

# Survey

## Mental health and Substance use among Students in higher education Survey

### Survey Details

#### Survey Description

Number of Questions  
and Content Elements **343**

Survey Language **English**

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## TOESTEMMING

**Dear student,**

Thank you for your interest in participating in the national Mental Health and Substance Use Monitor for students in higher education (MMMS).

With this monitor, we aim to learn more about:

1. the status of the mental health and substance use of students;
2. the main factors associated with the mental health and substance use of students;
3. how much advice or help students have received for mental health issues or substance use.

Because we carry out a survey every two years, we can identify both the current situation and any changes over time.

To take part in the monitor, you fill in a questionnaire. You can do this on a smartphone, laptop, tablet or computer, and it should take about 20 minutes. If you fill in the questionnaire, you have a chance of winning a €50 Bol.com gift card.

The monitor is being carried out by RIVM, the Trimbos Institute and the Association of GGDs (Regional Public Health Services) and GHOR (Regional Medical Emergency Preparedness and Planning) offices in the Netherlands (GGD GHOR Nederland) on behalf of the Dutch ministries of Education, Culture and Science (OCW) and Health, Welfare and Sport (VWS).

*For more information about the monitor and to see what we do with your data and the results, please see the **information letter***

*If you would like to know more about how we handle your personal data and your rights as a data subject, please read the **privacy statement***

**Toestemming: Before you start the questionnaire, you need to consent to participation in the monitor and to the processing of your personal data. You can read more about this in the **information letter**.**

- I hereby consent to participation in the MMMS.
- I hereby consent to the processing of the personal data that I provide in the Trimbos Institute and GGD GHOR Nederland MMMS questionnaire, including data relating to my mental health and substance use. I am aware that, if I consent to participation in the MMMS, RIVM is legally entitled to process my personal data for the purpose of the MMMS.
- I hereby consent to the use of the survey data for research by the research institutes beyond the context of the three research questions of the MMMS but in the same domain/field as the MMMS, i.e. the mental health and substance use of students.

Show if	Question	Before you start the questionnaire, you need to consent to participation in the monitor and to the processing of your personal data. You can read more about this in the information letter.  / I hereby consent to participation in the MMMS.	IsEqualTo	unchecked
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Or Question Before you start the questionnaire, you need to consent to participation in the monitor and to the processing of your personal data. You can read more about this in the information letter. IsEqualTo unchecked

/ I hereby consent to the processing of the personal data that I provide in the Trimbos Institute and GGD GHOR Nederland MMMS questionnaire, including data relating to my mental health and substance use. I am aware that, if I consent to participation in the MMMS, RIVM is legally entitled to process my personal data for the purpose of the MMMS.

To be able to fill in the questionnaire, you must tick the first and second boxes. You have not yet done this. If you **do** want to take part in the monitor, click on **back** and tick the correct boxes. Note that you must tick the **first** and **second** boxes.

If you do **not** want to take part in the monitor, close the questionnaire by clicking **next**.

Show Question Before you start the questionnaire, you need to consent to participation in the monitor and to the processing of your personal data. You can read more about this in the information letter. IsEqualTo unchecked

/ I hereby consent to participation in the MMMS.

Or Question Before you start the questionnaire, you need to consent to participation in the monitor and to the processing of your personal data. You can read more about this in the information letter. IsEqualTo unchecked

/ I hereby consent to the processing of the personal data that I provide in the Trimbos Institute and GGD GHOR Nederland MMMS questionnaire, including data relating to my mental health and substance use. I am aware that, if I consent to participation in the MMMS, RIVM is legally entitled to process my personal data for the purpose of the MMMS.

## Url Forwarding

State: ScreenOut

Thank you Text:

Thank you!

You may now close this browser.

Show if	Question	Before you start the questionnaire, you need to consent to participation in the monitor and to the processing of your personal data. You can read more about this in the information letter.  / I hereby consent to participation in the MMMS.	IsEqualTo	checked
And	Question	Before you start the questionnaire, you need to consent to participation in the monitor and to the processing of your personal data. You can read more about this in the information letter.  / I hereby consent to the processing of the personal data that I provide in the Trimbos Institute and GGD GHOR Nederland MMMS questionnaire, including data relating to my mental health and substance use. I am aware that, if I consent to participation in the MMMS, RIVM is legally entitled to process my personal data for the purpose of the MMMS.	IsEqualTo	checked

## Survey

Some practicalities before you start the questionnaire. Please read the following information carefully:

- If possible, fill in the questionnaire in a **quiet area where you will not be disturbed**.
- **At the bottom of** each page, you can use the buttons to go forwards and backwards through the questionnaire. You can therefore go back to make changes. Do **not** use the arrows in your browser to do this, as your answers will be lost if you do.
- It is **not** possible to save the questionnaire and continue later. You can of course take a break. **Do not close the screen**, otherwise you will have to start the questionnaire again.
- Not all the questions and answer categories are structured in the same way. For example: for some questions, the answer categories are “never” to “always”, while for other questions they are the other way round. **You therefore need to be careful which answer you give.**

Good luck with filling in the questionnaire!

We first have a few general questions.

### V01: Are you currently enrolled at a university?

- Yes
- No, I have taken a temporary break
- No, I have completed my study
- No, I have stopped with my study

Show if	Question	Are you currently enrolled at a university?	AnylsEqual	3,4
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This questionnaire is for students who are still at university.

You have filled in that you have completed your study or stopped. If this is correct, please close the questionnaire by clicking **next**.

If this is **not** correct, please fill in the correct answer.

Show if	Question	Are you currently enrolled at a university?	AnylsEqual	4,3
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Url Forwarding

State: ScreenOut

Thank you Text:

Thank you for your cooperation so far!  
 You may now close this browser.

V02: How old are you?

.....(validation: number)

Show if	Question	How old are you?	IsLessThan	16
And	Question	How old are you?	IsNotEmpty	

This questionnaire is for students aged 16 and over.

You have filled in that you are younger than 16. If this is correct, please close the questionnaire by clicking **next**.

If this is **not** correct, please fill in the correct answer.

Show if	Question	How old are you?	IsLessThan	16
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Url Forwarding

State: ScreenOut

Thank you Text:

Thank you for your cooperation so far!  
 You may now close this browser.

V03: I was born:

- Male
- Female
- Intersex - *Born with both a male and female reproductive or sexual anatomy.*

V04: With which gender identity do you most identify?

I identify most as a:

- Man
- Woman

- Both man and woman
- Neither man nor woman
- I prefer not to say
- Other

#### V05: I am/identify most as LGBTQ+

*Lesbian, gay, bisexual, trans and queer. The plus means that other sexual identities are also possible, such as intersex, asexual and pansexual.*

- Yes
- No
- I prefer not to say
- I don't know

#### V06a: Where were you born?

- The Netherlands
- Morocco
- Turkey
- Suriname
- The former Netherlands Antilles or Dutch Caribbean, e.g. Curaçao, Aruba, Bonaire
- Germany
- Belgium
- Other
- I don't know/I prefer not to say

Show if

Question

Where were you born?

IsEqualTo

Other

#### V06b: I was born in another country/continent, i.e.

- Europe – e.g. The UK, France, Spain, Ukraine, Bosnia, Bulgaria, Croatia, Slovenia, Romania, Russia
- Africa – e.g. Egypt, Tunisia, Somalia
- The Middle East – e.g. Iraq, Iran, Syria, Afghanistan
- Asia – e.g. China, India, Vietnam, Indonesia, The Philippines, Thailand
- South or Central America – e.g. Brazil, Chile, Mexico, Guatemala
- America, Canada, Australia or New Zealand

**V07: Was your mother born in the Netherlands? Please note this concerns your biological mother.**

- Yes
- No
- I don't know/I prefer not to say

**V08: Was your father born in the Netherlands? Please note this concerns your biological father.**

- Yes
- No
- I don't know/I prefer not to say

**V09a: Which province do you live in?**

- Drenthe
- Flevoland
- Fryslân
- Gelderland
- Groningen
- Limburg
- Noord-Brabant
- Noord-Holland
- Overijssel
- Utrecht
- Zeeland
- Zuid-Holland
- I do **not** live in the Netherlands

Show if	Question	Which province do you live in?	IsEqualTo	Drenthe
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**V09b\_1: Which city/village do you live in?**

*Start to type in the field and the names will appear. You can then select your answer.*

----- (validation: list)

Show if	Question	Which province do you live in?	IsEqualTo	Flevoland
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### V09b\_2: Which **city/village** do you live in?

*Start to type in the field and the names will appear. You can then select your answer.*

.....(validation: list)

Show if	Question	Which province do you live in?	IsEqualTo	Fryslân
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### V09b\_3: Which **city/village** do you live in?

*Start to type in the field and the names will appear. You can then select your answer.*

.....(validation: list)

Show if	Question	Which province do you live in?	IsEqualTo	Gelderland
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### V09b\_4: Which **city/village** do you live in?

*Start to type in the field and the names will appear. You can then select your answer.*

.....(validation: list)

Show if	Question	Which province do you live in?	IsEqualTo	Groningen
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### V09b\_5: Which **city/village** do you live in?

*Start to type in the field and the names will appear. You can then select your answer.*

.....(validation: list)

Show if	Question	Which province do you live in?	IsEqualTo	Limburg
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### V09b\_6: Which **city/village** do you live in?

*Start to type in the field and the names will appear. You can then select your answer.*

.....(validation: list)

Show if	Question	Which province do you live in?	IsEqualTo	Noord-Brabant
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### V09b\_7: Which **city/village** do you live in?

*Start to type in the field and the names will appear. You can then select your answer.*

.....(validation: list)

Show if	Question	Which province do you live in?	IsEqualTo	Noord-Holland
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### V09b\_8: Which **city/village** do you live in?

*Start to type in the field and the names will appear. You can then select your answer.*

.....(validation: list)

Show if      Question      Which province do you live in?      IsEqualTo      Overijssel

### V09b\_9: Which **city/village** do you live in?

*Start to type in the field and the names will appear. You can then select your answer.*

.....(validation: list)

Show if      Question      Which province do you live in?      IsEqualTo      Utrecht

### V09b\_10: Which **city/village** do you live in?

*Start to type in the field and the names will appear. You can then select your answer.*

.....(validation: list)

Show if      Question      Which province do you live in?      IsEqualTo      Zeeland

### V09b\_11: Which **city/village** do you live in?

*Start to type in the field and the names will appear. You can then select your answer.*

.....(validation: list)

Show if      Question      Which province do you live in?      IsEqualTo      Zuid-Holland

### V09b\_12: Which **city/village** do you live in?

*Start to type in the field and the names will appear. You can then select your answer.*

.....(validation: list)

### V10: Which university are you studying at or did you study at until recently?

- An overview of participating universities is given here. Which universities participate is not disclosed through this version of the survey.
- My university is **not** on the list

Show if      Question      Which university are you studying at or did you study at until recently?      IsEqualTo      My university is not on the list

This questionnaire is only for students at the participating universities.

You have filled in that your university is not on the list. Please check one more time that you haven't missed it.



If your university really **isn't** on the list, you do not need to fill in the questionnaire any further. Close the questionnaire by clicking on **next**.

Show if	Question	Which university are you studying at or did you study at until recently?	IsEqualTo	My university is not on the list
---------	----------	--	-----------	----------------------------------

## Url Forwarding

State: ScreenOut

Thank you Text:

Thank you for your cooperation so far!

You may now close this browser.

## V11: Are you an international student?

*By this, we mean have you come to the Netherlands to study or for an internship?*

- Yes
- No

## V12: How are you enrolled at your university?

- As a full-time student
- As a part-time student
- As a student taking a dual Master's programme
- Other

Show if	Question	Which university are you studying at or did you study at until recently?	IsEqualTo	{{name university}}
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## V13\_1: Which degree programme(s) are you enrolled on at the {{name university}}?

- *If you are enrolled on **more than one** programme, choose the most important programme for you. Or, if they are equally important, choose one of the programmes.*
- *You can select your programme by starting to type in the field below. In some cases, the degree programme is preceded by an abbreviation of one or two letters; in this case, choose the programme with the correct abbreviation: B = Bachelor's; M = Master's; Ad = Associate degree; PM = Pre-Master's.*
- *If you can't find your degree programme, search for the name of your Bachelor's or Master's programme.*

.....(validation: list)

My degree programme isn't on the list.

Show if	Question	Which degree programme(s) are you enrolled on at the {{name university}}?	MatchRegex	My degree programme isn't on the list.
Or	Question	Which degree programme(s) are you enrolled on at the {{name university}}?	MatchRegex	My degree programme isn't on the list.

#### V14: It is a:

-----

#### V15: What kind of degree programme are you enrolled on?

If you are enrolled on **more than one** programme:

- choose the most important programme or,
- if they are equally important to you, choose one of the programmes.

- Bachelor's programme
- Master's programme
- Teacher training programme
- Associate degree
- Pre-Master's programme
- Post-Master's programme
- Other

Show if	Question	Which university are you studying at or did you study at until recently?	IsEqualTo	{{name university}}
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#### V16\_1: Which location of your university do you usually attend?

If you are enrolled on **more than one** degree programme:

- choose the most important programme or,
- if they are equally important to you, choose one of the programmes.

- {{locations university}}

#### V17: Has completion of your study been delayed?

- No
- Yes, by a few months
- Yes, by half an academic year

- Yes, by more than half an academic year but less than a full academic year
- Yes, by one academic year
- Yes, by more than one academic year

#### V18a: What is your living situation? I live...

- ... with my parent(s)/carer(s)
- ... in a student flat or student house
- ... with other people (partner or friends) in a house or flat (not a student flat/student house)
- ... **alone** in a house or flat (not a student flat/student house)
- Other

Show if	Question	What is your living situation? I live...	AnyIsEqual	2,3,5
---------	----------	--	------------	-------

#### V18b: How many people do you live with?

*Do not include yourself in the total.*

.....(validation: number)

#### V19: What are your main sources of income?

*More than one answer possible*

- Basic student grant
- Supplementary student grant
- Loan from DUO
- Contribution from parents/carers/partner
- Income from job/part-time job
- Benefit or allowance (healthcare benefit, rent benefit, etc.)
- Income from savings (e.g. a monthly amount from a savings account)
- Scholarship (ERASMUS, VSB, etc.) or profiling fund or other financial support from your university
- Other income (e.g. work placement payment)

#### V20: Roughly how much is your student debt?

*If you are not exactly sure, try to make a reasonable estimate*

- I have not got a student debt
- Less than €5,000
- €5,000 to €10,000

- €10,000 to €20,000
- €20,000 to €30,000
- €30,000 to €40,000
- €40,000 to €50,000
- €50,000 to €60,000
- €60,000 or more

### V21: What do you expect the debt to be by the time you graduate?

*If you are not exactly sure, try to make a reasonable estimate*

- I do not expect to have a student debt
- Less than €5,000
- €5,000 to €10,000
- €10,000 to €20,000
- €20,000 to €30,000
- €30,000 to €40,000
- €40,000 to €50,000
- €50,000 to €60,000
- €60,000 or more

The following questions concern what you spend your time on.

Show if Question What are your main sources of income? / Income from job/part-time job IsEqualTo checked

### V22: How many hours do you work on average per week?

- *This is the number of hours that you actually work in employment, not what is written in the contract.*
  - *Base your answer on an average week, for example a week in the last month in which you were not ill and didn't go on holiday.*
- 
- None / 0 hours
  - 1-4 hours a week
  - 5-8 hours a week
  - 9-15 hours a week
  - 16-20 hours a week
  - More than 20 hours a week

### V23: Are you a member of any of the following associations or clubs?

*More than one answer possible*

- A student association
- A study association
- A student sports club
- A student organisation based on religion, culture, identity, etc.
- Another sports club (not a student sports club)
- A social organisation (e.g. a political/environmental organisation) - *not a student organisation*
- A religious or ideological organisation - *not a student organisation*
- A cultural society - *not a student/study association*
- Other
- No

### V24: Which activities help you to relax or give you energy?

*More than one answer possible*

- Sport or exercise
- Getting together with friends at home
- Going out to a bar, student association, cinema or theatre
- Visiting a festival or concert
- Reading, listening to music or podcasts
- Watching a film or series (TV/streaming service/YouTube)
- Playing games on a laptop, Xbox, Playstation, Wii, iPad, smartphone, etc.
- Social media (e.g. Snapchat, TikTok, Instant messenger, Instagram)
- Making music
- Another hobby
- Other

### V25: To what extent do you agree or disagree with the following statement?

*"In addition to my studies, work and other obligations, I have enough time for activities that help me to relax or give me energy."*

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree

- Strongly disagree

Show Question Which activities help you to relax or give you energy? / Playing games on a laptop, Xbox, Playstation, Wii, iPad, smartphone, etc. IsEqualTo checked if

V26: The following questions are about your experiences with gaming and playing video games.

To what extent do you agree with the following statements?

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
I am unable to control my gaming behaviour (e.g. when I start, how often I play and in which situations I play)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I always prioritise gaming above other hobbies and activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I keep playing, even if it is causing problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Gaming has been a problem for more than a year	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

V27: The following questions are about your experiences with using social media. This includes chatting (e.g. on WhatsApp, Signal, Telegram) or updating and watching social network sites (e.g. Instagram, TikTok, Snapchat, YouTube).

To what extent do you agree with the following statements about your use of social media?

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
I am unable to control my use of social media (e.g. how often I use social media and in which situations)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I always prioritise social media above other hobbies and activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I keep using social media, even if it is causing problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My social media use has been a problem for more than a year	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

The following questions are about resilience, feelings of stress and social support.

**V28: How often do you feel under pressure to...**

	Never	Sometimes	Regularly	Often
meet <b>your own</b> expectations?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
meet <b>other peoples'</b> expectations?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**V29: To what extent do you agree or disagree with the following statements?**

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
I usually bounce back easily after a difficult period	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find it difficult to cope with stressful events	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It does not take me long to recover from a stressful event	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find it difficult to get over something bad that has happened	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I usually get through difficult periods without too much trouble	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It usually takes me a long time to deal with setbacks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**V30: How much difficulty have you had sleeping in the last four weeks? This could be difficulty falling asleep or staying asleep, or waking up too early.**

- Almost none or none at all
- Not much
- Some
- A lot
- Almost all the time

**V31: How much stress have you experienced in the last four weeks?**

- Almost none or none at all
- Not much
- Some
- A lot
- Almost all the time

Show if Question How much stress have you experienced in the last four weeks? AnyIsEqual 2,3,4,5

**V32a: How much stress have you experienced in the last four weeks due to:**

*Your personal life:*

	Almost none or none at all	Not much	Some	A lot	Almost all the time
your study	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
a personal problem (health, relationships)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
day-to-day obligations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
your current financial situation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
your future financial situation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
worrying about whether you will have work in the future	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Show if Question How much stress have you experienced in the last four weeks? AnyIsEqual 2,3,4,5

**V32b: How much stress have you experienced in the last four weeks due to:**

*Problems in society:*

	Almost none or none at all	Not much	Some	A lot	Almost all the time
the housing market	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
the cost of living	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
the climate	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
an increasing us vs them mentality in society (polarisation)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



international tension and war

discrimination and exclusion

**V33: Do you provide long-term care or help for a close friend or relative or a partner? This may be required due to a physical or mental problem or a handicap and concerns care that you provide because your close friend, relative or partner is no longer capable of looking after themselves and therefore has to rely on you.**

- *Long-term care is care or help that is provided for three months or longer.*
  - *This care or help is not paid for and is therefore not considered as work or voluntary work.*
  - *You do not have to live with the person who you provide care for.*
  - *Examples are helping with housework or domestic chores, assistance with daily living needs or accompanying a person to a healthcare provider or a hospital.*
- No
  - Yes

**V34: You may find the following question difficult or painful. Even so, we ask it because it is an important subject.**

**Which of the following events have you experienced in the last 12 months? This could also be online.**

*More than one answer possible*

- I broke up with my partner
- A long friendship ended
- I had a serious argument with someone close to me
- I had to move house
- I lost my job
- I had serious financial problems
- I was bullied, belittled or excluded
- I was harassed (not sexually)
- I was threatened
- I was physically attacked
- I was a victim of sexual harassment - *By this we mean remarks, gestures and acts of a sexual nature that you felt were unwanted, threatening and/or humiliating. Sexual harassment may be verbal or non-verbal and may take place online or offline.*

- I was a victim of sexual violence - *By this we mean penetration (rape) or other sexual acts (assault) that involved the use of violence, the threat of violence or a situation in which you were unable to refuse (e.g. substance use).*
- I was a victim of discrimination - *By this we mean that you were treated differently or less favourably or were excluded based on personal characteristics such as religion or belief, political preference, race, sex, nationality, sexual orientation or relationship status or having a disability or chronic illness.*
- 
- I was seriously ill or injured
- A person close to me had serious health problems (physical and/or mental)
- A person close to me had other serious problems
- A person close to me died
- My parents/carers split up
- Other
- None of the above
- I would rather not say

**V35: You say that you experienced the following event or events in the last 12 months.**

**How much stress did you experience as a result?**

	Almost none or none at all	Not much	Some	A lot	Almost all the time
I broke up with my partner <sup>1)</sup>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A long friendship ended <sup>2)</sup>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I had a serious argument with someone close to me <sup>3)</sup>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I had to move house <sup>4)</sup>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I lost my job <sup>5)</sup>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I had serious financial problems <sup>6)</sup>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was bullied, belittled or excluded <sup>7)</sup>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I was harassed (not sexually) <sup>8)</sup>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was threatened <sup>9)</sup>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was physically attacked <sup>10)</sup>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was a victim of sexual harassment (online or offline) <sup>11)</sup>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was a victim of sexual violence <sup>12)</sup>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was a victim of discrimination <sup>13)</sup>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was seriously ill or injured <sup>14)</sup>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A person close to me had serious health problems (physical and/or mental) <sup>15)</sup>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A person close to me had other serious problems <sup>16)</sup>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A person close to me died <sup>17)</sup>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My parents/carers split up <sup>18)</sup>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other <sup>19)</sup>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

1) Show this element:	If	Question	You may find the following question difficult or painful. Even so, we ask it because it is an important subject.Which of the following events have you experienced in the last 12 months? This could also be online. / I broke up with my partner	IsEqualTo	checked
2) Show this element:	If	Question	You may find the following question difficult or painful. Even so, we ask it because it is an important subject.Which of the following events have you experienced in the last 12 months? This could also be online. / A long friendship ended	IsEqualTo	checked
3) Show this element:	If	Question	You may find the following question difficult or painful. Even so, we ask it because it is an important subject.Which of the following events have you experienced in the last 12 months? This could also be online. / I had a serious argument with someone close to me	IsEqualTo	checked

4) Show this element:	If	Question	You may find the following question difficult or painful. Even so, we ask it because it is an important subject.Which of the following events have you experienced in the last 12 months? This could also be online. / I had to move house	IsEqualTo	checked
5) Show this element:	If	Question	You may find the following question difficult or painful. Even so, we ask it because it is an important subject.Which of the following events have you experienced in the last 12 months? This could also be online. / I lost my job	IsEqualTo	checked
6) Show this element:	If	Question	You may find the following question difficult or painful. Even so, we ask it because it is an important subject.Which of the following events have you experienced in the last 12 months? This could also be online. / I had serious financial problems	IsEqualTo	checked
7) Show this element:	If	Question	You may find the following question difficult or painful. Even so, we ask it because it is an important subject.Which of the following events have you experienced in the last 12 months? This could also be online. / I was bullied, belittled or excluded	IsEqualTo	checked
8) Show this element:	If	Question	You may find the following question difficult or painful. Even so, we ask it because it is an important subject.Which of the following events have you experienced in the last 12 months? This could also be online. / I was harassed (not sexually)	IsEqualTo	checked
9) Show this element:	If	Question	You may find the following question difficult or painful. Even so, we ask it because it is an important subject.Which of the following events have you experienced in the last 12 months? This could also be online. / I was threatened	IsEqualTo	checked
10) Show this element:	If	Question	You may find the following question difficult or painful. Even so, we ask it because it is an important subject.Which of the following events have you experienced in the last 12 months? This could also be online. / I was physically attacked	IsEqualTo	checked
11) Show this element:	If	Question	You may find the following question difficult or painful. Even so, we ask it because it is an important subject.Which of the following events have you experienced in the last 12 months? This could also be online. / I was a victim of sexual harassment - By this we mean remarks, gestures and acts of a sexual nature that you felt were unwanted, threatening and/or humiliating. Sexual harassment may be verbal or non-verbal and may take place online or offline.	IsEqualTo	checked
12) Show this element:	If	Question	You may find the following question difficult or painful. Even so, we ask it because it is an important subject.Which of the following events have you experienced in the last 12 months? This could also be online. / I was a victim of sexual violence - By this we mean penetration (rape) or other sexual acts (assault) that involved the use of violence, the threat of violence or a situation in which you were unable to refuse (e.g. substance use).	IsEqualTo	checked

13) Show this element:	If	Question	You may find the following question difficult or painful. Even so, we ask it because it is an important subject.Which of the following events have you experienced in the last 12 months? This could also be online. / I was a victim of discrimination - By this we mean that you were treated differently or less favourably or were excluded based on personal characteristics such as religion or belief, political preference, race, sex, nationality, sexual orientation or relationship status or having a disability or chronic illness.	IsEqualTo	checked
14) Show this element:	If	Question	You may find the following question difficult or painful. Even so, we ask it because it is an important subject.Which of the following events have you experienced in the last 12 months? This could also be online. / I was seriously ill or injured	IsEqualTo	checked
15) Show this element:	If	Question	You may find the following question difficult or painful. Even so, we ask it because it is an important subject.Which of the following events have you experienced in the last 12 months? This could also be online. / A person close to me had serious health problems (physical and/or mental)	IsEqualTo	checked
16) Show this element:	If	Question	You may find the following question difficult or painful. Even so, we ask it because it is an important subject.Which of the following events have you experienced in the last 12 months? This could also be online. / A person close to me had other serious problems	IsEqualTo	checked
17) Show this element:	If	Question	You may find the following question difficult or painful. Even so, we ask it because it is an important subject.Which of the following events have you experienced in the last 12 months? This could also be online. / A person close to me died	IsEqualTo	checked
18) Show this element:	If	Question	You may find the following question difficult or painful. Even so, we ask it because it is an important subject.Which of the following events have you experienced in the last 12 months? This could also be online. / My parents/carers split up	IsEqualTo	checked
19) Show this element:	If	Question	You may find the following question difficult or painful. Even so, we ask it because it is an important subject.Which of the following events have you experienced in the last 12 months? This could also be online. / Other	IsEqualTo	checked
Show if		Question	You may find the following question difficult or painful. Even so, we ask it because it is an important subject.Which of the following events have you experienced in the last 12 months? This could also be online. / I was bullied, belittled or excluded	IsEqualTo	checked

### V36a: You say that you experienced the following event in the last 12 months: I was bullied, belittled or excluded

Did this event take place in the context of your degree programme?

*More than one answer possible*

- Physically in the context of the degree programme: on campus or at a university location
- Online in the context of the degree programme (e.g. through email or social media)
- Outside the context of the degree programme
- I would rather not say

Show if	Question	You may find the following question difficult or painful. Even so, we ask it because it is an important subject. Which of the following events have you experienced in the last 12 months? This could also be online. / I was harassed (not sexually)	IsEqualTo	checked
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### V36b: You say that you experienced the following event in the last 12 months: I was harassed

Did this event take place in the context of your degree programme?

*More than one answer possible*

- Physically in the context of the degree programme: on campus or at a university location
- Online in the context of the degree programme (e.g. through email or social media)
- Outside the context of the degree programme
- I would rather not say

Show if	Question	You may find the following question difficult or painful. Even so, we ask it because it is an important subject. Which of the following events have you experienced in the last 12 months? This could also be online. / I was threatened	IsEqualTo	checked
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### V36c: You say that you experienced the following event in the last 12 months: I was threatened

Did this event take place in the context of your degree programme?

*More than one answer possible*

- Physically in the context of the degree programme: on campus or at a university location
- Online in the context of the degree programme (e.g. through email or social media)
- Outside the context of the degree programme
- I would rather not say

Show if	Question	You may find the following question difficult or painful. Even so, we ask it because it is an important subject. Which of the following events have you experienced in the last 12 months? This could also be online. / I was physically attacked	IsEqualTo	checked
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### V36d: You say that you experienced the following event in the last 12 months: I was physically attacked

#### Did this event take place in the context of your degree programme?

*More than one answer possible*

- Physically in the context of the degree programme: on campus or at a university location
- Online in the context of the degree programme (e.g. through email or social media)
- Outside the context of the degree programme
- I would rather not say

Show if	Question	You may find the following question difficult or painful. Even so, we ask it because it is an important subject. Which of the following events have you experienced in the last 12 months? This could also be online. / I was a victim of sexual harassment - By this we mean remarks, gestures and acts of a sexual nature that you felt were unwanted, threatening and/or humiliating. Sexual harassment may be verbal or non-verbal and may take place online or offline.	IsEqualTo	checked
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### V36e: You say that you experienced the following event in the last 12 months: I was a victim of sexual harassment

#### Did this event take place in the context of your degree programme?

*More than one answer possible*

- Physically in the context of the degree programme: on campus or at a university location
- Online in the context of the degree programme (e.g. through email or social media)
- Outside the context of the degree programme
- I would rather not say

Show if	Question	You may find the following question difficult or painful. Even so, we ask it because it is an important subject. Which of the following events have you experienced in the last 12 months? This could also be online. / I was a victim of sexual violence - By this we mean penetration (rape) or other sexual acts (assault) that involved the use of violence, the threat of violence or a situation in which you were unable to refuse (e.g. substance use).	IsEqualTo	checked
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**V36f: You say that you experienced the following event in the last 12 months: I was a victim of sexual violence**

**Did this event take place in the context of your degree programme?**

*More than one answer possible*

- Physically in the context of the degree programme: on campus or at a university location
- Online in the context of the degree programme (e.g. through email or social media)
- Outside the context of the degree programme
- I would rather not say

Show if	Question	You may find the following question difficult or painful. Even so, we ask it because it is an important subject. Which of the following events have you experienced in the last 12 months? This could also be online. / I was a victim of discrimination - By this we mean that you were treated differently or less favourably or were excluded based on personal characteristics such as religion or belief, political preference, race, sex, nationality, sexual orientation or relationship status or having a disability or chronic illness.	IsEqualTo	checked
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**V36g: You say that you experienced the following event in the last 12 months: I was a victim of discrimination**

**Did this event take place in the context of your degree programme?**

*More than one answer possible*

- Physically in the context of the degree programme: on campus or at a university location
- Online in the context of the degree programme (e.g. through email or social media)
- Outside the context of the degree programme
- I would rather not say

**V37: The next question is about social support. By this we mean that there is someone who provides you with emotional support or advice.**

**To what extent do you agree or disagree with the following statements?**

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree	N/a
I receive support from my parent(s) / carer(s)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I receive support from my partner or other members of my family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I receive support from my friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



I receive support from my study/student association, student sport club or other student organisation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<hr/>						
I receive support from my lecturers, tutor, mentor or student career counsellor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**V38: To what extent do the following statements apply to you, based on how you have felt recently?**

	Yes	Sometimes	No
I feel an emptiness around me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<hr/>			
I have enough people who I can fall back on when things are not going well	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<hr/>			
I have a lot of people around me who I trust completely	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<hr/>			
I feel a close connection with enough people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<hr/>			
I miss having people around me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<hr/>			
I often feel abandoned	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**V39: Below you see a ladder. On which step of the ladder would you say you personally feel you stand right now? Select the number that you feel best matches how you feel about your life.**

- 10 - The best possible life for me
- 9
- 8
- 7
- 6
- 5
- 4
- 3
- 2
- 1
- 0 - The worst possible life for me

**V40: To what extent do the following statements apply to you?**

	Never	A few times a year	Monthly	A few times a month	Weekly	A few times a week	Every day
I feel emotionally drained by my study	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel used up at the end of a study day (also online)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel tired when I get up in the morning and am confronted with my study	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have to make a big effort to study all day or attend lectures	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel completely exhausted as a result of my study	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**V41: In the last four weeks, how often have you felt...**

	Never	Rarely	Sometimes	Regularly	Often	Always or almost always
...happy?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...interested in life?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...satisfied?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...that you have contributed something important to society?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...that you are part of a community, such as a social group, or your local area or city?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...that society is improving for people?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...that people are fundamentally good?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...that you understand how our society works?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...that you like most aspects of your personality?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...that you are able to deal well with your day-to-day responsibilities?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

...that you have warm and intimate relationships with others?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...that you are challenged to grow or become a better person?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...that you have confidently formed and expressed your own ideas and opinions?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...that your life has direction or purpose?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**V42: The following questions are also about how you have felt in the last four weeks. Please choose the answer for each question that best matches how you have felt.**

	Constantly	Most of the time	Often	Sometimes	Rarely	Never
Have you felt very nervous?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Have you been so unhappy that nothing could cheer you up?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Have you felt calm and relaxed?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Have you felt depressed or 'down'?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Have you felt happy?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**V43: You may find the following question difficult or painful. Even so, we ask it because it is an important subject.**

**In the last four weeks, how often have you wished you were dead or that you could go to sleep and never wake up again?**

- Almost all the time
- Most of the time
- Sometimes
- From time to time
- Never

Do you need help, or are you worried about someone else? If so, please contact 113 Suicide Prevention on 0800 0113 (available 24/7) and at [www.113.nl](http://www.113.nl).

**V44:** How much have you been **affected** in the **last 12 months** by mental health problems such as feeling down, anxious, worried, stressed or nervous? This could be in your study, work, social life or personal relationships.

- Not at all
- A little
- Quite a bit
- A lot
- Almost all the time

**V45a:** In the **last 12 months**, have you received help or advice for mental health problems from someone **at your university** (face-to-face, online and/or by phone)?

- This concerns problems such as feeling down, anxious, worried, stressed or nervous*
- It does **not** include help or advice from other students*
- Yes
- No, because I did not have any mental health problems
- No, for a different reason

Show if	Question	In the last 12 months, have you received help or advice for mental health problems from someone at your university (face-to-face, online and/or by phone)?	IsEqualTo	Yes
---------	----------	--	-----------	-----

**V45b: Who provided this help or advice?**

*More than one answer possible*

- A lecturer
- A tutor, mentor or student career counsellor
- A study adviser or student counsellor
- A confidential adviser
- A student psychologist
- Someone else, i.e.: \_\_\_\_\_

Show if	Question	In the last 12 months, have you received help or advice for mental health problems from someone at your university (face-to-face, online and/or by phone)?	IsEqualTo	No, for a different reason
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**V46: Why did you not obtain help or advice for mental health problems from someone **at your university**?**

*More than one answer possible*

- I did not need help or advice

- I wanted to solve my problem myself
- I was ashamed of my problem
- I thought my problem would pass
- I was already receiving help or advice from someone **outside** the university
- I did not know that it is possible to receive help or advice **from my university**
- I did try to find someone to provide help or advice but couldn't find it **at** my university
- I have not yet tried to get help or advice from someone **at** my university, but I am planning to
- I could not afford it
- There was a waiting list or it took too long for me to receive help or advice
- There is a different reason why I did not try to get help or advice from someone **at** my university

Show if	Question	In the last 12 months, have you received help or advice for mental health problems from someone at your university (face-to-face, online and/or by phone)?	IsEqualTo	Yes
---------	----------	--	-----------	-----

#### V47: How satisfied are you with the help or advice that you received from someone at your university?

- Very satisfied
- Satisfied
- Neither satisfied nor dissatisfied
- Dissatisfied
- Very dissatisfied

Show if	Question	In the last 12 months, have you received help or advice for mental health problems from someone at your university (face-to-face, online and/or by phone)?	AnyIsEqual	1,3
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#### V48a: In the last 12 months, have you received advice or help for mental health problems from someone **outside your university** (face-to-face, online and/or by phone)?

*This concerns problems such as feeling down, anxious, worried, stressed or nervous.*

- Yes
- No

Show if	Question	In the last 12 months, have you received advice or help for mental health problems from someone outside your university (face-to-face, online and/or by phone)?	IsEqualTo	Yes
---------	----------	---	-----------	-----

#### V48b: Who provided this help or advice?

*More than one answer possible*

- Someone in my immediate social circle
- A social worker, paediatric nurse or youth worker
- A coach
- A GP or primary care assistant practitioner (POH-GGZ)
- A psychiatrist, psychologist or psychotherapist
- A medical specialist or other hospital health care professional
- Someone else

Show if	Question	In the last 12 months, have you received advice or help for mental health problems from someone outside your university (face-to-face, online and/or by phone)?	IsEqualTo	No
---------	----------	---	-----------	----

### V49: Why did you not obtain help or advice for mental health problems from someone **outside your university**?

*More than one answer possible*

- I did not need help or advice
- I wanted to solve my problem myself
- I was ashamed of my problem
- I thought my problem would pass
- I was already receiving help from someone **at** my university
- I did not know that it is possible to receive help or advice from **outside** my university
- I did try to find someone to provide help or advice but couldn't find it **outside** my university
- I have not yet tried to get help or advice from someone **outside** my university, but I am planning to
- I could not afford it
- There was a waiting list or it took too long for me to receive help or advice
- There is a different reason why I did not try to get help or advice from someone **outside** my university

Show if	Question	In the last 12 months, have you received help or advice for mental health problems from someone at your university (face-to-face, online and/or by phone)?	AnyIsEqual	3,1
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### V50: In the **last 12 months**, have you looked for information or help for your own mental health problems **on a website or in an app**?

*This concerns problems such as feeling down, anxious, worried, stressed or nervous.*

- Yes
- No

Show if	Question	In the last 12 months, have you looked for information or help for your own mental health problems on a website or in an app?	IsEqualTo	Yes
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### V51: What type of information or help was this?

*More than one answer possible*

- Information about illnesses and medication (including self-help tests): 'what is wrong with me?', 'what are the symptoms?', etc.
- Information about health care professionals and facilities: 'who can help me?'
- Information about treatment or therapy: 'what kind of help is there?'
- Help from fellow sufferers (including chat groups)
- An anonymous online course (no contact with an expert or anyone else via a chat, mail, etc.)
- A non-anonymous online course (contact with an expert or someone else via a chat, mail, etc.)
- Other

### V52: The following question concerns disabilities, disorders or illnesses that may affect you.

#### Do you have one or more of the following disabilities, disorders or illnesses?

*More than one answer possible*

- ADHD, ADD or concentration problems
- Autism (Autism Spectrum Disorder (ASS), classic autism, Asperger syndrome or PDD-NOS (including subgroup McDD))
- A physical impairment
- A chronic disorder/disease (migraine, lung disease, skin disorder, diabetes, chronic fatigue syndrome, rheumatism, arthritis, MS, muscular disease, cancer, epilepsy, cardiovascular disease, intestinal disorder, etc.)
- Dyslexia or dyscalculia
- A mental illness (depression, psychosis, manic-depressive disorder, schizophrenia, bipolar disorder, anxiety disorder, borderline personality disorder, eating disorder, etc.)
- A sensory disability (problems with sight, hearing, speaking)
- Another disorder/illness
- None of the above disorders or illnesses
- I would prefer not to say

Show if	Question	The following question concerns disabilities, disorders or illnesses that may affect you. Do you have one or more of the following disabilities, disorders or illnesses? / ADHD, ADD or concentration problems	IsEqualTo	checked
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V53a: To what extent does your disability, disorder or illness affect your normal day-to-day activities? Think about your study, work, social life or personal relationships.

#### ADHD, ADD or concentration problems

- Never
- Very little
- A little
- A lot
- Almost all the time

Show if	Question	The following question concerns disabilities, disorders or illnesses that may affect you. Do you have one or more of the following disabilities, disorders or illnesses? / Autism (Autism Spectrum Disorder (ASS), classic autism, Asperger syndrome or PDD-NOS (including subgroup McDD))	IsEqualTo	checked
---------	----------	--	-----------	---------

V53b: To what extent does your disability, disorder or illness affect your normal day-to-day activities? Think about your study, work, social life or personal relationships.

#### Autism (Autism Spectrum Disorder (ASS), classic autism, Asperger syndrome or PDD-NOS (including subgroup McDD))

- Never
- Very little
- A little
- A lot
- Almost all the time

Show if	Question	The following question concerns disabilities, disorders or illnesses that may affect you. Do you have one or more of the following disabilities, disorders or illnesses? / A physical impairment	IsEqualTo	checked
---------	----------	--	-----------	---------

V53c: To what extent does your disability, disorder or illness affect your normal day-to-day activities? Think about your study, work, social life or personal relationships.

#### A physical impairment

- Never
- Very little
- A little
- A lot
- Almost all the time



Show if	Question	IsEqualTo	checked
	The following question concerns disabilities, disorders or illnesses that may affect you. Do you have one or more of the following disabilities, disorders or illnesses? / A chronic disorder/disease (migraine, lung disease, skin disorder, diabetes, chronic fatigue syndrome, rheumatism, arthritis, MS, muscular disease, cancer, epilepsy, cardiovascular disease, intestinal disorder, etc.)		

**V53d: To what extent does your disability, disorder or illness affect your normal day-to-day activities? Think about your study, work, social life or personal relationships.**

**A chronic disorder/disease (migraine, lung disease, skin disorder, diabetes, chronic fatigue syndrome, rheumatism, arthritis, MS, muscular disease, cancer, epilepsy, cardiovascular disease, intestinal disorder, etc.)**

- Never
- Very little
- A little
- A lot
- Almost all the time

Show if	Question	IsEqualTo	checked
	The following question concerns disabilities, disorders or illnesses that may affect you. Do you have one or more of the following disabilities, disorders or illnesses? / Dyslexia or dyscalculia		

**V53e: To what extent does your disability, disorder or illness affect your normal day-to-day activities? Think about your study, work, social life or personal relationships.**

**Dyslexia or dyscalculia**

- Never
- Very little
- A little
- A lot
- Almost all the time

Show if	Question	IsEqualTo	checked
	The following question concerns disabilities, disorders or illnesses that may affect you. Do you have one or more of the following disabilities, disorders or illnesses? / A mental illness (depression, psychosis, manic-depressive disorder, schizophrenia, bipolar disorder, anxiety disorder, borderline personality disorder, eating disorder, etc.)		

V53f: To what extent does your disability, disorder or illness affect your normal day-to-day activities? Think about your study, work, social life or personal relationships.

**A mental illness (depression, psychosis, manic-depressive disorder, schizophrenia, bipolar disorder, anxiety disorder, borderline personality disorder, eating disorder, etc.)**

- Never
- Very little
- A little
- A lot
- Almost all the time

Show if	Question	The following question concerns disabilities, disorders or illnesses that may affect you. Do you have one or more of the following disabilities, disorders or illnesses? / A sensory disability (problems with sight, hearing, speaking)	IsEqualTo	checked
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V53g: To what extent does your disability, disorder or illness affect your normal day-to-day activities? Think about your study, work, social life or personal relationships.

**A sensory disability (problems with sight, hearing, speaking)**

- Never
- Very little
- A little
- A lot
- Almost all the time

Show if	Question	The following question concerns disabilities, disorders or illnesses that may affect you. Do you have one or more of the following disabilities, disorders or illnesses? / Another disorder/illness	IsEqualTo	checked
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V53h: To what extent does your disability, disorder or illness affect your normal day-to-day activities? Think about your study, work, social life or personal relationships.

**Another disorder/illness**

- Never
- Very little
- A little
- A lot
- Almost all the time

The following questions are about gambling.

**V54: In the last 12 months, have you participated in one of the following forms of gambling, either at home, elsewhere or on the internet?**

*More than one answer possible*

- A lottery
- A scratch card
- Bingo
- A horse race or other race involving animals (e.g. dogs)
- A football (soccer) match or other sporting match
- Poker
- A slot machine or other gambling machine
- Casino and table game (e.g. Roulette, Black Jack, Baccarat, Punto, Banco, Wheel of Fortune, but not poker)
- Other form of gambling, i.e.: \_\_\_\_\_
- No. I have never gambled

### Value Assignment ()

Bingo = null

Paardenraces = null

Voetbalwedstrijden = null

Poker = null

Gokkast = null

Casinospellen = null

Anders = null

Execution behavior: EachTime

Show if	Question	In the last 12 months, have you participated in one of the following forms of gambling, either at home, elsewhere or on the internet? / Bingo	IsEqualTo	checked
---------	----------	---	-----------	---------

### Value Assignment (Bingo)

"Bingo,"

Execution behavior: EachTime

Show if	Question	In the last 12 months, have you participated in one of the following forms of gambling, either at home, elsewhere or on the internet? / A horse race or other race involving animals (e.g. dogs)	IsEqualTo	checked
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### Value Assignment (Paardenraces)

"A horse race or other race involving animals (e.g. dogs),"

Execution behavior: EachTime

Show if	Question	In the last 12 months, have you participated in one of the following forms of gambling, either at home, elsewhere or on the internet? / A football (soccer) match or other sporting match	IsEqualTo	checked
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### Value Assignment (Voetbalwedstrijden)

"A football match or other sporting competition,"

Execution behavior: EachTime

Show if	Question	In the last 12 months, have you participated in one of the following forms of gambling, either at home, elsewhere or on the internet? / Poker	IsEqualTo	checked
---------	----------	---	-----------	---------

### Value Assignment (Poker)

"Poker,"

Execution behavior: EachTime

Show if	Question	In the last 12 months, have you participated in one of the following forms of gambling, either at home, elsewhere or on the internet? / A slot machine or other gambling machine	IsEqualTo	checked
---------	----------	--	-----------	---------

### Value Assignment (Gokkast)

"A slot machine or other gaming machine,"

Execution behavior: EachTime

Show if	Question	In the last 12 months, have you participated in one of the following forms of gambling, either at home, elsewhere or on the internet? / Casino and table game (e.g. Roulette, Black Jack, Baccarat, Punto, Banco, Wheel of Fortune, but not poker)	IsEqualTo	checked
---------	----------	--	-----------	---------

### Value Assignment (Casinospellen)

"Casino and table game,"

Execution behavior: EachTime

Show if	Question	In the last 12 months, have you participated in one of the following forms of gambling, either at home, elsewhere or on the internet? / Other form of gambling, i.e.:	IsEqualTo	checked
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## Value Assignment (Anders)

"Other form of gambling:"

Execution behavior: EachTime

Show if	Question	In the last 12 months, have you participated in one of the following forms of gambling, either at home, elsewhere or on the internet? / Bingo	IsEqualTo	checked
Or	Question	In the last 12 months, have you participated in one of the following forms of gambling, either at home, elsewhere or on the internet? / A horse race or other race involving animals (e.g. dogs)	IsEqualTo	checked
Or	Question	In the last 12 months, have you participated in one of the following forms of gambling, either at home, elsewhere or on the internet? / A football (soccer) match or other sporting match	IsEqualTo	checked
Or	Question	In the last 12 months, have you participated in one of the following forms of gambling, either at home, elsewhere or on the internet? / Poker	IsEqualTo	checked
Or	Question	In the last 12 months, have you participated in one of the following forms of gambling, either at home, elsewhere or on the internet? / A slot machine or other gambling machine	IsEqualTo	checked
Or	Question	In the last 12 months, have you participated in one of the following forms of gambling, either at home, elsewhere or on the internet? / Casino and table game (e.g. Roulette, Black Jack, Baccarat, Punto, Banco, Wheel of Fortune, but not poker)	IsEqualTo	checked
Or	Question	In the last 12 months, have you participated in one of the following forms of gambling, either at home, elsewhere or on the internet? / Other form of gambling, i.e.:	IsEqualTo	checked

V55: You have participated in one of the following forms of gambling:  
 {{custom.Bingo}} {{custom.Paardenraces}} {{custom.Voetbalwedstrijden}}  
 {{custom.Poker}} {{custom.Gokkast}} {{custom.Casinospellen}} {{custom.Anders}}  
 {{V54\_9\_text}}

## Where did you do that? On the internet or somewhere else?

*More than one answer possible*

- On the internet, online
- Not online: taking physical part in a game Examples: in a casino with a croupier, a gaming machine, a bingo event, using a betting card.
- I am not sure whether or not I play online

Show if	Question	In the last 12 months, have you participated in one of the following forms of gambling, either at home, elsewhere or on the internet? / Bingo	IsEqualTo	checked
Or	Question	In the last 12 months, have you participated in one of the following forms of gambling, either at home, elsewhere or on the internet? / A horse race or other race involving animals (e.g. dogs)	IsEqualTo	checked

Or	Question	In the last 12 months, have you participated in one of the following forms of gambling, either at home, elsewhere or on the internet? / A football (soccer) match or other sporting match	IsEqualTo	checked
Or	Question	In the last 12 months, have you participated in one of the following forms of gambling, either at home, elsewhere or on the internet? / Poker	IsEqualTo	checked
Or	Question	In the last 12 months, have you participated in one of the following forms of gambling, either at home, elsewhere or on the internet? / A slot machine or other gambling machine	IsEqualTo	checked
Or	Question	In the last 12 months, have you participated in one of the following forms of gambling, either at home, elsewhere or on the internet? / Casino and table game (e.g. Roulette, Black Jack, Baccarat, Punto, Banco, Wheel of Fortune, but not poker)	IsEqualTo	checked
Or	Question	In the last 12 months, have you participated in one of the following forms of gambling, either at home, elsewhere or on the internet? / Other form of gambling, i.e.:	IsEqualTo	checked

### V56: How often do you gamble?

*In the case of more than one type of gambling, such as poker and other table games: this concerns all the different types together.*

- Every day or almost every day
- Once or a few times a week (but not every day)
- Once or a few times a month (but not every week)
- Once or a few times a year (but not every month)

Show if      Question      How often do you gamble?      AnyIsEqual      1,2,3

### V57: Think about the last 12 months.

#### How often....

	Never	Sometimes	Most of the time	Almost all the time
...have you felt that you might have a gambling problem?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...have people criticised your gambling behaviour or told you that you have a gambling problem? It does not matter whether this is true or not.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...has your gambling caused financial problems?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

The following questions concern alcohol use. An alcoholic drink is a drink with **more than 0.5% alcohol**, such as beer, wine, spirits, mixed drinks and cocktails.

### V58: Have you had a drink containing alcohol in the last 12 months?

*This includes low-alcohol beer and wine. This does not include non-alcoholic (0%) drinks.*

- No, I never consume alcohol

- No, it was more than 12 months ago
- Yes, in the last 12 months but not in the last 30 days
- Yes, in the last 30 days

Show if Question Have you had a drink containing alcohol in the last 12 months? AnyIsEqual 3,4

#### V59: How often do you have a drink containing alcohol?

- Monthly or less
- 2 or 3 times a month
- Once a week
- 2 or 3 times a week
- 4 or 5 times a week
- 6 or 7 times a week

Show if Question Have you had a drink containing alcohol in the last 12 months? AnyIsEqual 4,3

#### V60: How many drinks containing alcohol do you have on a typical day when you are drinking?

- 1
- 2
- 3
- 4
- 5
- 6
- 7, 8 or 9
- 10 to 15
- 16 or more

Show if Question How often do you have a drink containing alcohol? AnyIsEqual 4,5,6,3

Or Question How many drinks containing alcohol do you have on a typical day when you are drinking? AnyIsEqual 5,6,4,7,8,3

#### V61: How often do you have six or more drinks on one occasion?

- Never
- Less than monthly

- Monthly
- Weekly
- Daily or almost daily

Show if	Question	How often do you have a drink containing alcohol?	AnylsEqual	3,4,5,6
Or	Question	How many drinks containing alcohol do you have on a typical day when you are drinking?	AnylsEqual	3,4,5,6,7,8,9

**V62: How often during the last 12 months have you found that you were not able to stop drinking once you had started?**

- Never
- Less than monthly
- Monthly
- Weekly
- Daily or almost daily

Show if	Question	How often do you have a drink containing alcohol?	AnylsEqual	3,4,5,6
Or	Question	How many drinks containing alcohol do you have on a typical day when you are drinking?	AnylsEqual	3,4,5,6,7,8,9

**V63: How often during the last 12 months have you failed to do what was normally expected from you because of drinking?**

- Never
- Less than monthly
- Monthly
- Weekly
- Daily or almost daily

Show if	Question	How often do you have a drink containing alcohol?	AnylsEqual	3,4,5,6
Or	Question	How many drinks containing alcohol do you have on a typical day when you are drinking?	AnylsEqual	3,4,5,6,7,8,9

**V64: How often during the last 12 months have you needed a first drink in the morning to get yourself going after a heavy drinking session?**

- Never
- Less than monthly



- Monthly
- Weekly
- Daily or almost daily

Show if	Question	How often do you have a drink containing alcohol?	AnylsEqual	3,4,5,6
Or	Question	How many drinks containing alcohol do you have on a typical day when you are drinking?	AnylsEqual	3,4,5,6,7,8,9

### V65: How often during the **last 12 months** have you had a feeling of guilt or remorse after drinking?

- Never
- Less than monthly
- Monthly
- Weekly
- Daily or almost daily

Show if	Question	How often do you have a drink containing alcohol?	AnylsEqual	3,4,5,6
Or	Question	How many drinks containing alcohol do you have on a typical day when you are drinking?	AnylsEqual	3,4,5,6,7,8,9

### V66: How often during the **last 12 months** have you been *unable* to remember what happened the night before because you had been drinking?

- Never
- Less than monthly
- Monthly
- Weekly
- Daily or almost daily

Show if	Question	How often do you have a drink containing alcohol?	AnylsEqual	3,4,5,6
Or	Question	How many drinks containing alcohol do you have on a typical day when you are drinking?	AnylsEqual	3,4,5,6,7,8,9

### V67: Have you or has someone else been injured as a result of your drinking?

- Yes, in the last 12 months
- Yes, but not in the last 12 months
- No

Show if	Question	How often do you have a drink containing alcohol?	AnylsEqual	3,4,5,6
Or	Question	How many drinks containing alcohol do you have on a typical day when you are drinking?	AnylsEqual	3,4,5,6,7,8,9

**V68: Has a relative or friend or a doctor or another health worker been concerned about your drinking or suggested you cut down?**

- Yes, in the last 12 months
- Yes, but not in the last 12 months
- No

Show if	Question	I was born:	AnylsEqual	2,3
And	Question	Have you had a drink containing alcohol in the last 12 months?	AnylsEqual	3,4

**V69: How often have you drunk *four or more units* of alcohol in a single day in the **last six months**?**

- Every day
- 5 or 6 times a week
- 3 or 4 times a week
- 1 or 2 times a week
- 1 to 3 times a month
- 3 to 5 times in the last six months
- 1 or 2 times in the last six months
- Never

Show if	Question	I was born:	IsEqualTo	Male
And	Question	Have you had a drink containing alcohol in the last 12 months?	AnylsEqual	3,4

**V70: How often have you drunk *six or more units* of alcohol in a single day in the **last six months**?**

- Every day
- 5 or 6 times a week
- 3 or 4 times a week
- 1 or 2 times a week
- 1 to 3 times a month
- 3 to 5 times in the last six months

- 1 or 2 times in the last six months
- Never

Show if Question Have you had a drink containing alcohol in the last 12 months? AnyIsEqual 3,4

### V71: Where do you **usually** drink alcohol?

Choose *no more than three answers*.

- In a café, club, pub, restaurant, at a concert, etc.
- In a sports canteen or at a sports club
- At a student or study association
- At another association/club
- At the university/library
- In a hut or shed
- At home/someone else's home
- Outside (in the street, a park, etc.)
- Other

Show if Question Have you had a drink containing alcohol in the last 12 months? AnyIsEqual 3,4

### V72: How often do you drink alcohol alone (i.e. not together with other people)?

- Never
- Rarely
- Sometimes
- Often
- Always

Show if Question Have you had a drink containing alcohol in the last 12 months? AnyIsEqual 3,4

### V73: How much have you been **affected** in the **last 12 months** by drinking alcohol or by a hangover after drinking? This could be in your study, work, social life or personal relationships.

- Not at all
- A little
- Quite a bit
- A lot
- Almost all the time

The following questions concern the use of other substances.

#### V74: Do you smoke cigarettes/self-rolled cigarettes?

*This does not include vapes/electronic cigarettes. It also does not include the use of heated tobacco with a device such as IQOS.*

- Yes, every day
- Yes, regularly but not every day
- Yes, but not regularly
- Yes, I have tried it once or twice, but not any more
- No

Show if	Question	Do you smoke cigarettes/self-rolled cigarettes?	AnylsEqual	1,2
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#### V75: Do you plan to stop smoking?

- Yes, I want to stop within one month
- Yes, I want to stop within six months
- Yes, I want to stop, but not in the next six months
- No, I don't want to stop

#### V76: Have you ever used a vape or e-cigarette (e.g. puff, puff bar, pod, vape pod)?

*This does not include the use of heated tobacco with a device such as IQOS.*

- Yes, every day
- Yes, regularly but not every day
- Yes, but not regularly
- Yes, once or twice
- No

#### V77: Have you ever used snus or nicotine pouches?

*These are small pouches that you insert between your lip and gum. They come packaged in small tins.*

- Yes, every day
- Yes, regularly but not every day
- Yes, but not regularly
- Yes, once or twice
- No

**V78: Have you ever used the following substances and, if so, when was the last time?**

	No, never	Yes, more than 12 months ago	Yes, in the last 12 months but not in the last 30 days	Yes, in the last 30 days
Cannabis (hash, weed, marijuana)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
XTC (ecstasy, MDMA)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Magic mushrooms/truffles	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cocaine	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Amphetamines (whizz, speed)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ketamine	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2C-B	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
LSQ	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
GHB or GBL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3-MMC	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4-MMC	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Laughing gas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Show if Question Have you ever used the following substances and, if so, when was the last time? / Cannabis (hash, weed, marijuana) AnyIsEqual 3,4

**V79: How often have you used cannabis in the last 12 months?**

- Every day
- 5 or 6 days a week
- 3 or 4 days a week
- 1 or 2 days a week
- 2 to 4 times a month
- Monthly

- A few times a year, but less than monthly
- Once

Show if Question How often have you used cannabis in the last 12 months? AnyIsEqual 1,2,3,4,7,6,5

#### V80: How much do you typically smoke on a day that you use cannabis?

- More than 10 joints
- 6–10 joints
- 3–5 joints
- 1–2 joints
- Less than 1 joint
- I don't use cannabis in a joint

Show if Question How often have you used cannabis in the last 12 months? AnyIsEqual 1,2,3,4,5,6,7

#### V81: How often do you use cannabis alone (i.e. not with other people)?

- Never
- Rarely
- Sometimes
- Often
- Always

Show if Question Have you ever used the following substances and, if so, when was the last time? / XTC (ecstasy, MDMA) AnyIsEqual 3,4

#### V82: How often have you used XTC/MDMA in the last 12 months?

- Several times a month
- Monthly
- A few times, but less than monthly
- Once

Show if Question Have you ever used the following substances and, if so, when was the last time? / Cocaine AnyIsEqual 3,4

#### V83: How often have you used cocaine in the last 12 months?

- Every day, or almost every day
- A few times a week

- Weekly
- Several times a month, but not weekly
- Monthly
- A few times, but less than monthly
- Once

### Value Assignment (Gebruik)

0

Execution behavior: EachTime

Show if	Question	Have you ever used the following substances and, if so, when was the last time? / Cannabis (hash, weed, marijuana)	AnyIsEqual	3,4
Or	Question	Have you ever used the following substances and, if so, when was the last time? / XTC (ecstasy, MDMA)	AnyIsEqual	4,3
Or	Question	Have you ever used the following substances and, if so, when was the last time? / Magic mushrooms/truffles	AnyIsEqual	3,4
Or	Question	Have you ever used the following substances and, if so, when was the last time? / Cocaine	AnyIsEqual	3,4
Or	Question	Have you ever used the following substances and, if so, when was the last time? / Amphetamines (whizz, speed)	AnyIsEqual	3,4
Or	Question	Have you ever used the following substances and, if so, when was the last time? / Ketamine	AnyIsEqual	3,4
Or	Question	Have you ever used the following substances and, if so, when was the last time? / 2C-B	AnyIsEqual	3,4
Or	Question	Have you ever used the following substances and, if so, when was the last time? / LSQ	AnyIsEqual	3,4
Or	Question	Have you ever used the following substances and, if so, when was the last time? / GHB or GBL	AnyIsEqual	3,4
Or	Question	Have you ever used the following substances and, if so, when was the last time? / 3-MMC	AnyIsEqual	3,4
Or	Question	Have you ever used the following substances and, if so, when was the last time? / 4-MMC	AnyIsEqual	3,4
Or	Question	Have you ever used the following substances and, if so, when was the last time? / Laughing gas	AnyIsEqual	3,4

### Value Assignment (Gebruik)

1

Execution behavior: EachTime

Show if	CustomVariable	Gebruik	IsEqualTo	1
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V84: How much have you been **affected** in the **last 12 months** by drug use or their after-effects (e.g. cramps, headache, feeling tired or ‘down’)? This could be in your study, work, social life or personal relationships.

- Not at all
- A little
- Quite a bit
- A lot
- Almost all the time

V85: Have you used any of the following medicines **without a doctor’s prescription** and, if so, when was the last time?

	No, never	Yes, more than 12 months ago	Yes, in the last 12 months but not in the last 30 days	Yes, in the last 30 days
Methylphenidate or dexamfetamine <b>without a doctor’s prescription</b> (ADHD medicines such as Ritalin, Concerta)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Modafinil <b>without a doctor’s prescription</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sleeping or calming medicines <b>without a doctor’s prescription</b> (such as Temazepam, Oxazepam, Valium and Seresta) - <i>This does not include medicines that you can buy at a chemist’s/health food shop.</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Show if	Question	Have you used any of the following medicines without a doctor’s prescription and, if so, when was the last time? / Methylphenidate or dexamfetamine without a doctor’s prescription (ADHD medicines such as Ritalin, Concerta)	AnylsEqual	3,4
Or	Question	Have you used any of the following medicines without a doctor’s prescription and, if so, when was the last time? / Modafinil without a doctor’s prescription	AnylsEqual	3,4

V86: On how many days in the **last 12 months** have you used ADHD medicines (such as Ritalin, Concerta) or Modafinil **without a doctor’s prescription**?

- 1 or 2 days
- 3–5 days
- 6–9 days
- 10–19 days
- 20–39 days
- 40 days or more

Show if	Question	On how many days in the last 12 months have you used ADHD medicines (such as Ritalin, Concerta) or Modafinil without a doctor’s prescription?	AnylsEqual	2,3,6,4,5
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### V87: When do you **usually** use ADHD medicines (such as Ritalin, Concerta) or Modafinil **without a doctor's prescription**?

*More than one answer possible*

- To study / during exams
- When I go out
- At work (not study)
- At another time

Show if	Question	Have you used any of the following medicines without a doctor's prescription and, if so, when was the last time? / Methylphenidate or dexamfetamine without a doctor's prescription (ADHD medicines such as Ritalin, Concerta)	AnylsEqual	3,4
Or	Question	Have you used any of the following medicines without a doctor's prescription and, if so, when was the last time? / Modafinil without a doctor's prescription	AnylsEqual	3,4
Or	Question	Have you used any of the following medicines without a doctor's prescription and, if so, when was the last time? / Sleeping or calming medicines without a doctor's prescription (such as Temazepam, Oxazepam, Valium and Seresta) - This does not include medicines that you can buy at a chemist's/health food shop.	AnylsEqual	3,4

### V88: How much have you been **affected** in the **last 12 months** by the use of medicines or their after-effects (e.g. headache, feeling tired)? This could be in your study, work, social life or personal relationships.

*This concerns ADHD medicines (such as Ritalin, Concerta), Modafinil or sleeping or calming medicines without a doctor's prescription*

- Not at all
- A little
- Quite a bit
- A lot
- Almost all the time

### Value Assignment (Problemen)

0

Execution behavior: EachTime

Show if	Question	Have you had a drink containing alcohol in the last 12 months?	AnylsEqual	3,4
Or	CustomVariable	Gebruik	IsEqualTo	1
Or	Question	Have you used any of the following medicines without a doctor's prescription and, if so, when was the last time? / Methylphenidate or dexamfetamine without a doctor's prescription (ADHD medicines such as Ritalin, Concerta)	AnylsEqual	4,3
Or	Question	Have you used any of the following medicines without a doctor's prescription and, if so, when was the last time? / Modafinil without a doctor's prescription	AnylsEqual	3,4

Or	Question	Have you used any of the following medicines without a doctor's prescription and, if so, when was the last time? / Sleeping or calming medicines without a doctor's prescription (such as Temazepam, Oxazepam, Valium and Seresta) - This does not include medicines that you can buy at a chemist's/health food shop.	AnylsEqual	4,3
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## Value Assignment (Problemen)

1

Execution behavior: EachTime

Show if	CustomVariable	Problemen	IsEqualTo	1
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The following questions concern help or advice for problems due to ...:

- ... alcohol use;
- ... the use of other substances such as cannabis or XTC; or
- ... the use of medicines **without a doctor's prescription**, such as ADHD medicines (Ritalin, Concerta), Modafinil or sleeping or calming medicines.

Show if	CustomVariable	Problemen	IsEqualTo	1
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## V89a: In the last 12 months, have you received advice or help for such problems for yourself from someone at your university (face-to-face, online and/or by phone)?

*This does not include help or advice from other students*

- Yes
- No, because I have not had any problems due to the use of alcohol, other substances or medicine
- No

Show if	Question	In the last 12 months, have you received advice or help for such problems for yourself from someone at your university (face-to-face, online and/or by phone)?	IsEqualTo	Yes
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## V89b: Who provided this help or advice?

*More than one answer possible*

- A lecturer
- A tutor, mentor or student career counsellor
- A study adviser or student counsellor
- A confidential adviser
- A student psychologist

- Someone else, i.e.: \_\_\_\_\_

Show if	Question	In the last 12 months, have you received advice or help for such problems for yourself from someone at your university (face-to-face, online and/or by phone)?	IsEqualTo	No
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**V90: Why did you not obtain help or advice for problems due to the use of alcohol, other substances (such as cannabis or XTC) or medicines without a doctor's prescription from someone **at your university**?**

*More than one answer possible*

- I did not need help or advice
- I wanted to solve my problem myself
- I was ashamed of my problem
- I thought my problem would pass
- I was already receiving help or advice from someone **outside** my university
- I did not know that it is possible to receive help or advice **from my university**
- I did try to find someone to provide help or advice but couldn't find it **at** my university
- I have not yet tried to get help or advice from someone **at** my university, but I am planning to
- I could not afford it
- There was a waiting list or it took too long for me to receive help or advice
- There is a different reason why I did not try to get help or advice from someone **at** my university

Show if	Question	In the last 12 months, have you received advice or help for such problems for yourself from someone at your university (face-to-face, online and/or by phone)?	IsEqualTo	Yes
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**V91: How satisfied are you with the help or advice that you received from someone **at your university**?**

- Very satisfied
- Satisfied
- Neither satisfied nor dissatisfied
- Dissatisfied
- Very dissatisfied

Show if	CustomVariable	Problemen	IsEqualTo	1
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And	Question	In the last 12 months, have you received advice or help for such problems for yourself from someone at your university (face-to-face, online and/or by phone)?	AnyIsEqual	1,3
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**V92a: In the last 12 months, have you received advice or help for problems due to the use of alcohol, other substances (such as cannabis or XTC) or medicines without a doctor's prescription from someone **outside your university** (face-to-face, online and/or by phone)?**

- Yes
- No

Show if	Question	IsEqualTo	Yes
	In the last 12 months, have you received advice or help for problems due to the use of alcohol, other substances (such as cannabis or XTC) or medicines without a doctor's prescription from someone outside your university (face-to-face, online and/or by phone)?		

**V92b: Who provided this help or advice?**

*More than one answer possible*

- Someone in my immediate social circle
- A social worker, paediatric nurse or youth worker
- A coach
- A GP or primary care assistant practitioner (POH-GGZ)
- An addiction services health care professional
- A psychiatrist, psychologist or psychotherapist
- A medical specialist or other hospital health care professional
- Someone else

Show if	Question	IsEqualTo	No
	In the last 12 months, have you received advice or help for problems due to the use of alcohol, other substances (such as cannabis or XTC) or medicines without a doctor's prescription from someone outside your university (face-to-face, online and/or by phone)?		

**V93: Why did you not obtain help or advice for problems due to the use of alcohol, other substances (such as cannabis or XTC) or medicines **without a doctor's prescription** from someone **outside your university**?**

*More than one answer possible*

- I did not need help or advice
- I wanted to solve my problem myself
- I was ashamed of my problem
- I thought my problem would pass
- I was already receiving help from someone **at** my university
- I did not know that it is possible to receive help or advice from **outside** my university
- I did try to find someone to provide help or advice but couldn't find it **outside** my university

- I have not yet tried to get help or advice from someone **outside** my university, but I am planning to
- I could not afford it
- There was a waiting list or it took too long for me to receive help or advice
- There is a different reason why I did not try to get help or advice from someone **outside** my university

Show if	CustomVariable	Problemen	IsEqualTo	1
And	Question	In the last 12 months, have you received advice or help for such problems for yourself from someone at your university (face-to-face, online and/or by phone)?	AnyIsEqual	3,1

**V94: In the last 12 months, have you looked for information or help for yourself on a website or in an app for problems due to the use of alcohol, other substances (such as cannabis or XTC) or medicines without a doctor's prescription?**

- Yes
- No

Show if	Question	In the last 12 months, have you looked for information or help for yourself on a website or in an app for problems due to the use of alcohol, other substances (such as cannabis or XTC) or medicines without a doctor's prescription?	IsEqualTo	Yes
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**V95: What type of information or help was this?**

*More than one answer possible*

- Information about your own substance use (including self-help tests): 'am I addicted?'
- Practical information about substance use: 'practical information about the substance, how can I prevent health problems?'
- Information about health care professionals and facilities: 'who can help me?'
- Information about treatment or therapy: 'what kind of help is there?'
- Help from fellow sufferers (including chat groups)
- An anonymous online course (no contact with an expert or anyone else via a chat, mail, etc.)
- A non-anonymous online course (contact with an expert or someone else via a chat, mail, etc.)
- Other

**V96: Finally, we would like to reflect on the coronavirus pandemic.**

**To what extent are you **still** affected (positively or negatively) by the coronavirus pandemic or measures as far as the following subjects are concerned?**

*Tick 'not applicable' if the coronavirus pandemic or measures have had absolutely no effect.*

	Very positively	Positively	No effects any more	Negatively	Very negatively	Not applicable
Financial situation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Study progress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Physical health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mental health (how 'down', anxious, worried, stressed, etc. I feel)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How lonely I feel (positive effects = less lonely; negative effects = more lonely)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**V97: Do you have any comments or would you like to add anything? If so, please use the space below.**

*We appreciate your feedback. Your comments will be carefully processed and used to improve the questionnaire.*

-----

Show if Question Which university are you studying at or did you study at until recently? IsEqualTo `{{name university}}`

Would you like more information about the services and facilities that your university provides to improve student well-being?

Click on the link below to open a new window with the services provided by your university. If you would like to take part in the prize draw for a €50 digital gift card, please go back to the questionnaire and click on Next (bottom right).

*Here is the link to the universities' help offer.*

**Verloting1: You have reached the end of the questionnaire. Thank you for filling it in!**

If you would like to take part in the prize draw for a €50 digital gift card, please fill in your student email address on the next screen. For privacy reasons, your email address will be stored in a different database from your answers, so that it is not possible to link it to the information that you have provided in the questionnaire. Your email address will only be used to inform you if you have won a prize.

**Would like to take part in the prize draw?**

- Yes

- No

Show if	Question	IsEqualTo	Yes
	You have reached the end of the questionnaire. Thank you for filling it in! If you would like to take part in the prize draw for a €50 digital gift card, please fill in your student email address on the next screen. For privacy reasons, your email address will be stored in a different database from your answers, so that it is not possible to link it to the information that you have provided in the questionnaire. Your email address will only be used to inform you if you have won a prize. Would like to take part in the prize draw?		

### Url Forwarding

State: Completed

Target Url:

-

### Url Forwarding

State: Completed

Target Url:

<https://www.trimbos.nl/kennis/welzijn-studenten/monitor-studenten/information-help-advice/>

Thank you for completing the questionnaire. Your answers have been sent.