"/>
11. What is your mother's highest school-leaving qualification? Without school graduation <input type="checkbox"/> secondary schools <input type="checkbox"/> Realschule (10th grade) <input type="checkbox"/> High School <input type="checkbox"/>	12. What is your mother's highest professional qualification? unskilled <input type="checkbox"/> Vocational training <input type="checkbox"/> Technical / university studies <input type="checkbox"/>
13. What kind of work is your mother currently doing? Without professional activity <input type="checkbox"/> employed <input type="checkbox"/> independent <input type="checkbox"/>	14. What is your (social) father's highest school-leaving qualification? Without school graduation <input type="checkbox"/> secondary schools <input type="checkbox"/> Realschule (10th grade) <input type="checkbox"/> High School <input type="checkbox"/>

15. What is your (social) father's highest professional qualification?

- unskilled
- Vocational training
- Technical / university studies

16. What kind of work is your (social) father currently doing?

- Without professional activity
- employed
- independent

17. How many brothers and sisters do you have?

18. What sibling position are you in?

(Enter a 1 if you are the oldest (or only) child of your parents; a 2 if you are the second oldest etc.)

19. Did you lose a parent through separation or death?

- no
- Separation of parents
- Death of the mother
- Death of the father

20. Who did you grow up with?

- with both birth parents
- grew up with the mother
- grew up with my father
- with mother / father and new partner
- grew up with foster parents

21. What importance did religion play in your upbringing??

- no meaning
- marginal importance
- mediocre importance
- extreme important

22. How important is religion in your life today??

- no meaning
- marginal importance
- mediocre importance
- extreme important

23. Was / is one of your family members receiving treatment for a mental illness?

	mother	father	brothers and sisters	Grand-parents
I do not know	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
none	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
dementia	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Addiction	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
psychosis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bipolar disorder	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
depression	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Anxiety disorder	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
eating disorder	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Personality disorder	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

24. Have you been or have you been receiving treatment for a mental illness?

- none
- Disorders in childhood
- Addiction
- psychosis
- Bipolar disorder
- depression
- Anxiety disorder
- eating disorder
- Personality disorder

Questions about your studies

25. Vocational training or studies before studying medicine

- no
- started but not completed
- finished

26 Type of training

- none
- semi-skilled or part skilled worker
- Apprenticeship in craft, production, commercial area
- Technical school training, civil servant training
- University education, university of applied sciences studies

<p>27. Activity before starting medical studies</p> <p>school education <input type="checkbox"/></p> <p>vocational training <input type="checkbox"/></p> <p>other university studies <input type="checkbox"/></p> <p>professional activities <input type="checkbox"/></p> <p>voluntary service or year abroad <input type="checkbox"/></p> <p>no activity <input type="checkbox"/></p>	<p>28. Duration of the last activity in years <input type="text"/></p>
<p>29. What were the main reasons for you to choose to study medicine? (Please select the most important two)</p> <p>I found the subject exciting <input type="checkbox"/></p> <p>I wanted to help people <input type="checkbox"/></p> <p>I was looking for a job that would give me a lot of respect and recognition <input type="checkbox"/></p> <p>I was looking for a job with good earning potential and future security <input type="checkbox"/></p> <p>My parents / family suggested that I study medicine <input type="checkbox"/></p> <p>I didn't know what else to study <input type="checkbox"/></p>	<p>30. Was there a conceivable alternative career or course of study for you? Yes <input type="checkbox"/> no <input type="checkbox"/></p> <p>31. How many years did you have to wait for the start of your studies or did you bridge the gap by other means? <input type="text"/></p> <p>32. How did the city where you study rank in your application? <input type="text"/></p>
<p>33. Do you enjoy your studies?</p> <p>yes, almost always <input type="checkbox"/></p> <p>most of time <input type="checkbox"/></p> <p>rarely <input type="checkbox"/></p> <p>no, almost never <input type="checkbox"/></p>	<p>34. Are you sure that you will complete your studies successfully?</p> <p>yes, almost always <input type="checkbox"/></p> <p>most of time <input type="checkbox"/></p> <p>rarely <input type="checkbox"/></p> <p>no, almost never <input type="checkbox"/></p>
<p>35. From today's perspective, would you decide to study medicine again?</p> <p>I am unhappy with my decision <input type="checkbox"/></p> <p>I would make a different decision today <input type="checkbox"/></p> <p>The perspective of the medical profession allows me to overcome the hurdles <input type="checkbox"/></p> <p>I would definitely choose this again <input type="checkbox"/></p>	<p>36. Are there things that are currently making it difficult for you to be happy with your decision to study? (Multiple answers possible)</p> <p>uncertain future prospects <input type="checkbox"/></p> <p>competition among students <input type="checkbox"/></p> <p>little flexibility in structuring studies <input type="checkbox"/></p> <p>time pressure <input type="checkbox"/></p> <p>individual courses are very stressful <input type="checkbox"/></p> <p>financial burden from studying <input type="checkbox"/></p> <p>Feeling overwhelmed <input type="checkbox"/></p> <p>loneliness <input type="checkbox"/></p> <p>Performance pressure <input type="checkbox"/></p>
<p>37. How do you currently live?</p> <p>alone / own apartment <input type="checkbox"/></p> <p>Apartment with partner <input type="checkbox"/></p> <p>in a shared apartment <input type="checkbox"/></p> <p>Room in student hall <input type="checkbox"/></p> <p>with the parents <input type="checkbox"/></p>	<p>38. If you have moved for your studies, how do you perceive the change of residence?</p> <p>positive <input type="checkbox"/></p> <p>Neutral <input type="checkbox"/></p> <p>negative <input type="checkbox"/></p> <p>My place of residence has not changed <input type="checkbox"/></p>
<p>39. How do you pay for your studies? (Multiple answers possible)</p> <p>own professional activity / part-time job <input type="checkbox"/></p> <p>financial support from family <input type="checkbox"/></p> <p>BAföG <input type="checkbox"/></p> <p>scholarship <input type="checkbox"/></p> <p>State social benefits <input type="checkbox"/></p>	<p>40. Do you have sufficient financial resources?</p> <p>more than enough <input type="checkbox"/></p> <p>sufficient <input type="checkbox"/></p> <p>sometimes too little <input type="checkbox"/></p> <p>often too little <input type="checkbox"/></p> <p>I am usually under great financial pressure <input type="checkbox"/></p>

<p>41. Have you had more or less contact with friends since you started your studies?</p> <p style="padding-left: 20px;">more than before <input style="width: 40px; height: 20px;" type="text"/></p> <p style="padding-left: 20px;">Unchanged, a lot <input style="width: 40px; height: 20px;" type="text"/></p> <p style="padding-left: 20px;">Unchanged, a little <input style="width: 40px; height: 20px;" type="text"/></p> <p style="padding-left: 20px;">less than before <input style="width: 40px; height: 20px;" type="text"/></p>	<p>42. Have you had more or less contact with your family since you started your studies?</p> <p style="padding-left: 20px;">more than before <input style="width: 40px; height: 20px;" type="text"/></p> <p style="padding-left: 20px;">Unchanged, a lot <input style="width: 40px; height: 20px;" type="text"/></p> <p style="padding-left: 20px;">Unchanged, a little <input style="width: 40px; height: 20px;" type="text"/></p> <p style="padding-left: 20px;">less than before <input style="width: 40px; height: 20px;" type="text"/></p>																														
<p>43. Are you experiencing sufficient emotional support?</p> <p style="padding-left: 20px;">I get more than enough emotional support <input style="width: 40px; height: 20px;" type="text"/></p> <p style="padding-left: 20px;">I get enough emotional support <input style="width: 40px; height: 20px;" type="text"/></p> <p style="padding-left: 20px;">Sometimes I don't get enough emotional support <input style="width: 40px; height: 20px;" type="text"/></p> <p style="padding-left: 20px;">I often don't get enough emotional support <input style="width: 40px; height: 20px;" type="text"/></p> <p style="padding-left: 20px;">I don't get any emotional support <input style="width: 40px; height: 20px;" type="text"/></p>	<p>44. How many hours per week do you spend on study-related activities? (Learning, presentation preparation, exam preparation) outside of everyday university life? <input style="width: 60px; height: 25px;" type="text"/></p> <p>45. How many hours per week do you spend on part-time jobs? (0 if you do not have a part-time job) <input style="width: 60px; height: 25px;" type="text"/></p>																														
<p>46. How many hours per week do you spend with your friends, family or your partner? <input style="width: 60px; height: 25px;" type="text"/></p>	<p>47. How many hours per week do you spend on your hobbies? <input style="width: 60px; height: 25px;" type="text"/></p>																														
<p>48. How many hours a week do you actively exercise? <input style="width: 60px; height: 25px;" type="text"/></p>	<p>49. How many hours a week do you actively play music? <input style="width: 60px; height: 25px;" type="text"/></p>																														
<p>50. How do you rate the time available to you for your studies?</p> <p style="padding-left: 20px;">I always have more than enough time for the requirements of my studies <input style="width: 40px; height: 20px;" type="text"/></p> <p style="padding-left: 20px;">I always have enough time for the requirements of my studies <input style="width: 40px; height: 20px;" type="text"/></p> <p style="padding-left: 20px;">Sometimes I don't have enough time for the demands of my studies <input style="width: 40px; height: 20px;" type="text"/></p> <p style="padding-left: 20px;">I often don't have enough time for the requirements of my studies <input style="width: 40px; height: 20px;" type="text"/></p> <p style="padding-left: 20px;">I am usually under time pressure to meet the requirements of the degree <input style="width: 40px; height: 20px;" type="text"/></p>	<p>51. How do you rate the time you have available for friends, family and partnership?</p> <p style="padding-left: 20px;">I always have more than enough time for friends, family and partnerships <input style="width: 40px; height: 20px;" type="text"/></p> <p style="padding-left: 20px;">I always have enough time for friends, family and partnerships <input style="width: 40px; height: 20px;" type="text"/></p> <p style="padding-left: 20px;">Sometimes I don't have enough time for friends, family and partnerships <input style="width: 40px; height: 20px;" type="text"/></p> <p style="padding-left: 20px;">I often don't have enough time for friends, family and partnerships <input style="width: 40px; height: 20px;" type="text"/></p> <p style="padding-left: 20px;">I am usually under time pressure to maintain friendships, family relationships and partnerships <input style="width: 40px; height: 20px;" type="text"/></p>																														
<p>52. How do you rate the time available to you for your hobbies?</p> <p style="padding-left: 20px;">I always have enough time for the requirements of my studies <input style="width: 40px; height: 20px;" type="text"/></p> <p style="padding-left: 20px;">Sometimes I don't have enough time for my hobbies <input style="width: 40px; height: 20px;" type="text"/></p> <p style="padding-left: 20px;">I often don't have enough time for my hobbies <input style="width: 40px; height: 20px;" type="text"/></p> <p style="padding-left: 20px;">I am usually under time pressure to pursue my hobbies <input style="width: 40px; height: 20px;" type="text"/></p>	<p>53. Overall, how satisfied are you with ...</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 70%;"></th> <th style="width: 5%;"></th> <th style="width: 10%; text-align: center;">very satisfied</th> <th style="width: 5%;"></th> <th style="width: 10%; text-align: center;">very dissatisfied</th> </tr> </thead> <tbody> <tr> <td>... your studies</td> <td><input style="width: 20px; height: 20px;" type="text"/></td> <td><input style="width: 20px; height: 20px;" type="text"/></td> <td><input style="width: 20px; height: 20px;" type="text"/></td> <td><input style="width: 20px; height: 20px;" type="text"/></td> </tr> <tr> <td>... your partnership</td> <td><input style="width: 20px; height: 20px;" type="text"/></td> <td><input style="width: 20px; height: 20px;" type="text"/></td> <td><input style="width: 20px; height: 20px;" type="text"/></td> <td><input style="width: 20px; height: 20px;" type="text"/></td> </tr> <tr> <td>... your family relationships</td> <td><input style="width: 20px; height: 20px;" type="text"/></td> <td><input style="width: 20px; height: 20px;" type="text"/></td> <td><input style="width: 20px; height: 20px;" type="text"/></td> <td><input style="width: 20px; height: 20px;" type="text"/></td> </tr> <tr> <td>... your friendships</td> <td><input style="width: 20px; height: 20px;" type="text"/></td> <td><input style="width: 20px; height: 20px;" type="text"/></td> <td><input style="width: 20px; height: 20px;" type="text"/></td> <td><input style="width: 20px; height: 20px;" type="text"/></td> </tr> <tr> <td>... your opportunity to pursue hobbies</td> <td><input style="width: 20px; height: 20px;" type="text"/></td> <td><input style="width: 20px; height: 20px;" type="text"/></td> <td><input style="width: 20px; height: 20px;" type="text"/></td> <td><input style="width: 20px; height: 20px;" type="text"/></td> </tr> </tbody> </table>			very satisfied		very dissatisfied	... your studies	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	... your partnership	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	... your family relationships	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	... your friendships	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	... your opportunity to pursue hobbies	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
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<p>54. Are you satisfied with your diet?</p> <p style="text-align: right;">Yes <input type="checkbox"/></p> <p style="text-align: right;">no <input type="checkbox"/></p>	<p>55. Are you happy with your weight?</p> <p style="text-align: right;">Yes <input type="checkbox"/></p> <p style="text-align: right;">no <input type="checkbox"/></p>
<p>56. Do you eat regular meals?</p> <p style="text-align: right;">Yes <input type="checkbox"/></p> <p style="text-align: right;">usually <input type="checkbox"/></p> <p style="text-align: right;">sometimes <input type="checkbox"/></p> <p style="text-align: right;">no <input type="checkbox"/></p>	<p>57. Do you eat a healthy diet? (For example, do you follow a certain diet?)</p> <p style="text-align: right;">Yes <input type="checkbox"/></p> <p style="text-align: right;">usually <input type="checkbox"/></p> <p style="text-align: right;">sometimes <input type="checkbox"/></p> <p style="text-align: right;">no <input type="checkbox"/></p>
<p>58. Do you use specific relaxation techniques? (e.g. yoga, PMR, autogenic training, meditation, etc.)</p> <p style="text-align: right;">Yes <input type="checkbox"/></p> <p style="text-align: right;">no <input type="checkbox"/></p>	<p>59. How many days a week do you drink at least one alcoholic beverage?</p> <div style="border: 1px solid black; width: 100px; height: 30px; margin-left: auto;"></div>
<p>60. How often do you drink more than 6 (Women) or 8 (men) drinks per occasion? (1 drink = 250 ml beer or 1 glass of wine or 2 cl schnapps)</p> <p style="text-align: right;">never <input type="checkbox"/></p> <p style="text-align: right;">Rare <input type="checkbox"/></p> <p style="text-align: right;">monthly <input type="checkbox"/></p> <p style="text-align: right;">weekly <input type="checkbox"/></p> <p style="text-align: right;">(almost daily) <input type="checkbox"/></p>	<p>61. In the past year, how often were you unable to (completely) remember an evening after consuming alcohol ("film tear")?</p> <p style="text-align: right;">never <input type="checkbox"/></p> <p style="text-align: right;">Rare <input type="checkbox"/></p> <p style="text-align: right;">monthly <input type="checkbox"/></p> <p style="text-align: right;">weekly <input type="checkbox"/></p> <p style="text-align: right;">(almost daily) <input type="checkbox"/></p>
<p>62. In the past year, how many times have you been unable to do what you normally would have done on the morning after drinking alcohol?</p> <p style="text-align: right;">never <input type="checkbox"/></p> <p style="text-align: right;">Rare <input type="checkbox"/></p> <p style="text-align: right;">monthly <input type="checkbox"/></p> <p style="text-align: right;">weekly <input type="checkbox"/></p> <p style="text-align: right;">(almost daily) <input type="checkbox"/></p>	<p>63. How often did someone ask you about your alcohol consumption in the past year? z. B. with the recommendation to reduce consumption?</p> <p style="text-align: right;">never <input type="checkbox"/></p> <p style="text-align: right;">once <input type="checkbox"/></p> <p style="text-align: right;">several times <input type="checkbox"/></p>
<p>64. How many cigarettes do you smoke on average per day?</p> <div style="border: 1px solid black; width: 100px; height: 30px; margin-left: auto;"></div>	<p>65. Do you use substances or drugs to improve concentration and performance? (Multiple answers possible)</p> <p style="text-align: right;">Beverages containing caffeine <input type="checkbox"/></p> <p style="text-align: right;">Medication <input type="checkbox"/></p> <p style="text-align: right;">activating drugs <input type="checkbox"/></p> <p style="text-align: right;">no <input type="checkbox"/></p>
<p>66. Do you use substances or medication to calm down or to be able to sleep? (Multiple answers possible)</p> <p style="text-align: right;">Food (e.g. chocolate) <input type="checkbox"/></p> <p style="text-align: right;">Medication <input type="checkbox"/></p> <p style="text-align: right;">sedating drugs <input type="checkbox"/></p> <p style="text-align: right;">no <input type="checkbox"/></p>	<p>67. Which of the following symptoms did you experience during and as a result of your studies? (Multiple answers possible)</p> <p style="text-align: right;">Procrastination <input type="checkbox"/></p> <p style="text-align: right;">Exhaustion <input type="checkbox"/></p> <p style="text-align: right;">Feeling overwhelmed <input type="checkbox"/></p> <p style="text-align: right;">Anxiety <input type="checkbox"/></p> <p style="text-align: right;">Psychosomatic complaints (e.g. gastrointestinal problems, muscle tension, neurodermatitis) <input type="checkbox"/></p> <p style="text-align: right;">Learning and performance disorders <input type="checkbox"/></p> <p style="text-align: right;">Identity and self-worth problems <input type="checkbox"/></p> <p style="text-align: right;">Irritability <input type="checkbox"/></p> <p style="text-align: right;">Depressive mood <input type="checkbox"/></p>
<p>68. Have you spoken to anyone about these symptoms? (Multiple answers possible)</p> <p style="text-align: right;">no, I didn't confide in anyone <input type="checkbox"/></p> <p style="text-align: right;">yes, I confided in someone, namely ...</p> <p style="text-align: right;">...my family <input type="checkbox"/></p> <p style="text-align: right;">...my friends <input type="checkbox"/></p> <p style="text-align: right;">... my partner <input type="checkbox"/></p> <p style="text-align: right;">... my fellow students <input type="checkbox"/></p> <p style="text-align: right;">... my lecturer <input type="checkbox"/></p> <p style="text-align: right;">... the student advisory service <input type="checkbox"/></p> <p style="text-align: right;">... a psychotherapist <input type="checkbox"/></p> <p style="text-align: right;">... a doctor <input type="checkbox"/></p>	