

Codebook for the 11-year follow-up (Child)

Drafted by

Filippa Nyboe Norsker, student assistant
Pernille Stemann Larsen, PhD student
Tanja Majbrit Knudsen, research assistant
Anne Marie Nybo Andersen, professor

Section of Social Medicine, Department of Public Health, University of Copenhagen

Dato: 16 September 2014, rev 29 June 2018

Documentation and guidelines

The code book contains section headlines and contains the supplementary or explanatory text from the questionnaire. The supplementary/explanatory text is written in *italics*.

With the exception of the Key Variables all variables start with an E. The variable ID contains three chiffers (ex. E000). The answer categories are listed starting with 1.

The "Not answered" variable (missing) has been given code 99. The electronic questionnaire has been set up with a maximum of obligatory questions. Thus the respondent cannot proceed to questions B before having answered question A.

There is a number of exceptions and all voluntary questions are highlighted in italics in the codebook above the question itself. For these highlighted questions it will be possible to continue without answering. Missing will also occur if the respondent has started but not completed the questionnaire within the 3 month deadline.

The "Not applicable" variable has been given the code 100 and occurs if the question is dependent on an answer given in a previous question. If a question is dependent on a previous answer a note is written in *Consolas* (e.g. E004, Dependent on E003) above the question. Correspondingly it is specified which question the respondent jumps to if the following questions depend on the answer of the question concerned (e.g. ->E003)

Variable names ending with a letter (E000A), are underquestion til det forgående question, and How det ikke giver mening at questionet fyres tildelt et nyt navn. In some cases a question ending with a capital letter will contain a text answer (see E002A), or a number (see. E007A).

Some variables have underscores to show that they belong together or are part of a scale (ex. The Stress in Children Scale, E022_1-E002_21).

Table of Contents

Key Variables	3
Background information.....	3
Family Structure	4
Social relations and well-being.....	6
School achievements.....	7
General well-being	9
Dietary habits	17
Physical activity/inactivity	25
Traffic behaviour	31
Smoking and alcohol.....	32
Your health	35
Musculoskeletal system	38
Dental health	40
Strenghts and Difficulties	41
Music	46
Mental Health.....	46
Medicine use	49
Sex	50
Mobile phones.....	50
Body and looks	51

Key Variables

LBGRAVFF

DNBC Child Identification number

LBGRAV

DNBC Mother Identification number

E_INVITDATE

Date for child invitation to the 11-year follow-up

E_QDATE

Date for questionnaire completion

E_BESVAR

Indicator for degree of completion

1. Questionnaire is complete
2. Questionnaire is not complete

E_VERSION

Indicates the version of the questionnaire. Two versions exist as small number of questions were added on the 6th April 2011. (E119).

3. version 1
4. version 2

E_SEX

1. boy
2. girl

Background information

Hello again, [childname]

Welcome to the Club11 questionnaire

- we are very happy that you wanted to join in!

Questions and answers start on the next page. It is a good idea to read all answer choices through before picking your answer. Remember – there is no such thing as a right or a wrong answer. Pick the answer that describes your situation best. Click on the loudspeakers to hear a voice read the questions and answers aloud.

Ready to start?

Click Next page to start answering the questions.

Enjoy!

E001 How old are you?

1. 10
2. 11
3. 12
4. 13

5. 14
99. not answered

E002 Which grade are you in?

1. third
2. fourth
3. fifth
4. sixth
5. seventh
6. other_____ -> E002A
99. not answered

Dependent on E002

E002A _____

not answered=99, not applicable=100

Family Structure

(E003: Question may be skipped without answering)

E003 Which adults do you live with all the time or most of the time?

1. both my parents -> E007
2. I split my time equally/almost equally between my mother and my father
3. my mother
4. my mother and her new boyfriend/husband
5. my father
6. my father and his new girlfriend/wife
7. live in a foster family -> E007
8. live in a children's home -> E007
9. other_____ -> E003A
99. not answered

Dependent on E003

E003A _____ -> E007

not answered=99, not applicable=100

E004 Why are your parents not living together?

Dependent on E003

1. my parents never lived together -> E006
2. my parents got divorced or split up
3. my mother or father died ->E007
99. not answered
100. not applicable

E005 How old were you approximately, when your parents split up?

Dependent on E003 E004

1. 0
2. 1

- 3. 2
- 4. 3
- 5. 4
- 6. 5
- 7. 6
- 8. 7
- 9. 8
- 10. 9
- 11. 10
- 12. 11
- 13. 12
- 14. 13
- 15. 14
- 99. not answered
- 100. not applicable

E006 Are you happy about your living arrangements?

Dependent on E003 E004

- 1. Yes, I am very happy with it
- 2. It is ok
- 3. No, I wish things were different
- 99. not answered
- 100. not applicable

The next questions are about the siblings you may have and whether you live with them – all of the time or most of the time.

BIOLOGICAL siblings=You have the same father and mother

HALF-siblings=You either have the same father or the same mother

BONUS-siblings =You neither have the same father nor the same mother

E007 Do you have any biological siblings?

- 1. yes
- 2. no -> E008
- 99. not answered

Dependent on E007

E007A How many biological siblings do you have?

not answered=99, not applicable=100

Dependent on E007

E007B How many of your biological siblings do you live with?

not answered=99, not applicable=100

E008 Do you have any half-siblings?

- 1. yes
- 2. no -> E009

99. not answered

Dependent on E008

E008A How many half-siblings do you have?

not answered=99, not applicable=100

Dependent on E008

E008B How many of your half-siblings do you live with?

not answered=99, not applicable=100

E009 Do you have any bonus-siblings?

Dependent on E003

1. yes

2. no -> E010

99. not answered

Dependent on E003 E009

E009A How many bonus-siblings do you have?

not answered=99, not applicable=100

Dependent on E003 E009

E009B How many of your bonus siblings do you live with?

not answered=99, not applicable=100

E010 How many persons do you share a room with?

1. none

2. one – we are two

3. two – we are three

4. three – we are four

99. not answered

Social relations and well-being

The next questions are about how you get along with others and how you are doing at school and in general.

The first questions concern your relationship with children your own age.

E011_1 How many of your close friends are boys at the moment?

1. none

2. one

3. two

4. three or more

99. not answered

E011_2 How many of your close friends are girls at the moment?

1. none

2. one

3. two

4. three or more
99. not answered

E012 Is it easy or difficult for you to make new friends?

1. very easy
2. easy
3. difficult
4. very difficult
99. not answered

E013 How often are you visiting friends or have friends come to your house?

1. at least 5 days per week
2. 2-4 days per week
3. once a week
4. a couple of times per month
5. not every month
99. not answered

The next questions are about bullying. Bullying is when somebody is kept out, teased, beaten or hurt in an intimidating way again and again.

E014_1 Within the last year has anybody bullied you?

1. yes, several times
2. yes, a few times
3. no
99. not answered

E014_2 Within the last year have you bullied others?

1. yes, several times
2. yes, a few times
3. no
99. not answered

School achievements

The next questions are about your school.

E015_1 How would you rate your own school achievements?

1. Excellent
2. Good
3. Fair
4. Poor
99. not answered

E015_2 In your own opinion how good are you at maths?

1. Excellent
2. Good
3. Fair

4. Poor
99. not answered

E015_3 In your own opinion how good are you at Danish?

1. Excellent
2. Good
3. Fair
4. Poor
99. not answered

E015_4 In your own opinion how good are you at sports?

1. Excellent
2. Good
3. Fair
4. Poor
99. not answered

E016 Are you dyslectic?

1. yes
2. maybe
3. no
4. don't know
99. not answered

E017 How easy do you find reading?

1. very easy
2. easy
3. difficult
4. very difficult
99. not answered

E018 How easy do you find spelling?

1. very easy
2. easy
3. difficult
4. very difficult
99. not answered

E019 Do you need help with your homework?

1. yes, almost always
2. yes, sometimes
3. yes, but very rarely
4. no -> E021
99. not answered

E020 Is there somebody you can ask, if you need help with your homework?

Dependent on E019

1. yes

- 2. no
- 99. not answered
- 100. not applicable

General well-being

The next question is about how you feel all in all.

See the picture of a ladder below. Step 10 of the ladder means Her er et billede af en stige. Trin "the best life ever" and step 0 means "the worst life ever" for you.

E021 Where would you place yourself on the ladder at the moment?

- 1. 10
- 2. 9
- 3. 8
- 4. 7
- 5. 6
- 6. 5
- 7. 4
- 8. 3
- 9. 2
- 10.1
- 11.0
- 99. not answered

Below you see some description of how a person can feel. *How often do you feel this way?*

E022_1 I get angry

- 1. very often
- 2. often
- 3. sometimes
- 4. never
- 99. not answered

E022_2 I get headaches

- 1. very often
- 2. often
- 3. sometimes
- 4. never
- 99. not answered

E022_3 I like going to school

- 1. very often
- 2. often
- 3. sometimes
- 4. never
- 99. not answered

E022_4 I feel calm and happy

- 1. very often

2. often
3. sometimes
4. never
99. not answered

E022_5 I get stomach pains

1. very often
2. often
3. sometimes
4. never
99. not answered

E022_6 I feel lonely

1. very often
2. often
3. sometimes
4. never
99. not answered

E022_7 I get sad

1. very often
2. often
3. sometimes
4. never
99. not answered

E022_8 I like to be at school

1. very often
2. often
3. sometimes
4. never
99. not answered

E022_9 The other kids tease me

1. very often
2. often
3. sometimes
4. never
99. not answered

E022_10 I fall asleep easily at night

1. very often
2. often
3. sometimes
4. never
99. not answered

E022_11 I feel calm

1. very often
2. often
3. sometimes
4. never
99. not answered

E022_12 Things work out as I have planned

1. very often
2. often
3. sometimes
4. never
99. not answered

E022_13 I feel happy

1. very often
2. often
3. sometimes
4. never
99. not answered

E022_14 When I am happy I show it

1. very often
2. often
3. sometimes
4. never
99. not answered

E022_15 Sometimes I do not have time to do the things I have planned for

1. very often
2. often
3. sometimes
4. never
99. not answered

E022_16 When I have a hard time it helps being with my friends

1. very often
2. often
3. sometimes
4. never
99. not answered

E022_17 When I am sad I show it

1. very often
2. often
3. sometimes
4. never
99. not answered

E022_18 Sometimes I can't manage with the things I have to do

1. very often
2. often
3. sometimes
4. never
99. not answered

E022_19 When I have a hard time there is an adult to talk to

1. very often
2. often
3. sometimes
4. never
99. not answered

E022_20 If anyone teases me I will protest

1. very often
2. often
3. sometimes
4. never
99. not answered

E022_21 It is easy to concentrate during lessons at school

1. very often
2. often
3. sometimes
4. never
99. not answered

During the last 12 months did any of the below things happen to you:

E023_1 that you are or have been seriously ill

1. yes
2. no
99. not answered

E023_2 that you had a serious accident

1. yes
2. no
99. not answered

E023_3 that someone in your close family was very ill

1. yes
2. no
99. not answered

E023_4 that someone in your close family had a serious accident

1. yes
2. no
99. not answered

E023_5 that someone in your close family died

1. yes
2. no
99. not answered

E023_6 that one of your closest friends died

1. yes
2. no
99. not answered

E023_7 that your parents split up

1. yes
2. no
99. not answered

E023_8 that you changed school

1. yes
2. no
99. not answered

E023_9 that you have had serious problems with a teacher in school

1. yes
2. no
99. not answered

E023_10 that your parents have had difficulties paying their bills

1. yes
2. no
99. not answered

E023_11 that your father or mother lost their job

1. yes
2. no
99. not answered

E023_12 that your father or mother is away because of their job

1. yes
2. no
99. not answered

E023_13 that one of your parents was drunk or in other ways intoxicated in a way which embarrassed you

1. yes
2. no
99. not answered

E023_14 that a friend was seriously ill or has been injured

1. yes

- 2. no
- 99. not answered

E023_15 that you have lost contact with your best friend

- 1. yes
- 2. no
- 99. not answered

E024 At what time do you usually go to sleep on weekdays or during the weekend?
On weekdays I go to sleep at about...

- 1. 19.00 or earlier
- 2. 19.30
- 3. 20.00
- 4. 20.30
- 5. 21.00
- 6. 21.30
- 7. 22.00
- 8. 22.30
- 9. 23.00
- 10. 23.30
- 11. 24.00
- 12. 00.30
- 13. 01.00
- 14. 02.00
- 15. 03.00 or senere
- 99. not answered

E025 At what time do you usually go to sleep on weekdays or during the weekend?
During the weekend, I go to sleep at about...

- 1. 19.00 or før
- 2. 19.30
- 3. 20.00
- 4. 20.30
- 5. 21.00
- 6. 21.30
- 7. 22.00
- 8. 22.30
- 9. 23.00
- 10. 23.30
- 11. 24.00
- 12. 00.30
- 13. 01.00
- 14. 02.00
- 15. 03.00 or senere
- 99. not answered

E026 When do you get wakened/waken on weekdays or during the weekend?
On weekdays somebody wakes me/I wake up at about...

1. 5.00 or earlier
2. 5.30
3. 6.00
4. 6.30
5. 7.00
6. 7.30
7. 8.00
8. 8.30
9. 9.00
10. 9.30
11. 10.00
12. 11.00
13. 12.00
14. 13.00 or later
99. not answered

E027 When do you get wakened/waken on weekdays or during the weekend?
During the weekend, somebody wakes me/I wake up at about...

1. 5.00 or earlier
2. 5.30
3. 6.00
4. 6.30
5. 7.00
6. 7.30
7. 8.00
8. 8.30
9. 9.00
10. 9.30
11. 10.00
12. 11.00
13. 12.00
14. 13.00 or later
99. not answered

Now to some questions about your sleep

E028_1 Do you feel that you don't get enough sleep?

1. always/almost always (5-7 times per week)
2. sometimes(2-4 times per week)
3. rarely/never (0-1 hour per week)
99. not answered

E028_2 Do you think that you sleep too much?

1. always/almost always (5-7 times per week)
2. sometimes(2-4 times per week)
3. rarely/never (0-1 hour per week)
99. not answered

E028_3 Do you wake up during the night when your parents think you are asleep?

1. always/almost always (5-7 times per week)
2. sometimes(2-4 times per week)
3. rarely/never (0-1 hour per week)
99. not answered

E028_4 Do you find it difficult to go back to sleep if you wake up during the night?

1. always/almost always (5-7 times per week)
2. sometimes(2-4 times per week)
3. rarely/never (0-1 hour per week)
99. not answered

E028_5 Do you have nightmares?

1. always/almost always (5-7 times per week)
2. sometimes(2-4 times per week)
3. rarely/never (0-1 hour per week)
99. not answered

E028_6 Does pain wake you up during the night?

1. always/almost always (5-7 times per week)
2. sometimes(2-4 times per week)
3. rarely/never (0-1 hour per week)
99. not answered

E028_7 Do you sometimes get up and get into somebody else's bed during the night?

1. always/almost always (5-7 times per week)
2. sometimes(2-4 times per week)
3. rarely/never (0-1 hour per week)
99. not answered

E028_8 Do you find it difficult to wake up in the morning?

1. always/almost always (5-7 times per week)
2. sometimes(2-4 times per week)
3. rarely/never (0-1 hour per week)
99. not answered

E028_9 Are you tired when you get up in the morning?

1. always/almost always (5-7 times per week)
2. sometimes(2-4 times per week)
3. rarely/never (0-1 hour per week)
99. not answered

E028_10 Do you feel tired during the day?

1. always/almost always (5-7 times per week)
2. sometimes(2-4 times per week)
3. rarely/never (0-once a week)
99. not answered

E028_11 Do you ever take a nap during the day?

1. always/almost always (5-7 times per week)
2. sometimes (2-4 times per week)
3. rarely/never (0-1 hour per week)
99. not answered

E029 Do you ever wet the bed in your sleep?

1. yes, it happens a lot
2. yes, it happens from time to time
3. no
99. not answered

Dietary habits

The next questions are about the things you eat.

E030_1 How often do you have breakfast - (not only a glass of milk or juice)?

1. every day
2. 6 days a week
3. 5 days a week
4. 4 days a week
5. 3 days a week
6. 2 days a week
7. 1 day/week
8. ikke every week
99. not answered

E030_2 How often do you have lunch – a proper meal in the middle of the day?

1. every day
2. 6 days a week
3. 5 days a week
4. 4 days a week
5. 3 days a week
6. 2 days a week
7. 1 day a week
8. not every week
99. not answered

E030_3 How often do you have dinner – a proper meal in the evening?

1. every day
2. 6 days a week
3. 5 days a week
4. 4 days a week
5. 3 days a week
6. 2 days a week
7. 1 day a week
8. not every week
99. not answered

E031 How often do you have a snack? (fruit, biscuit, sandwich, etc.)

1. 5 times a day or more than
2. 4 times a day
3. 3 times a day
4. 2 times a day
5. once a day
6. not every day
99. not answered

E032_1 How often do you eat fruit?

1. several times a day
2. once a day
3. 5-6 days a week
4. 2-4 days a week
5. once a week
6. less than once a week
7. never/nearly never
99. not answered

E032_2 How often do you have ice cream, candy or chocolate?

8. several times a day
9. once a day
10. 5-6 days a week
11. 2-4 days a week
12. once a week
13. less than once a week
14. never/nearly never
99. not answered

E032_3 How often do you eat cake or pastry?

15. several times a day
16. once a day
17. 5-6 days a week
18. 2-4 days a week
19. once a week
20. less than once a week
21. never/nearly never
99. not answered

E032_4 How often do you eat chips? (french fries, salt sticks, popcorn)

22. several times a day
23. once a day
24. 5-6 days a week
25. 2-4 days a week
26. once a week
27. less than once a week
28. never/nearly never
99. not answered

E032_5 How often do you eat fast food? (fx pizza, burgers, hotdogs or French fries)

- 29. several times a day
- 30. once a day
- 31. 5-6 days a week
- 32. 2-4 days a week
- 33. once a week
- 34. less than once a week
- 35. never/nearly never
- 99. not answered

E032_6 How often do you drink milk?

- 36. several times a day
- 37. once a day
- 38. 5-6 days a week
- 39. 2-4 days a week
- 40. once a week
- 41. less than once a week
- 42. never/nearly never
- 99. not answered

E032_7 How often do you drink light soda? (fx Cola Light, Cola Zero, Pepsi Max)

- 43. several times a day
- 44. once a day
- 45. 5-6 days a week
- 46. 2-4 days a week
- 47. once a week
- 48. less than once a week
- 49. never/nearly never
- 99. not answered

E032_8 How often do you drink sugar sweetened soda? (fx Coca Cola, Pepsi, Sprite mv)

- 1. several times a day
- 2. once a day
- 3. 5-6 days a week
- 4. 2-4 days a week
- 5. once a week
- 6. less than once a week
- 7. never/nearly never
- 99. not answered

Now to some questions about how you feel about food and eating.

I det sidste yearss tid:

(E033_1: Question may be skipped without answering)

E033_1 How often have you felt fat?

- 1. every day
- 2. often

3. sometimes
4. rarely
5. never
99. not answered

(E033_2: Question may be skipped without answering)

E033_2 How often have you felt that you wanted to be thinner?

1. every day
2. often
3. sometimes
4. rarely
5. never
99. not answered

(E033_3: Question may be skipped without answering)

E033_3 How often have you been worrying about having too much fat on your body?

1. every day
2. often
3. sometimes
4. rarely
5. never
99. not answered

(E033_4: Question may be skipped without answering)

E033_4 How often have you thought about wanting toned or defined muscles?

1. every day
2. often
3. sometimes
4. rarely
5. never
99. not answered

E034 During the past year did you go on a diet to lose weight or keep from gaining weight?

1. never
2. a couple of times
3. several times
4. often
5. I am always on a diet
99. not answered

E035 During the past year did you exercise to lose weight or keep from gaining weight?

1. never (less than once a month)
2. 1-3 times per month
3. 1-4 times per week
4. 5 times or more per week
99. not answered

(E036_1: Question may be skipped without answering)

E036_1 During the past year did you make yourself throw up to lose weight or keep from gaining weight?

1. 2 times or more per week
2. once a week
3. 1-3 times per month
4. never
99. not answered

(E036_2: Question may be skipped without answering)

E036_2 During the past year did you take laxatives to lose weight or to keep from gaining weight?

1. 2 times or more than per week
2. once a week
3. 1-3 times per month
4. never
99. not answered

(E036_3: Question may be skipped without answering)

E036_3 During the past year did you fast (not eat anything for at least one day or longer) to lose weight or to keep from gaining weight?

1. 2 times or more per week
2. once a week
3. 1-3 times per month
4. never
99. not answered

Binge eating: Sometimes people will eat an amount of food that most people, like their friends, would consider to be very large, in a short amount of time.

E037 During the past year how often did you go on an eating binge?

1. never (less than once a month) -> E039
2. 1-3 times per month
3. once a week
4. more than once a week
99. not answered

(E038_1: Question may be skipped without answering)

E038_1 When you were on a binge, did you feel like you couldn't stop eating even if you wanted to stop?

Dependent on E037

1. yes
2. no
99. not answered
100. not applicable

(E038_2: Question may be skipped without answering)

E038_2 When you were on a binge, did you eat until your stomach hurt or you felt sick to your stomach?

Dependent on E037

1. yes
2. no
99. not answered
100. not applicable

(E038_3: Question may be skipped without answering)

E038_3 When you were on a binge, did you feel really bad about yourself or feel guilty after eating a lot of food?

Dependent on E037

1. yes
2. no
99. not answered
100. not applicable

We would like to know if you have soft drinks every week. At each question you should decide if you want to give your answer in number of cans, number of ½ litre bottles or number of glasses.

E039 Do you drink sugar sweetened soda every week?

1. yes
2. no -> E041
99. not answered

E040 How much soda sugar sweetened do you drink per week? Decide how you want to answer. I would like to answer in numbers of

Dependent on E039

1. cans -> E040A
2. bottles (½ liters) -> E040B
3. glasses -> E040C
99. not answered
100. not applicable

Dependent on E039 E040

E040A How many cans of sugar sweetened soda do you drink per week?

1-21 cans, not answered=99, not applicable=100

Dependent on E039 E040

E040B How many ½ liters bottles of sugar sweetened soda do you drink per week?

1-21 bottles (½ liters), not answered=99, not applicable=100

Dependent on E039 E040

E040C How many glasses of sugar sweetened soda do you drink per week?

1-21 glas, not answered=99, not applicable=100

E041 Do you drink light soda, i.e. soda without sugar every week?

1. yes
2. no -> E043

99. not answered

E042 How much light soda do you drink per week? Decide how you want to answer. I would like to answer in numbers of:

Dependent on E041

1. cans -> E042A
 2. bottles (½ liters) -> E042B
 3. glasses -> E042C
99. not answered
100. not applicable

Dependent on E041 E042

E042A How many cans light soda do you drink per week?
1-21 cans, not answered=99, not applicable=100

Dependent on E041 E042

E042B How many ½ liters bottles light soda do you drink per week?
1-21 bottles (½ liters), not answered=99, not applicable=100

Dependent on E041 E042

E042C How many glasses light soda do you drink per week?
1-21 glas, not answered=99, not applicable=100

(E043:Question may be skipped without answering)

E043 Do you drink chocolate milk, milkshake, yogurt drink etc. every week?

1. yes
 2. no -> E045
99. not answered

E044 How much chocolate milk, milkshake, yogurt drink, etc. do you drink in a week? Decide how you want to answer. I would like to answer in numbers of:

Dependent on E043

1. cans -> E044A
 2. bottles (½ liters) -> E044B
 3. glasses -> E044C
99. not answered
100. not applicable

Dependent on E043 E044

E044A How many cans chocolate milk etc. do you drink in a week?
1-21 cans, not answered=99, not applicable=100

Dependent on E043 E044

E044B How many ½ liters bottles chocolate milk etc. do you drink in a week?
1-21 bottles (½ liters), not answered=99, not applicable=100

Dependent on E043 E044

E044C How many glasses of chocolate milk etc. do you drink in a week?

1-21 glasses, not answered=99, not applicable=100

E045 Do you drink lemonade every week?

1. yes
2. no -> E047
99. not answered

E046 How much lemonade do you drink per week? Decide how you want to answer. I would like to answer in numbers of:

Dependent on E045

1. cans -> E046A
2. bottles ($\frac{1}{2}$ liters) -> E046B
3. glasses -> E046C
99. not answered
100. not applicable

Dependent on E045 E046

E046A How many cans of lemonade do you drink per week?

1-21 cans, not answered=99, not applicable=100

Dependent on E045 E046

E046B How many $\frac{1}{2}$ liters bottles lemonade do you drink per week?

1-21 bottles ($\frac{1}{2}$ liters), not answered=99, not applicable=100

Dependent on E045 E046

E046C How many glasses lemonade do you drink per week?

1-21 glasses, not answered=99, not applicable=100

E047 Do you drink fruit juice every week?

1. yes
2. no -> E049
99. not answered

E048 How much fruit juice do you drink per week? Decide how you want to answer. I would like to answer in numbers of:

Dependent on E047

1. cans -> E048A
2. bottles ($\frac{1}{2}$ liters) -> E048B
3. glasses -> E048C
99. not answered
100. not applicable

Dependent on E047 E048

E048A How many cans of fruit juice do you drink per week?

1-21 cans, not answered=99, not applicable=100

Dependent on E047 E048

E048B How many ½ liters bottles of fruit juice do you drink per week?
1-21 bottles (½ liters), not answered=99, not applicable=100

Dependent on E047 E048

E048C How many glasses of fruit juice do you drink per week?
1-21 glasses, not answered=99, not applicable=100

Physical activity/inactivity

The next questions are about how much you move around and about the time you spend on sedentary activities.

We know that summer and winter activities may be different, so please just tell us about your activities right now.

E049 How much of your leisure time do you spend in front of the computer? Count all the time you sit in front of a computer. (Weekday computer).

1. no time or less than ½ hour
2. ½ -1 hour
3. 1-2 hours
4. 2-3 hours
5. 3-4 hours
6. 4-5 hours
7. more than 5 hours
99. not answered

E050 How much of your leisure time do you spend in front of the computer? Count all the time you sit in front of a computer. (Weekend computer).

1. no time or less than ½ hour
2. ½ -1 hour
3. 1-2 hours
4. 2-3 hours
5. 3-4 hours
6. 4-5 hours
7. 5-6 hours
8. 6-7 hours
9. 7-8 hours
10. more than 8 hours
99. not answered

E051 How much of your leisure time do you spend playing computer games? (Both on a computer or on a Playstation, Xbox, PSP, Nintendo, Wii). (Weekday gaming)

1. no time or less than ½ hour
2. ½ -1 hour
3. 1-2 hours
4. 2-3 hours
5. 3-4 hours
6. 4-5 hours
7. more than 5 hours

99. not answered

E052 How much of your leisure time do you spend playing computer games? (Both on a computer or on a Playstation, Xbox, PSP, Nintendo, Wii). (Weekend gaming)

1. no time or less than ½ hour
2. ½ -1 hour
3. 1-2 hours
4. 2-3 hours
5. 3-4 hours
6. 4-5 hours
7. 5-6 hours
8. 6-7 hours
9. 7-8 hours
10. more than 8 hours
99. not answered

E053 How much of your leisure time do you spend watching tv? (include DVD/video or watching films on your computer). (Weekdays TV/DVD/Video)

1. no time or less than ½ hour
2. ½ -1 hour
3. 1-2 hours
4. 2-3 hours
5. 3-4 hours
6. 4-5 hours
7. more than 5 hours
99. not answered

E054 How much of your leisure time do you spend watching tv? (include DVD/video or watching films on your computer). (Weekend TV/DVD/Video)

1. no time or less than ½ hour
2. ½ -1 hour
3. 1-2 hours
4. 2-3 hours
5. 3-4 hours
6. 4-5 hours
7. 5-6 hours
8. 6-7 hours
9. 7-8 hours
10. more than 8 hours
99. not answered

E055 How much of your leisure time do you spend reading, playing boardgames, drawing, resting, etc.? (including homework). (Weekdays read, play, rest)

1. no time or less than ½ hour
2. ½ -1 hour
3. 1-2 hours
4. 2-3 hours
5. 3-4 hours

6. 4-5 hours
7. more than 5 hours
99. not answered

E056 How much of your leisure time do you spend reading, playing boardgames, drawing, resting, etc.? (including homework). (Weekend read, play, rest)

1. no time or less than ½ hour
2. ½ -1 hour
3. 1-2 hours
4. 2-3 hours
5. 3-4 hours
6. 4-5 hours
7. 5-6 hours
8. 6-7 hours
9. 7-8 hours
10. more than 8 hours
99. not answered

E057 How many sports lessons per week (lessons of 45 minutes) does your school timetable include?

1. none
2. 1 sports lesson
3. 2 sports lessons
4. 3 sports lessons
5. 4 sports lessons
6. more than 4 sports lessons
99. not answered

E058 Do you get out of breath or break sweat during the sports lessons?

1. yes, very much
2. yes, a little
3. no, not really
99. not answered

E059 How do you usually use your body during the breaks? Think about the last month when choosing your answer.

1. I am very active: I run around or play ball most of the time.
2. I am pretty active: I run around and play ball some of the time.
3. I walk around during most breaks.
4. I sit and talk, read or play games during most breaks.
99. not answered

E060 How do you usually use your body during your leisure time? Think about the last month when choosing your answer.

1. I am very active: I do sports, I run around or play ball most of the time.
2. I am pretty active: I run around a lot, I do sports or play wildly most of the time.
3. I am a little active: I play with my friends and walk around most of the time.

4. I am not active: I sit and talk, watch TV or read, play games or computer games most of my leisure time.

99. not answered

E061 Do you do sports in your leisure time?

1. yes

2. no -> E063

99. not answered

(E062:Question may be skipped without answering)

E062_1-12 What kind of sports do you do? Tick all the activities you participate in.

Dependent on E061

E062_1 soccer -> E062_1A

E062_2 handball -> E062_2A

E062_3 basketball -> E062_3A

E062_4 volleyball -> E062_4A

E062_5 badminton -> E062_5A

E062_6 tennis -> E062_6A

E062_7 gymnastics -> E062_7A

E062_8 dancing -> E062_8A

E062_9 swimming -> E062_9A

E062_10 martial arts -> E062_10A

E062_11 horseback riding -> E062_11A

E062_12 other -> E062_12A

1=yes, not answered=99, not applicable=100

Dependent on E061 E062_1

E062_1A How many times per week do you play soccer?

1. once

2. 2 times

3. 3 times

4. 4 times

5. 5 or more times

99. not answered

100. not applicable

Dependent on E061 E062_2

E062_2A How many times per week do you play handball?

1. once

2. 2 times

3. 3 times

4. 4 times

5. 5 or more times

99. not answered

100. not applicable

Dependent on E061 E062_3

E062_3A How many times per week do you play basketball?

1. once
2. 2 times
3. 3 times
4. 4 times
5. 5 or more times
99. not answered
100. not applicable

Dependent on E061 E062_4

E062_4A How many times per week do you play volleyball?

1. once
2. 2 times
3. 3 times
4. 4 times
5. 5 or more times
99. not answered
100. not applicable

Dependent on E061 E062_5

E062_5A How many times per week do you play badmiton?

1. once
2. 2 times
3. 3 times
4. 4 times
5. 5 or more times
99. not answered
100. not applicable

Dependent on E061 E062_6

E062_6A How many times per week do you play tennis?

1. once
2. 2 times
3. 3 times
4. 4 times
5. 5 or more times
99. not answered
100. not applicable

Dependent on E061 E062_7

E062_7A How many times per week do you do gymnastics?

1. once
2. 2 times
3. 3 times
4. 4 times
5. 5 or more times
99. not answered
100. not applicable

Dependent on E061 E062_8

E062_8A How many times per week do you spend on dancing?

1. once
2. 2 times
3. 3 times
4. 4 times
5. 5 or more times
99. not answered
100. not applicable

Dependent on E061 E062_9

E062_9A How many times per week do you swim?

1. once
2. 2 times
3. 3 times
4. 4 times
5. 5 or more times
99. not answered
100. not applicable

Dependent on E061 E062_10

E062_10A How many times per week do you do martial arts?

1. once
2. 2 times
3. 3 times
4. 4 times
5. 5 or more times
99. not answered
100. not applicable

Dependent on E061 E062_11

E062_11A How many times per week do you spend on horseback-riding?

1. once
2. 2 times
3. 3 times
4. 4 times
5. 5 or more times
99. not answered
100. not applicable

(E062_12A: Question may be skipped without answering)

Dependent on E061 E062_12

E062_12A How many times per week do you spend on other activities? -> E062_12B

1. once
2. 2 times
3. 3 times
4. 4 times
5. 5 or more times

99. not answered

(E062_12B: Question may be skipped without answering)

Dependent on E061 E062_12 E062_12A

E062_12B Which activity is that? Please write it here.

99=not answered, 100=not applicable

E063 How do you usually get to school?

1. by car
2. by bus or train
3. on my bike
4. walking
99. not answered

E064 How long does it usually take you to get to school?

1. less than 5 minutes
2. 5-10 minutes
3. 11-15 minutes
4. 16-20 minutes
5. 21-30 minutes
6. more than half an hour
99. not answered

E065 How do you usually get back from school?

1. by car
2. by bus or train
3. on my bike
4. walking
99. not answered

E066 How long does it usually take you to get back from school?

1. less than 5 minutes
2. 5-10 minutes
3. 11-15 minutes
4. 16-20 minutes
5. 21-30 minutes
6. more than half an hour
99. not answered

Traffic behaviour

E067 How often do you fasten the seat belt when you ride a car?

1. always
2. almost always
3. sometimes
4. rarely
5. never

99. not answered

E068 How often do you use a helmet when you ride a bike?

1. always
2. sometimes
3. rarely
4. never
99. not answered

E069 How often do you cross at a red light on you bike?

1. always
2. almost always
3. sometimes
4. rarely
5. never
99. not answered

E070 How often do you ride your bike in the dark without flashlights?

1. always
2. almost always
3. sometimes
4. rarely
5. never
99. not answered

Smoking and alcohol

Have you ever tried smoking or drinking alcohol?

E071 Have you ever smoked an entire cigarette?

1. yes
2. no -> E074
99. not answered

E072 How old were you the first time you smoked an entire cigarette? Choose age or "can't remember".

Dependent on E071

1. 7 years old or younger
2. 8 years old
3. 9 years old
4. 10 years old
5. 11 years old
6. 12 years old
7. 13 years old
8. 14 years old
9. can't remember
99. not answered
100. not applicable

E073 How often do you smoke?

Dependent on E071

1. every day
2. not every day, but at least once a week
3. not every week
4. do not smoke
99. not answered
100. not applicable

E074 Have you ever smoked a waterpipe?

1. yes
2. no -> E076
3. don't know what a waterpipe is -> E076
99. not answered

A waterpipe is a big pipe originally from India or the Middel East. You use it for smoking waterpipe tobacco.

The smoke passes through a water container and through a pipe into your mouth. Smoking a waterpipe will damage your health.

E075 How often do you smoke a waterpipe?

Dependent on E074

1. I smoke a waterpipe every day
2. I smoke a waterpipe at least once a week
3. I have smoked a waterpipe several times
4. I have tried it once
99. not answered
100. not applicable

E076 Have you ever smoked hash or pot?

1. yes
2. no -> E078
3. don't know what hash or pot is -> E078
99. not answered

Hash or pot is a drug obtained from the cannabis plant. It can be smoked or eaten in cakes or sweets. Hash or pot will damage your health and is illegal.

E077 How often have you smoked hash or pot?

Dependent on E076

1. I smoke hash or pot every day
2. I smoke hash or pot at least once a week
3. I have smoked hash or pot several times
4. I have tried hash or pot once
99. not answered
100. not applicable

E078 Have you ever had more than one alcopop, one beer, a glass of wine or a glass of spirits?

1. yes
2. no -> E081
99. not answered

E079 How old were you when you first had more than one alcoholic drink, one beer, a glass of wine or a glass of spirits? Choose your age or "can't remember".

Dependent on E078

1. 7 years old or younger
2. 8 years old
3. 9 years old
4. 10 years old
5. 11 years old
6. 12 years old
7. 13 years old
8. 14 years old
9. can't remember
99. not answered
100. not applicable

E080 How often do you drink more than one alcoholic drink, one beer, a glass of wine or a glass of spirits?

Dependent on E078

1. more than once a month
2. approx. once a month
3. not every week
4. not every month
5. I have only tried it once
99. not answered
100. not applicable

E081 Have you ever had so much alcohol that you could feel an effect? (like your head was spinning, you didn't feel comfortable, or you were less shy?)

1. yes
2. no -> E083
99. not answered

E082 How old were you the first time you had an amount of alcohol that made you feel an effect? Choose your age or "can't remember".

Dependent on E081

1. 7 years old or younger
2. 8 years old
3. 9 years old
4. 10 years old
5. 11 years old
6. 12 years old
7. 13 years old
8. 14 years old
9. can't remember

- 99. not answered
- 100. not applicable

Your health

The next questions are about your health and about how often you are ill or suffer from pain.

E083 How would you rate your own health?

- 1. Excellent
- 2. Good
- 3. Not so good
- 4. Poor
- 99. not answered

E084 How would you rate your physical condition?

- 1. Excellent
- 2. Good
- 3. Not so good
- 4. Poor
- 5. Very poor
- 99. not answered

E085_1 Look back over the latest 6 months. How often have you had a headache?

- 1. nearly every day
- 2. more than once a week
- 3. nearly every week
- 4. more than once a month
- 5. nearly every month
- 6. rarely or never
- 99. not answered

E085_2 Look back over the latest 6 months. How often have you had a stomach-ache?

- 1. nearly every day
- 2. more than once a week
- 3. nearly every week
- 4. more than once a month
- 5. nearly every month
- 6. rarely or never
- 99. not answered

E085_3 Look back over the latest 6 months. How often have you been upset?

- 1. nearly every day
- 2. more than once a week
- 3. nearly every week
- 4. more than once a month
- 5. nearly every month
- 6. rarely or never
- 99. not answered

E085_4 Look back over the latest 6 months. How often har you felt irritable or had a bad termper?

1. nearly every day
2. more than once a week
3. nearly every week
4. more than once a month
5. nearly every month
6. rarely or never
99. not answered

E085_5 Look back over the latest 6 months. How often har you felt nervous?

1. nearly every day
2. more than once a week
3. nearly every week
4. more than once a month
5. nearly every month
6. rarely or never
99. not answered

E085_6 Look back over the latest 6 months. How often har you had difficulties falling asleep?

1. nearly every day
2. more than once a week
3. nearly every week
4. more than once a month
5. nearly every month
6. rarely or never
99. not answered

E085_7 Look back over the latest 6 months. How often have you felt dizzy?

1. nearly every day
2. more than once a week
3. nearly every week
4. more than once a month
5. nearly every month
6. rarely or never
99. not answered

E085_8 Look back over the latest 6 months. How often har you been constipated (hard stools)?

1. nearly every day
2. more than once a week
3. nearly every week
4. more than once a month
5. nearly every month
6. rarely or never
99. not answered

E085_9 Look back over the last 6 months. How often have you experienced ringing or roaring in you ears?

1. nearly every day
2. more than once a week
3. nearly every week
4. more than once a month
5. nearly every month
6. rarely or never
99. not answered

E086_1 Does something in your head make you do things, doing or counting or checking something over and over, even if you know you don't have to?

1. often
2. sometimes
3. no
99. not answered

E086_2 Are you concerned about always having clean hands?

1. often
2. sometimes
3. no
99. not answered

E086_3 Do you feel you have to do something over and over again a certain number of times before things are exactly as you want them to be?

1. sometimes
2. no
99. not answered

E086_4 Do you sometimes find it hard to finish schoolwork because you feel you need to go over them again and again?

1. often
2. sometimes
3. no
99. not answered

E086_5 Do you get upset, if things don't turn out exactly the way you think they should?

1. often
2. sometimes
3. no
99. not answered

When answering the next two questions, please consider the above questions – especially the questions were you chose "sometimes" or "often" as your answer.

E087 Does having to do these things interfere with your daily life?

1. often
2. sometimes

3. no
99. not answered

E088 Do you do something to make this stop?

1. often
2. sometimes
3. no
99. not answered

Musculoskeletal system

The next questions are about pain in your neck and back.

E089 Have you suffered from neck pain?

1. yes, often
2. yes, from time to time
3. yes, once or twice
4. never -> E090
99. not answered

(E089A:Question may be skipped without answering)

Dependent on E089

E089A How much did it hurt at its worst? 1 is "not at all" and 6 is "really very much".
1-6, not answered=99, not applicable=100

E090 Have you suffered from middle back pain?

1. yes, often
2. yes, from time to time
3. yes, once or twice
4. never -> E091
99. not answered

(E090A:Question may be skipped without answering)

Dependent on E090

E090A How much did it hurt at its worst? 1 is "not at all" and 6 is "really very much".
1-6, not answered=99, not applicable=100

E091 Have you suffered from low back pain?

1. yes, often
2. yes, from time to time
3. yes, once or twice
4. never -> E092
99. not answered

(E091A:Question may be skipped without answering)

Dependent on E091

E091A How much did it hurt at its worst? 1 is "not at all" and 6 is "really very much".
1-6, not answered=99, not applicable=100

E092 Have you stayed home from school because of neck or back pain?

1. yes, often
2. yes, from time to time
3. yes, once or twice
4. never
99. not answered

E093 Has neck or back pain stopped you from doing sports?

1. yes, often
2. yes, from time to time
3. yes, once or twice
4. never
99. not answered

E094 Have you seen a doctor, a kiropraktor or fysioterapeut for your neck or back pain?

1. yes, often
2. yes, from time to time
3. yes, once or twice
4. never
99. not answered

Some children suffer from growing pains so we would like to ask some questions about this.

E095 Do you know what growing pains are?

1. yes
2. no
99. not answered

Growing pains are when you feel pain – often in your legs, arms or body - and mostly in the evenings or at night. During some periods you can have this pain for several hours per week, but usually children outgrow it when they are about 12 years old.

Many children suffer from growing pains, but we no very little about what causes them.

E096 Have you ever had growing pains?

1. yes
2. no -> E098
99. not answered

(E097_1-5: Question may be skipped without answering)

E097_1-5 Where did you feel the growing pains?

Dependent on E096

- E097_1 in my legs
E097_2 in my back
E097_3 in my arms
E097_4 in my ribbs
E097_5 elsewhere

1=svar i kategori, not answered=99, not applicable=100

Dependent on E096 E097_1-5

E097A How much did it hurt at its worst? 1 is "not at all" and 6 is "really very much".

1-6, not answered=99, not applicable=100

Dental health

Now to a number of questions about your teeth.

E098 How often do you brush your teeth?

1. more than twice a day
2. twice a day
3. once a day
4. every week, but not every day -> E100
5. less than once a week -> E100
6. never -> E100
99. not answered

E099 How often do you forget to brush your teeth in the evening?

Dependent on E098

1. nearly every evening
2. several times a week
3. once a week
4. less than once a week
5. never or nearly never
99. not answered
100. not applicable

E100 Do you floss or use dental sticks?

1. more than twice a day
2. twice a day
3. once a day
4. every week, but not every day -> E100
5. less than once a week -> E100
6. never -> E100
99. not answered

E101 Have you ever worn braces?

1. yes
2. no -> E103
99. not answered

E102 What was the reason for your braces?

Dependent on E101

1. reversed bite
2. projected upper teeth
3. krydsbid (cross bite)
4. saksbid (open bite)
5. skæve teeth (asymmetry)
6. other
7. don't know

- 99. not answered
- 100. not applicable

Strengths and Difficulties

The next questions are about your strengths and difficulties.

Please think about the last 6 months when you answer these questions.

(E103_1: Question may be skipped without answering)

E103_1 I try to be nice to other people. I care about their feelings.

- 1. not true
- 2. somewhat true
- 3. certainly true
- 99. not answered

(E103_2: Question may be skipped without answering)

E103_2 I am restless, I cannot stay still for long.

- 1. not true
- 2. somewhat true
- 3. certainly true
- 99. not answered

(E103_3: Question may be skipped without answering)

E103_3 I get a lot of headaches, stomach-aches or sickness.

- 1. not true
- 2. somewhat true
- 3. certainly true
- 99. not answered

(E103_4: Question may be skipped without answering)

E103_4 I usually share with others (food, games, pens etc.)

- 1. not true
- 2. somewhat true
- 3. certainly true
- 99. not answered

(E103_5: Question may be skipped without answering)

E103_5 I get very angry and often lose my temper.

- 1. not true
- 2. somewhat true
- 3. certainly true
- 99. not answered

(E103_6: Question may be skipped without answering)

E103_6 I am usually on my own. I generally play alone or keep to myself.

- 1. not true
- 2. somewhat true
- 3. certainly true
- 99. not answered

(E103_7:Question may be skipped without answering)

E103_7 I usually do as I am told.

1. not true
2. somewhat true
3. certainly true
99. not answered

(E103_8:Question may be skipped without answering)

E103_8 I worry a lot.

1. not true
2. somewhat true
3. certainly true
99. not answered

(E103_9:Question may be skipped without answering)

E103_9 I am helpful if someone is hurt, upset or feeling ill.

1. not true
2. somewhat true
3. certainly true
99. not answered

(E103_10:Question may be skipped without answering)

E103_10 I am constantly fidgeting or squirming.

1. not true
2. somewhat true
3. certainly true
99. not answered

(E103_11:Question may be skipped without answering)

E103_11 I have one good friend or more.

1. not true
2. somewhat true
3. certainly true
99. not answered

(E103_12:Question may be skipped without answering)

E103_12 I fight a lot. I can make other people do what I want.

1. not true
2. somewhat true
3. certainly true
99. not answered

(E103_13:Question may be skipped without answering)

E103_13 I am often unhappy, down-hearted or tearful.

1. not true
2. somewhat true
3. certainly true
99. not answered

(E103_14:Question may be skipped without answering)

E103_14 Other people my age generally like me.

1. not true
2. somewhat true
3. certainly true
99. not answered

(E103_15:Question may be skipped without answering)

E103_15 I am easily distracted, I find it difficult to concentrate.

1. not true
2. somewhat true
3. certainly true
99. not answered

(E103_16:Question may be skipped without answering)

E103_16 I am nervous in new situations. I easily lose confidence.

1. not true
2. somewhat true
3. certainly true
99. not answered

(E103_17:Question may be skipped without answering)

E103_17 I am kind to younger children.

1. not true
2. somewhat true
3. certainly true
99. not answered

(E103_18:Question may be skipped without answering)

E103_18 I am often accused of lying or cheating.

1. not true
2. somewhat true
3. certainly true
99. not answered

(E103_19:Question may be skipped without answering)

E103_19 Other children or young people pick on me or bully me.

1. not true
2. somewhat true
3. certainly true
99. not answered

(E103_20:Question may be skipped without answering)

E103_20 I often volunteer to help others (parents, teachers, children).

1. not true
2. somewhat true
3. certainly true
99. not answered

(E103_21:Question may be skipped without answering)

E103_21 I think before I do things.

1. not true
2. somewhat true
3. certainly true
99. not answered

(E103_22:Question may be skipped without answering)

E103_22 I take things that are not mine from home, school or elsewhere.

1. not true
2. somewhat true
3. certainly true
99. not answered

(E103_23:Question may be skipped without answering)

E103_23 I get on better with adults than with people my own age.

1. not true
2. somewhat true
3. certainly true
99. not answered

(E103_24:Question may be skipped without answering)

E103_24 I have many fears, I am easily scared.

1. not true
2. somewhat true
3. certainly true
99. not answered

(E103_25:Question may be skipped without answering)

E103_25 I finish the work I'm doing. My attention is good

1. not true
2. somewhat true
3. certainly true
99. not answered

(E103A:Question may be skipped without answering)

E103A Please note any other comments or concerns here

E104 Overall, do you think that you have difficulties in one or more of the following areas: emotions, concentration, behaviour or being able to get on with other people?

1. no -> E109
2. Yes, minor difficulties
3. Yes, definite difficulties
4. Yes, severe difficulties
99. not answered

E105 How long have these difficulties been present?

Dependent on 104

1. Less than 1 month

2. 1-5 months
3. 6-12 months
4. Over a year
99. not answered
100. not applicable

E106 Do the difficulties upset or distress you?

Dependent on 104

1. Not at all
2. Only a little
3. Quite a lot
4. A great deal
99. not answered
100. not applicable

E107_1 Do the difficulties interfere with your everyday life in the following areas? Home life:

Dependent on 104

5. Not at all
6. Only a little
7. Quite a lot
8. A great deal
99. not answered
100. not applicable

E107_2 Do the difficulties interfere with your everyday friendships?

Dependent on 104

1. Not at all
2. Only a little
3. Quite a lot
4. A great deal
99. not answered
100. not applicable

E107_3 Do the difficulties interfere with your everyday classroom learning?

Dependent on 104

1. Not at all
2. Only a little
3. Quite a lot
4. A great deal
99. not answered
100. not applicable

E107_4 Do the difficulties interfere with your everyday leisure activities?

Dependent on 104

1. Not at all
2. Only a little
3. Quite a lot
4. A great deal

- 99. not answered
- 100. not applicable

E108 Do the difficulties make it harder for those around you (family, friends, teachers, etc.)?

Dependent on 104

- 1. Not at all
- 2. Only a little
- 3. Quite a lot
- 4. A great deal
- 99. not answered
- 100. not applicable

Music

E109 Do you ever listen to music from an mp3 player or iPod etc. with in ear speakers?

- 1. yes
- 2. no -> E112
- 99. not answered

E110 How often do you listen to music with in ear speakers?

Dependent on 109

- 1. several times every day
- 2. once a day
- 3. nearly every day (5-6 days per week)
- 4. a couple of times per week (2-4 days) per week
- 5. once per week
- 6. less than once a week
- 7. very rarely
- 8. never
- 99. not answered
- 100. not applicable

E111 How loud is the music when you have the loudspeakers in your ears?

Dependent on 109

- 1. I have difficulties hearing other loud sounds (like the phone) or when others are trying to get in contact by talking loudly to me.
- 2. I can hear loud sounds, but not that people talk to me
- 3. I have no problems hearing things around me or when people talk to me.
- 99. not answered
- 100. not applicable

Mental Health

*The next questions are about your moods.
(E112: Question may be skipped without answering)*

E112 During the last 4 weeks have there been times when you have been very sad, miserable, unhappy or tearful?

1. yes
2. no -> E114
99. not answered

(E113_1: Question may be skipped without answering)

E113_1 During the last 4 weeks has there been a period when you have been really miserable nearly every day?

Dependent on E112

1. yes
2. no
99. not answered
100. not applicable

(E113_2: Question may be skipped without answering)

E113_2 During the time when you have been miserable, have you been really miserable for most of the day? (dvs. most hours, where you felt miserable)

Dependent on E112

1. yes
2. no
99. not answered
100. not applicable

(E114: Question may be skipped without answering)

E114 During the last 4 weeks have there been times when you have lost interest in everything, or nearly everything, that you normally enjoy doing?

1. yes
2. no -> E116
99. not answered

(E115_1: Question may be skipped without answering)

E115_1 During the last 4 weeks has there been a period when this lack of interest has been present nearly every day?

Dependent on E114

1. yes
2. no
99. not answered
100. not applicable

(E115_2: Question may be skipped without answering)

E115_2 During these days when you have lost interest in things, have you been like this for most of each day?

Dependent on E114

1. yes
2. no
99. not answered
100. not applicable

(E116_1:Question may be skipped without answering)

E116_1 During the last 4 weeks have you thought about deliberately harming or hurting yourself?

1. yes
2. no
99. not answered

(E116_2:Question may be skipped without answering)

E116_2 During the last 4 weeks have you tried to harm or hurt yourself?

1. yes
2. no
99. not answered

(E116_3:Question may be skipped without answering)

E116_3 Have you ever tried to harm or hurt yourself?

1. yes
2. no
99. not answered

Now to some questions about experiences that are a little unusual. Some people have this kind of experiences.

(E117_1:Question may be skipped without answering)

E117_1 Some people believe that other people can read their thoughts. Have other people ever read your thoughts?

1. yes, definitely
2. yes, maybe
3. no
99. not answered

(E117_2:Question may be skipped without answering)

E117_2 Have you been sent messages through the television or the radio, just for you alone?

1. yes, definitely
2. yes, maybe
3. no
99. not answered

(E117_3:Question may be skipped without answering)

E117_3 Have you ever thought you were being followed or spied on?

1. yes, definitely
2. yes, maybe
3. no
99. not answered

(E117_4:Question may be skipped without answering)

E117_4 Have you ever heard voices or sounds that other people couldn't hear?

1. yes, definitely
2. yes, maybe
3. no

99. not answered

(E117_5:Question may be skipped without answering)

E117_5 Have you ever felt that you were under the control of some special power?

1. yes, definitely
2. yes, maybe
3. no
99. not answered

(E117_6:Question may be skipped without answering)

E117_6 Have you ever seen things that other people could not see?

1. yes, definitely
2. yes, maybe
3. no
99. not answered

(E117_7:Question may be skipped without answering)

E117_7 Have you ever felt that you have special powers?

1. yes, definitely
2. yes, maybe
3. no
99. not answered

Medicine use

Now to some questions about your use of medicine

E118_1 Within the last month have you been taking pills/medicine for headache?

1. yes, more than end 3 times
2. yes, 2-3 times
3. yes, once
4. no
99. not answered

E118_2 Within the last month have you been taking pills/medicine for stomach ache?

5. yes, more than end 3 times
6. yes, 2-3 times
7. yes, once
8. no
99. not answered

E118_3 Within the last month have you been taking pills/medicine for sleeping problems?

1. yes, more than end 3 times
2. yes, 2-3 times
3. yes, once
4. no
99. not answered

E118_4 Within the last month have you been taking pills/medicin for nervousness?

1. yes, more than end 3 times
2. yes, 2-3 times
3. yes, once
4. no
99. not answered

Sex

(This question was added on the 6th April 2011 and is thus present in version 2 of the questionnaire only, hence many observations will be "not answered")

Some boys and girls would rather be of the opposite sex.

E119 How true is this for you: I would rather be of the opposite sex.

Dependent on E_VERSION

1. not at all true
2. somewhat true
3. certainly true
99. not answered

Mobile phones

The next questions are about how much you use a mobile phone – even if it is not your own.

E120 How often – during a normal month – do you talk (not text messages, games, etc.) on a mobile phone?

1. five times a day or more
2. 3-4 times a day
3. 1-2 times a day
4. 3-6 times per week
5. 1-2 times per week
6. 2-3 times per month
7. less than once per month
8. never -> E122
99. not answered

E121 When talking on a mobile phone how long does your conversation typically last?

Dependent on 120

1. less than 1 minute
2. 1-4 minutes
3. 5-9 minutes
4. 10-14 minutes
5. more than 15 minutes
99. not answered
100. not applicable

E122 When you talk on a mobile phone how do you most often hold the phone?

1. I hold it to my ear

- 2. I use a headset or the phone loudspeaker
- 3. I use Bluetooth
- 99. not answered

E123_1-5 Which activities do you use a mobile phone for? Choose at least 3 activities. (Rank your activities by clicking the box next to the activity. 1= your favorite activity, 2 the function you use second most, etc.

- E123_1 playing games 1-5, not answered=99
- E123_2 listen to music 1-5, not answered=99
- E123_3 speaking 1-5, not answered=99
- E123_4 texting 1-5, not answered=99
- E123_5 other 1-5, not answered=99-> E123_5A

NB: Due to the structure of the questionnaire the child must answer E123_1-5 even though he/she may have chosen 'never' in E120.

Dependent on E123_5
E123_5A other, not answered=99

(E124: Question may be skipped without answering)

E124 Where do you usually keep your mobile during the night?

- 1. under the pillow or somewhere else in the bed
- 2. next to the bed – within my reach
- 3. somewhere else – further away
- 99. not answered

Body and looks

We would now like to ask you some questions about your body and your looks.

The following questions depend on the respondent's sex and there will thus be many missing

E125_1 Which picture looks the most like you look (girls)?

Dependent on E_SEX

- 1. 1
- 2. 2
- 3. 3
- 4. 4
- 5. 5
- 6. 6
- 7. 7
- 99. not answered
- 100. not applicable

E125_2 Which picture shows the way you want to look (girls)?

Dependent on E_SEX

- 1. 1
- 2. 2
- 3. 3

- 4. 4
- 5. 5
- 6. 6
- 7. 7
- 99. not answered
- 100. not applicable

E126_1 Which picture looks the most like you look? (boys)?

Dependent on E_SEX

- 1. 1
- 2. 2
- 3. 3
- 4. 4
- 5. 5
- 6. 6
- 7. 7
- 99. not answered
- 100. not applicable

E126_2 Which picture shows the way you want to look (boys)?

Dependent on E_SEX

- 1. 1
- 2. 2
- 3. 3
- 4. 4
- 5. 5
- 6. 6
- 7. 7
- 99. not answered
- 100. not applicable

E127 Which description fits you natural hair best?

- 1. many tiny curls
- 2. many large curls
- 3. somewhat curly
- 4. some waves
- 5. straight
- 99. not answered

E128 Does your hairline form a V-shape in the centre of your forehead? Look at the picture of the boy holding a mobile phone.

- 1. yes
- 2. no
- 99. not answered

E129 Do you have a cleft chin? It is a dimple or a fissure in the middle of your chin– look at the man in the picture.

- 1. yes

2. no
99. not answered

E130 Do you have dimples? Look at the girl in the picture.

1. yes, on both sides
2. yes, on one side
3. no
99. not answered

E131 Look at your ears – are your earlobes unattached or attached?

1. unattached
2. attached
99. not answered

E132 Which finger is longer- your ring finger or your index finger?

1. ring finger
2. index finger
3. they are the same
99. not answered

E133 Which toe is longer - your big toe or the second toe? Look at the picture. In the picture the 2nd toe is longer than the big toe.

1. the big toe
2. the second toe
3. they are the same
99. not answered

E134 Are you righthanded or lefthanded?

1. righthanded
2. lefthanded
3. I use both hands equally
99. not answered

E135 Which foot do you use when kicking a ball?

1. right foot
2. left foot
3. I use both feet equally
99. not answered

Your body changes as it goes from a child's body to an adult body. The age at which the changes take place varies from one person to another. The next questions are about some of the changes that may take place in your body right now.

E136 Have you started growing armpit hair?

1. yes
2. no
99. not answered

E137 Has your skin started to change, I getting more pimples than when I was younger?

1. yes
2. no
99. not answered

If E_SEX=2 the following text appears: The below drawings show stages of hte way the breast and genitals develop. Some girls will through each of the 5 stages shown and and some girls may skip some stages.

E138_1 Tick the picture that you think best matches the development of your breasts.

Dependent on E_SEX

1. 1
2. 2
3. 3
4. 4
5. 5
99. not answered
100. not applicable

E138_2 Which picture matches best the growt of hair on your genitals? (Think about how your hair grows when you do not shave or in other ways remove hair - girls)

Dependent on E_SEX

1. 1
2. 2
3. 3
4. 4
5. 5
99. not answered

E139 Have you had your first period? (monthly bleeding)

Dependent on E_SEX

1. yes
2. no -> E144
99. not answered
100. not applicable

E140 How old were you when you had your first period?

Dependent on E_SEX E139

1. 6
2. 7
3. 8
4. 9
5. 10
6. 11
7. 12
8. 13
9. 14
10. 15
99. not answered

100. not applicable

If E_SEX=1 the following text appears: The pictures below show different stages of the maturation of a boy's genitals. In some boys this maturation starts quite early and in other boys it starts in their late teens.

E141_1 Which picture matches best the growth of hair on your genitals? (Think about how your hair grows when you do not shave or in other ways remove hair - boys)

Dependent on E_SEX

1. 1
 2. 2
 3. 3
 4. 4
 5. 5
99. not answered

E141_2 Which picture matches the development of your genitals best?

Dependent on E_SEX

1. 1
 2. 2
 3. 3
 4. 4
 5. 5
99. not answered
100. not applicable

E142 Has your voice started to break?

Dependent on E_SEX

1. yes, sometimes it is deeper
 2. yes, my voice has changed completely and is deeper
 3. no, it has not changed
 4. don't know
99. not answered
100. not applicable

E143 Have you ever experienced ejaculation?

Dependent on E_SEX

1. yes
 2. no
99. not answered
100. not applicable

E144 Now clasp your hands together. Which thumb is on top – the right hand thumb or the left hand thumb?

1. right hand thumb
 2. left hand thumb
 3. they take turns equally
99. not answered

E145 Cross your arms across the chest. Which arm is on top – the right or the left?

1. right arm
2. left arm
3. they take turns equally
99. not answered

E146 Can you roll your tongue into a tube like the girl in the picture ?

1. yes
2. no
99. not answered

E147 Do you have small, fine hairs on the middle joint of your fingers?

1. yes
2. no
99. not answered

Now you are nearly done, we just have some final questions.

E148_1 Did you fill in this questionnaire all by yourself?

1. yes, I got no help
2. yes, but I asked for help
3. no, my father or mother sat beside me
99. not answered

E148_2 Have you listened to the questions read aloud through headphones?

1. yes, for all questions
2. yes, for some questions
3. no, not at all
99. not answered

Thank you very much, [childfirstname] – we are really happy you wanted to help us!

Additional (hidden) question concerning the DNBC puberty follow-up

E149 will be invited to the Puberty follow-up

1. yes
2. no
99. not answered