

Tackling socio-economic inequalities in smoking: learning from natural experiments by time trend analyses and cross-national comparisons

Student questionnaire

Before you start, please read this.

This questionnaire is part of an international study on smoking among European students, which is receiving financial support from the European Commission. The study is called SILNE.

Most of the questions are about smoking, but there also questions about your friends and school life, family, exercise and health. This questionnaire will help to better understand smoking among young people. It will be answered by around 8000 students like you, in five different countries.

This is a confidential questionnaire; all the information will be kept confidential and no names will be used. You should put your completed questionnaire into the enclosed envelope and seal it yourself. Your [TEACHER /SURVEY LEADER] will collect the envelopes after you have filled in the questionnaire.

Your school has been randomly selected to take part in this study. In [COUNTRY] the survey is carried out by [ORGANISATION]. Taking part is voluntary. It is important that you answer as thoughtfully and frankly as possible. The results will not be published by school or by individual classes. Remember: your answers will be treated as strictly confidential.

Please mark your answer to each question by making an "X" in the box. If you have a question, please raise your hand and your [TEACHER /SURVEY LEADER] will assist you.

Thank you in advance for taking part!

Please begin ...



Country	
City	
School number	
Grade	
Class number	

Student ques		City School number Grade Class number			
Your classmates a B Which of your classmates of assignment in the grade X a Could you identify the nambelow.	and your best for your prefer to work with and X+1?	riends or ask for advice, for e			box
Code	rst and Last name only for Finland) down the first name only)	Did he/she become c since last Septembe	er?		
		friends on the list (maxi	imum 5) and wı	rite their codes belo	w.
First and La name (only for Finla	Have you met hir after school to har or go somewhere	have you him/her him/her telephone, in the ding Skype, et him/her a te	talked with r on the chatted on Google Talk, c. or sent ext or e-mail seven days?	Did he/she beco close since las September?	
(Please write do first name o	wn the If your answer is yes, hly) box.	· ·	r is yes, tick the	If your answer is yes, box.	tick the

About you The next few questions ask for some background information about you.
The next lew questions ask for some background information about you.
1 How old are you today? 12 years 13 years 15 years 16 years 17 years 19 years or older
2 Are you Female? Male?
3 In which country were you born? In this country Another country: go to question 5 go to question 4
4 If you were born in another country, in what year did you move to this country? Year
Health and lifestyle
The next few questions are about your health and things you do.
5 Would you say your health is? Excellent Good Fair Poor
Do you have a long-term illness, disability, or medical condition (like diabetes, arthritis, an allergy, or cerebral palsy) that has been diagnosed by a doctor? Yes No
7 In the last 7 days, how did you usually get to or from school? Mark all that apply Walk, bike, skateboard School bus Car Public transport
8 On average, how many hours of hard physical activity do you do on each days of week? This includes physical activity during physical education class, lunch, evening, and spare time. Hard physical activities are jogging, cycling, team sports, fast dancing and any other physical activities that increase your heart rate and make you breathe hard or sweat.
For example: If you did 30 minutes of hard activity on Monday, you will need to tick the 30 mins, as show below:
None 30 1 hour and half 2 hours 2 hours and half 2 hours 4 hours Monday 1 hour and half 2 hours 2 hours and half hours
Monday
None 30 mins 1 hour and half 2 hours and half 2 hours and half 4 hours
Monday
Tuesday Wednesday
Thursday
Friday
Saturday Sunday
"A drink of alcohol" means: 1 regular-sized bottle, can, or glass of draught beer; 1 glass of wine; 1 shot of spirits (rum, whisky, etc); or a mixed drink (1 shot of spirits with juice, energy drink, etc.). (Maybe it is needed to adjust this instruction according to country)
9 Thinking back over the last 12 months, how often did you have a drink of alcohol (more than just a sip)? I did not have a drink of alcohol in the last 12 months I have only had a sip of alcohol Less than once a month Once a month 2 or 3 times a month Once a week Twice or more a week

10 How old were you when you first had a drink of alsohol that was more than a sin?
10 How old were you when you first had a drink of alcohol that was more than a sip? I have never ever had a drink of alcohol go to question 12
9 years or younger 11 years 13 years 15 years 17 years 10 years 12 years 14 years 16 years 18 years or older
11 In the last 12 months, how often did you have 5 or more alcoholic drinks on one occasion? 1 did not have 5 or more drinks on one occasion in the last 12 months Less than once a month Once a month 2 or 3 times a month Once a week Twice or more a week
Thinking back over the last 12 months, how often did you use marijuana or cannabis? (a joint, pot, weed, hash) I have never used marijuana I have used marijuana but not in the last 12 months Less than once a month Once a month 2 or 3 times a month Once a week Twice or more a week
Your Experience with Smoking The next few questions are about smoking (including cigarettes, cigars, and cigarrillos or little cigars). There is a lot of talk these days about the use of tobacco, but very little accurate information. So we still have a lot to learn about the actual experiences and attitudes of people your age.
13 Have you ever tried cigarette smoking, even just a few puffs? No go to question 28 Yes
14 How old were you when you first tried smoking cigarettes, even just a few puffs ? 9 years or younger 11 years 13 years 15 years 17 years 10 years 12 years 14 years 16 years
15 How many cigarettes have you smoked altogether until now? Only one About 2 - 50 About 50 - 100 More than 100
16 How many cigarettes have you smoked during the last 30 days ? None

17 Have you ever tried to quit smoking cigarettes?
I have only smoked a few times go to question 23
I have never tried to quit I have tried to quit at least once
I already quit smoking go to question 28
When you are in a place where smoking is forbidden, is it difficult for you not to smoke? Very difficult Difficult Somewhat difficult Slightly difficult Not at all difficult
Do you smoke more in the morning than during the rest of the day? Always Usually Sometimes Rarely Never
Do you smoke even when you are really sick (e.g. coughing or vomiting a lot)? Always Usually Sometimes Rarely Never
21 How deeply do you inhale the smoke? Just into the mouth As far back as the throat Partly into the chest Deeply into the chest
22 How soon after waking up in the morning do you smoke your first cigarette? When you first open your eyes Within the first 15 minutes after waking up Between 15 and 30 minutes Between 30 and 60 minutes Between 1 and 2 hours More than 2 hours
Where do you usually smoke cigarettes? (Mark all that apply) At home On the school premises Just outside the school At a workplace At friends' houses In a cafe, pub, nightclub, or shopping centre. In other public spaces (e.g. parks, street corners)
24 How often do you smoke cigarettes on your own? Never Sometimes Often Always

During the past 30 days (one month), how did you usually get your own cigarettes? (Mark all that apply) I did not smoke cigarettes during the past 30 days (one month) I bought them in a shop or from a street vendor I bought them from a vending machine My parents or siblings gave them to me Friends gave them to me I got them some other way
26 How do your close friends feel about your smoking? They approve They disapprove but still be your friends They disapprove and stop being your friends They don't care
How do you think your parents feel about your smoking or would feel if they found out you smoke cigarettes? They are or would not upset at all They are or would be a little upset They are or would be pretty upset They are or would be very upset
Questions 28, 29, 30 and 31 should be answered by people who have never tried cigarette smoking or by people who already quit smoking.
Definitely not Probably yes Definitely yes
29 How difficult do you think it would be for you to get cigarettes if you wanted? Very difficult Fairly difficult Fairly easy Very easy
30 What would your close friends think of you if you started to smoke cigarettes? They would approve They would disapprove but still be your friends They would disapprove and stop being your friends They wouldn't care
31 What would your parents think of you if you started to smoke cigarettes? They would not be upset at all They would be a little upset They would be pretty upset They would be very upset
32 If one of your friends offered you a cigarette would you smoke it? Definitely not Probably not Probably yes Definitely yes
33 Do any of your best and closest friends smoke cigarettes? None of them Some of them Most of them All of them

Your Family		
34 In which country was your mother this country Another country	r born?	
35 In which country was your father this country Another country	born?	
36 What was the highest level of school or long secondary school, not completed completed secondary college or university, not completed college or university. I don't know	ess ed Dleted	tions must be adjusted according to country)
37 What was the highest level of scho Completed primary school or le Secondary school, not complete Completed secondary College or university, not completed college or university I don't know	ess ed oleted	ptions must be adjusted according to country)
		s any work for pay (whether cash payment or the last two weeks, even for as little as one hour.
38 Was your father working last two No Yes Don't know or not apply 39 If NOT, please tick the box that be He was unfit for work. He was on holidays He was retired, a student, or or He was unemployed less than 1 He was unemployed for 1 year	go to question 40 est describes the situation: n parental leave year or longer	
He took care of others or was a I don't know 40 Was your mother working last two No Yes Don't know or not apply		
41 If NOT, please tick the box that be She was unfit for work. She was on holidays She was retired, a student, or o She was unemployed for less th She was unemployed for 1 year She took care of others or was I don't know	n parental leave an 1 year or longer	

Your family and your house
All families are different (for example, not everyone lives with both their parents, sometimes people live with just one parent, or they have two homes or live with two families) and we would like to know about yours. Please answer the following questions for the home where you live all or most of the time.
Which of the following people live in the home where you live all or most of the time? Mark all that apply
What language do you speak most often at home? National language (each country adjust this option) Another language
The next few questions are about your home (the house/flat/apartment where you spend most time and where your parents live). If you live in more than one home (e.g. one week, you stay at your mother's place and the next week, you stay at your father's or somewhere else), ANSWER ONLY for the place you live in all or most of the time.
44 Does your family own a car, van, or truck ? No Yes Yes, two or more
45 Do you have your own bedroom? No Yes
46 How many computers/laptops/ tablets does your family own ? None One Two More than two
47 During the past 12 months, how many times did you travel away on holiday with your family ? Not at all Once Twice More than twice
48 Does your family own the house/flat/apartment where you live? Yes No

Imagine that this ladder pcitures how COUNTRY society is made up. At the top of the ladder are the people who are the best off - they have the most money, the highest amount of schooling and the jobs that bring the most respect. At the bottom of the ladder are the people who are the people who are the worst off - they have little or no education, no job, or jobs that make little money. Now think about your family. Please tell us where you think your family would be on this ladder.
Fill in the square that best represents where your family would be on this ladder
10 Best off 9 8 7 6 5 4 3 2 1 0 Worst off
50 About how much money do you usually get each week to spend on yourself or to save from pocket money (allowances) and jobs like babysitting, delivering papers, etc.? (Must be adjusted according to country) Zero Less than € 5 € 6 to € 10 € 11 to € 20 € 21 to € 50 € 51 to € 100 More than € 100
Smoking rules in your home
The next few questions are about the rules on smoking in your home (home means where you live all or most of the time).
51 Does any member of your household smoke cigarettes? (Mark all that apply, tick one box for each line) Yes No No apply Father Stepfather Mother Stepmother Brother(s) / Steptbrother(s) Sister(s) / Stepsister(s) Grandparent(s) Other relative(s) Non-relative(s)
Some states of the state of t
Your School and You
The next few questions are about your school and for more information about you.
53 When did you start to study in this school? Last school year This school years Two school years More than two school years
54 Which of the following best describes your marks during the past year? (Must be adjusted according to country) Mostly As / above 85% Mostly As and Bs / 70-84% Mostly Bs and Cs / 60-69% Mostly Cs / 50-59% Mostly lower than C / below 50%

r

55 Please choose the alternative that best describes your situation (Tick one box for each line) A couple of times a year Once a month A couple of times a week Daily
Time flies when I am studying. I feel strong and vigorous when I am studying. I am enthusiastic about my studies.
56 Please choose the alternative that best describes your situation (Tick one box for each line) Completely disagree Partly disagree Partly disagree Completely agree Completely agree
I often have feelings of inadequacy in my schoolwork I feel that I am losing interest in my schoolwork I brood over matters related to my schoolwork a lot during my free time.
57 How strongly do you agree or disagree with each of the following? (Tick one box for each line) Strongly disagree Disagree Agree Strongly agree
I feel close to people at my school I feel I am part of my school I am happy to be at my school I feel the teachers at my school treat me fairly I feel safe in my school
58 How often do you see students smoking on school premises? Never Sometimes Often Always
59 How often do you see teachers smoking? Never Sometimes Often Always
60 In your opinion, how many people of your age in your school smoke cigarettes? 0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%
61 Is there a rule against tobacco in your school? There is no rule There is a rule but it isn't enforced There is a rule and it is sometimes enforced There is a rule and it is strictly enforced Don't know

Do you think that cigarette smoking is harmful to you be probably not Probably yes Definitely yes	your health?
Do you think the smoke from other people's cigarest Definitely not Probably not Probably yes Definitely yes	ettes is harmful to your health?
64 When I am an adult: (Tick one box for each line) I will have good health I will have a long life I will have a healthy diet I will participate in sports	I do not believe this at all I do not believe this I believe this I certaintly believe this
i will participate in sports	
Thank you for p	participating in this survey.



Must be adjusted acco	ording to country	
Country City School number		
Type of school		
ID		

SILNE School questionnaire Worksheet	City School number Type of school			
School Characteristics The following questions are about general characteristics of your school.				
1 What is the total number of secondary students at your school? Number of boys Number of girls				
2 About what percentage of secondary students in your school ha	as a first language tha	at is not the native	anguage of the sch	100
3 What is the total number of secondary teachers at your school Number of teachers Number of supervisors teachers	?			
4 How many classes are in your school per grade? Number				
How many pupils are in your school per class? Number				
5 Which of these facilities in your school area or in the school ne (Mark all that apply)	eighbourhood (up to	2 km) are used by Yes, in the school neighbourhood	your No, it isn't used.	
Gymnasium, sport hall Swimming facilities Football or other pitch / playing field / running track / tennis co Court space / playground Green fields/parks/nature reserves	ourt			
6 How well off is the area in which the school is located? Not at all well off Not so well off Average Quite well off Very well off				
7 How well off are your pupils' families compared to other famil Very much better off Much better off Better off About the same Less well off Much less well off Very much less well off	ies in your city?			

SILNE School questionnaire	Must be adjusted according Country City School number Type of school ID	ording to country			
Physical School Environment ne questions below are about the physical environment of the school, such	as its facilities and equipm	nent, building mainte	nance, and indoor air	quality.	
1 To what extent do you agree with the following statements a (Mark all that apply, tick one box for each line)		Agree	Strongly Don't e	exist at	
The school is in need of major renovations. The playing field/gymnasium/sport hall is in good condition. Specialised classrooms (e.g. laboratories, workshop, etc.) are well equipped. The toilets and sanitary facilities are in good condition. Sufficient multimedia equipment (computers and software, DVD players, film projectors, etc.) is available for teachers. The temperature in classrooms is appropriate all year round. Exposure to noise at this school is marginal. The air quality in classrooms is good					
2 How much of a problem are the following in the neighbourhor (Mark all that apply, tick one box for each line)	Major problem	Moderate	Minor No proble at all	m	
Garbage, litter, or broken glass in the street or road, on footpaths, or in yards Selling or using drugs or excessive drinking in public Violence or vandalism Heavy traffic Other					
3 Can cigarrettes or tobacco products be bought within 100 met No Yes	tres of your school bui	ildings?			
4 How do you estimate the atmosphere/the social climate is at y Very good Good Rather good Rather bad Bad Very bad	your school?				
moking he next few questions are about your school's policy regard eachers, school secretaries, food service staff, and other staff. vorkers. These people might visit school during or outside of	. By visitors, we mea				
5 Has the school adopted a policy prohibiting cigarette smoking No Yes	?				
6 Does that policy specifically prohibit smoking cigarettes at eac During school hours During non-school hours	h of the following tim Students Yes No	es for each of the Staff Yes No	following groups? Visitors Yes No]	
7 Does that policy specifically prohibit smoking cigarettes at eac In school buildings? On school grounds, including car parks and playing fields? In school buses or other vehicles used to transport students? At off-campus, school-sponsored events?	h of the following loca Students Yes No	Staff Yes No	Visitors		

8 How long have your school policies on tobacco use been in place? 5 or more years 3 to 4 years 1 to 2 years Less than 1 year
9 Is tobacco advertising prohibited In the school building? On school grounds, including on the outside of the school building or on playing fields On school buses or other vehicles used to transport students? In school publications? In relation to the sponsorship of school events?
10 Does your school have a smoking area/zone (e.g. a room or location) for : Students Staff Visitors 11 Have you seen any students break the school's smoking rules since September?
No Yes
12 Does your school have procedures for informing all students Yes About rules related to cigarette smoking by students? About what happens if they break the rules?
In writing in a student diary In writing in a school handbook In writing in a school newsletter Verbally, in discussions with students (e.g. assemblies, school council) Posted on school website(s) On display at school E-mail
14 Since September, how many students have broken the school's smoking rules? None A few Some Most All
15 What were the consequences for students who were caught violating your school's smoking rules since September? (Mark all that apply) Warning issued (written or verbal) Parents informed Referred to a school administrator Referred to a school counsellor Encouraged, but not required, to participate in an assistance, education, or quit-smoking programme Required to participate in an assistance, education, or quit-smoking programme Tobacco confiscated Assigned additional class work (written/presentation) Assigned to help around the school Fine Detention Suspension Expulsion

16 Does your school have procedures for informing	the families of all students				
About rules related to cigarette smoking by stude About what happens if they break the rules?	ents?	Yes	No		
17 Does your school have procedures for informing	g staff	Yes	No		
About rules related to cigarette smoking by staff. About what happens if they break the rules?	?				
18 Does your school have procedures for informing	visitors to the school	Yes	No		
About rules related to cigarette smoking by visite About what happens if they break the rules?	ors?				
Health Promotion and Prevention a	•				
The following questions are about health promotion and pr					
19 At your school are teacher hours devoted specifi Yes No (Go to 21)	cally to discouraging tobac	co use?			
20 For which of these grades does your school provide adv (Mark all that apply, tick one box for each line)	ice on tobacco use (e.g. educat	onal activities) ? (Must	be adjusted according	to country)	
	Yes, it is mandatory	Yes, it is offered	No	l don't know	
Grade 1	mandatory	Official		KIOW	
Grade 2					
Grade 3 Grade 4					
Grade 5					
Grade 6					
Grade 7					
Grade 8					
Grade 9 Grade 10			-		
Grade 10 Grade 11					
Grade 12					
21 How does your school's tobacco education prog (Mark all that apply) It is taught separately It is part of the school health programme It is taught within the context of other subject (e.g. In the context of family studies, biology	t areas		l according to coun	try)	
The following questions are about giving-up-smoking progra	ammes offered at your school				
Does your school offer programmes to help peo nurse)?	ple quit smoking (e.g. grou	p sessions, self-help	materials, individua	al counselling by	/ a
Yes No					
Since September, has your school worked with y psychologists, social workers) on developing or					
	Yes No				
Preventive activities Giving up					
The next question is about procedures your school uses to in	nvolve student, families, and ot	ner community membe	rs in your efforts to di	scourage tobacco ι	ise.
24 During this academic year, have				.,	
				Yes	No
Students helped to develop, communicate, or in tobacco use?	nplement policies or activit	es intended to disco	ourage		
Students' families helped to develop, communication	ate, or implement policies of	or activities intended	l		
to discourage tobacco use?					
Community members helped to develop, comm	unicate, or implement poli	cies or activities inte	nded		
to discourage tobacco use?					

25 Over the past five years, how much tobacco use prevention training have you received? None
More than one full day of in-service training One full-day of in-service training Less than a full day of in-service training I don't remember
26 How strongly do you agree or desagree with each of the following? (Tick one box for each line) Strongly disagree Disagree Agree Strongly agree
Your school has a coordinator and/or committee to plan, implement, and coordinate health and well-being activities School time is allocated to a (or a few) staff member(s) to plan, implement, and coordinate health promotion activities Health and well-being are part of the school's strategic or
development plan About you
The following questions are about yourself.
27 How old are you?
28 What is your gender? Female Male
29 What is your primary position in this school? (Must be adjusted according to country.) Principal Vice principal, assistant principal Supervisor teacher Health educational teacher Other
30 For how long have you been working in this school? Years
Do you smoke cigarettes daily, occasionally or not at all? Daily Occasionally Not al all
Thank you for participating in this survey.