Read this first please!

This questionnaire is part of an international study on substance use among European students. It will be answered by more than 100,000 students in over 35 countries. The study is called ESPAD.

This is a totally anonymous questionnaire. You should not state your name or any other information which identifies you. You should place your completed questionnaire in the enclosed envelope and seal it yourself. Your [TEACHER/SURVEY LEADER] will collect the envelopes after completion.

Your class has been randomly selected to take part in this study. In [COUNTRY] the survey is carried out by [ORGANISATION]. It is voluntary to take part. If there is any question you find objectionable for any reason, just leave it blank. It is important that you answer as thoughtfully and frankly as possible. The results will not be presented by single classes or schools and remember your answers are totally anonymous.

If you do not find an answer that fits exactly, indicate the one that comes closest. Please, mark the appropriate 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 your participation! Please begin.
The first questions ask for some background information about yourself and the kinds of things you might do.

**C01** What is your sex?
- [ ] Male
- [ ] Female

**REMARK:** See Guidelines

**C02** When were you born?

Year: [ ] [ ] [ ]

Month *: [ ]

* (Mark 01 for January, 02 for February … 12 for December)

* Optional

**REMARK:** See Guidelines

**C03** How often (if at all) do you do each of the following?

Mark one box for each line.

(a) Play computer games
(b) Actively participate in sports, athletics or exercising
(c) Read books for enjoyment (do not count schoolbooks)
(d) Go out in the evening (to a disco, café, party etc)
(e) Other hobbies (play an instrument, sing, draw, write)
(f) Go around with friends to shopping centres, streets, parks, etc just for fun
(g) Use the Internet for leisure activities (chats, music, games, social networks, videos etc)
(h) Play on slot machines (the kind in which you may win money)

**REMARK:** See Guidelines

**C04** During the LAST 30 DAYS on how many days have you missed one or more lessons?

Mark one box for each line.

(a) Because of illness
(b) Because you skipped or ‘cut’
(c) For other reasons

**REMARK:** See Guidelines
The following questions are about tobacco smoking (cigarettes, which include rolled cigarettes and EXCLUDE e-cigarettes).

C05 How difficult do you think it would be for you to get cigarettes (excluding e-cigarettes) if you wanted?

1. Impossible
2. Very difficult
3. Fairly difficult
4. Fairly easy
5. Very easy
6. Don't know

C06 On how many occasions (if any) during your lifetime have you smoked cigarettes (excluding e-cigarettes)?

Number of occasions

<table>
<thead>
<tr>
<th>Number of occasions</th>
<th>0</th>
<th>1–2</th>
<th>3–5</th>
<th>6–9</th>
<th>10–19</th>
<th>20–39</th>
<th>40 or more</th>
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</thead>
<tbody>
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<td>7</td>
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</tbody>
</table>

C07 How often have you smoked cigarettes (excluding e-cigarettes) during the LAST 30 DAYS?

1. Not at all
2. Less than 1 cigarette per week
3. Less than 1 cigarette per day
4. 1–5 cigarettes per day
5. 6–10 cigarettes per day
6. 11–20 cigarettes per day
7. More than 20 cigarettes per day

C08 When (if ever) did you FIRST do each of the following things?

Mark one box for each line.

(a) Smoke your first cigarette (excluding e-cigarettes) ........................................

(b) Smoke cigarettes on a daily basis (excluding e-cigarettes) ................................
Have you ever used e-cigarettes?
Mark all that apply:
1. Yes, in the last 30 days
2. Yes, in the last 12 months
3. Yes, more than 12 months ago
4. Never

How often have you smoked e-cigarettes during the LAST 30 DAYS?
1. Not at all
2. Less than once per week
3. At least once a week
4. Almost every day or every day

When (if ever) did you FIRST do each of the following things?
Mark one box for each line.

(a) Use your first e-cigarette
(b) Use e-cigarettes on a daily basis

When you first tried e-cigarettes (if ever), what was your relationship with tobacco?
1. I have never tried e-cigarettes
2. I had never used tobacco
3. I had occasionally used tobacco
4. I was regularly using tobacco

Why did you try e-cigarettes for the first time?
Mark all that apply:
1. I have never tried e-cigarettes
2. To stop smoking cigarettes
3. Out of curiosity
4. Because my friends/other people offered an e-cigarette to me
5. None of the above reasons
The first time you used e-cigarettes what did your e-cigarette contain?
Mark all that apply

1. I have never tried e-cigarettes
2. Nicotine
3. Flavouring
4. Don’t know

Have you ever used water pipe, moist snuff (snus), 'heat-not-burn' tobacco?
Mark all that apply

(a) Water pipe (shisha)…
(b) Moist snuff (snus) *
(c) ‘Heat-not-burn’ tobacco *

* Optional

The next questions are about alcoholic beverages – including beer, cider, premixed drinks, wine and spirits

How difficult do you think it would be for you to get each of the following, if you wanted?
Mark one box for each line.

(a) Beer
(b) Cider*
(c) Premixed drinks (spritz, OTHER NATIONAL EXAMPLES) *
(d) Wine
(e) Spirits

* Optional

On how many occasions (if any) have you had any alcoholic beverage to drink?
Mark one box for each line.

(a) In your lifetime
(b) During the last 12 months
(c) During the last 30 days

Number of occasions

0 1–2 3–5 6–9 10–19 20–39 40 or more
C16  Think back over the LAST 30 DAYS. On how many occasions (if any) have you had any of the following to drink? Mark one box for each line.

<table>
<thead>
<tr>
<th>Number of occasions</th>
<th>0</th>
<th>1–2</th>
<th>3–5</th>
<th>6–9</th>
<th>10–19</th>
<th>20–39</th>
<th>40 or more</th>
</tr>
</thead>
<tbody>
<tr>
<td>(a) Beer</td>
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<td></td>
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<tr>
<td>(b) Cider*</td>
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<tr>
<td>(c) Premixed drinks (spritz, OTHER NATIONAL EXAMPLES) *</td>
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<td>(d) Wine</td>
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<tr>
<td>(e) Spirits</td>
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</tbody>
</table>

* Optional

The following questions are about the last day you drank alcohol

C17  When was the last day you drank alcohol?

1. I never drink alcohol
2. 1–7 days ago
3. 8–14 days ago
4. 15–30 days ago
5. 1 month–1 year ago
6. More than 1 year ago
C18 Think of the LAST DAY that you drank any alcohol. Which of the following beverages did you drink on that day?

Mark all that apply.

1. I never drink alcohol
2. Beer
3. Cider*
4. Premixed drinks (spritz, OTHER NATIONAL EXAMPLES) *
5. Wine
6. Spirits

* Optional

REMARK: See Guidelines

C18a If you drank beer that last day you drank any alcohol, how much did you drink?

1. I never drink beer
2. I did not drink beer on the last day that I drank alcohol
3. <50 cl
4. 50–100 cl
5. 101–200 cl
6. >200 cl

REMARK: See Guidelines

C18b If you drank cider that last day you drank any alcohol, how much did you drink? *

1. I never drink cider
2. I did not drink cider on the last day that I drank alcohol
3. <50 cl
4. 50–100 cl
5. 101–200 cl
6. >200 cl

* Optional

REMARK: See Guidelines

C18c If you drank premixed drinks (spritz, OTHER NATIONAL EXAMPLES) that last day you drank any alcohol, how much did you drink? *

1. I never drink premixed drinks
2. I did not drink premixed drinks on the last day that I drank alcohol
3. <50 cl
4. 50–100 cl
5. 101–200 cl
6. >200 cl

* Optional

REMARK: See Guidelines

C18d If you drank wine that last day you drank any alcohol, how much did you drink?

1. I never drink wine
2. I did not drink wine on the last day that I drank alcohol
3. <20 cl
4. 20–40 cl
5. 41–74 cl
6. >74 cl

REMARK: See Guidelines

C18e If you drank spirits that last day you drank any alcohol, how much did you drink?

1. I never drink spirits
2. I did not drink spirits on the last day that I drank alcohol
3. <8 cl
4. 8–15 cl
5. 16–24 cl
6. >24 cl

REMARK: See Guidelines

C18f Please indicate on this scale from 1 to 10 how drunk you would say you were that last day you drank alcohol. (If you felt no effect at all you should mark “1”.)

Not at all

1 2 3 4 5 6 7 8 9 10

Heavily intoxicated, for example not remembering what happened

I never drink alcohol

REMARK: See Guidelines
Think back again over the LAST 30 DAYS. How many times (if any) have you had five or more drinks on one occasion?

“A `drink´ is defined as 1 glass/bottle/can of beer (33 cl), 1 glass of wine (ca 15 cl), 1 glass of spirits (ca 4 cl), 1 glass/bottle of cider (33 cl), 1 glass/bottle of premixed drinks (spritz, alcopops etc. (33 cl)).”

[THE GIVEN DEFINITION OF ‘DRINK’ MUST BE ADAPTED BY EACH COUNTRY]

1. None
2. 1
3. 2
4. 3–5
5. 6–9
6. 10 or more times

On how many occasions (if any) have you been intoxicated from drinking alcoholic beverages, for example staggered when walking, not being able to speak properly, throwing up or not remembering what happened?

Mark one box for each line.

Number of occasions

<table>
<thead>
<tr>
<th></th>
<th>0</th>
<th>1–2</th>
<th>3–5</th>
<th>6–9</th>
<th>10–19</th>
<th>20–39</th>
<th>40 or more</th>
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<tbody>
<tr>
<td>(a) In your lifetime</td>
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<td>(b) During the last 12 months</td>
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<tr>
<td>(c) During the last 30 days</td>
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</table>

When (if ever) did you FIRST do each of the following things?

Mark one box for each line.

(a) Drink alcohol (at least one glass)

(b) Get drunk on alcohol
**C22 In the LAST 12 MONTHS, how often did you drink …**

Mark one box for each line.

<table>
<thead>
<tr>
<th></th>
<th>Never</th>
<th>Seldom</th>
<th>Sometimes</th>
<th>Mostly</th>
<th>Always</th>
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<tbody>
<tr>
<td>(a) because it helps you enjoy a party?</td>
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<td>(b) because it helps you when you feel depressed or nervous?</td>
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<td>(c) to cheer up when you're in a bad mood?</td>
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<td>(d) because you like the feeling?</td>
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<td>(e) to get high?</td>
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<td>(f) because it makes social gatherings more fun?</td>
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<tr>
<td>(g) to fit in with a group you like?</td>
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<td>(h) because it improves parties and celebrations?</td>
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<td>(i) to forget about your problems?</td>
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<td>(j) because it's fun?</td>
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<td>(k) to be liked?</td>
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<tr>
<td>(l) so you won’t feel left out?</td>
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</table>

**REMARK: See Guidelines**

Tranquilisers and sedatives, like [INSERT NATIONALLY RELEVANT EXAMPLES], are sometimes prescribed by doctors to help people to calm down, get to sleep or to relax. Pharmacies are not supposed to sell them without a prescription.

**C23 Have you ever taken tranquilisers or sedatives because a doctor told you to take them?**

1. No, never
2. Yes, but for less than 3 weeks
3. Yes, for 3 weeks or more

**REMARK: See Guidelines**

The next questions ask about cannabis (marijuana or hashish)

**C24 How difficult do you think it would be for you to get cannabis if you wanted?**

1. Impossible
2. Very difficult
3. Fairly difficult
4. Fairly easy
5. Very easy
6. Don’t know

**C25 On how many occasions (if any) have you used cannabis?**

Mark one box for each line.

<table>
<thead>
<tr>
<th></th>
<th>0</th>
<th>1–2</th>
<th>3–5</th>
<th>6–9</th>
<th>10–19</th>
<th>20–39</th>
<th>40 or more</th>
</tr>
</thead>
<tbody>
<tr>
<td>(a) In your lifetime</td>
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<tr>
<td>(b) During the last 12 months</td>
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<tr>
<td>(c) During the last 30 days</td>
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</table>
C26  When (if ever) did you FIRST try cannabis?

1. Never
2. 9 years old or less
3. 10 years old
4. 11 years old
5. 12 years old
6. 13 years old
7. 14 years old
8. 15 years old
9. 16 years or older

REMARK: See Guidelines

OC03  Have you ever had the possibility to try cannabis without trying it?

1. No
2. Once or twice
3. 3 times or more

REMARK: See Guidelines

OC04  Have you ever used cannabis mixed with tobacco?

1. Never
2. Rarely
3. From time to time
4. Fairly often
5. Very often

REMARK: See Guidelines

OC05  During the past 12 MONTHS, did you use the following type(s) of cannabis?

Mark one box for each line.

(a) Cannabis resin ................................................................. Never  Rarely  From time to time  Fairly often  Very often
(b) Weed/skunk ........................................................................ Never  Rarely  From time to time  Fairly often  Very often
(c) Cannabis oil ........................................................................ Never  Rarely  From time to time  Fairly often  Very often

1  2  3  4  5
C27 Have you used cannabis during the LAST 12 MONTHS?

Mark one box for each line.

1  No
2  Yes → Has the following happened to you during the LAST 12 MONTHS?

(a) Have you smoked cannabis before midday? ........................................ Never  Rarely  From time to time  Fairly often  Very often
(b) Have you smoked cannabis when you were alone? .......................... Never  Rarely  From time to time  Fairly often  Very often
(c) Have you had memory problems when you smoked cannabis? ........... Never  Rarely  From time to time  Fairly often  Very often
(d) Have friends or members of your family told you that you ought to reduce or stop your cannabis use? ........................................ Never  Rarely  From time to time  Fairly often  Very often
(e) Have you tried to reduce or stop your cannabis use without succeeding? Never  Rarely  From time to time  Fairly often  Very often
(f) Have you had problems because of your use of cannabis (argument, fight, accident, bad result at school, etc)? ........................... Never  Rarely  From time to time  Fairly often  Very often

The next questions ask about other drugs

C28 How difficult do you think it would be for you to get each of the following, if you wanted?

Mark one box for each line.

(a) Amphetamines .................................................................................. Impossible  Very difficult  Fairly difficult  Fairly easy  Very easy  Don't know
(b) Methamphetamines ............................................................................ Impossible  Very difficult  Fairly difficult  Fairly easy  Very easy  Don't know
(c) Tranquillisers or sedatives without a doctor's prescription ............... Impossible  Very difficult  Fairly difficult  Fairly easy  Very easy  Don't know
(d) Ecstasy ............................................................................................... Impossible  Very difficult  Fairly difficult  Fairly easy  Very easy  Don't know
(e) Cocaine ................................................................................................ Impossible  Very difficult  Fairly difficult  Fairly easy  Very easy  Don't know
(f) Crack* .................................................................................................. Impossible  Very difficult  Fairly difficult  Fairly easy  Very easy  Don't know
(g) Optional drug* ..................................................................................... Impossible  Very difficult  Fairly difficult  Fairly easy  Very easy  Don't know

* Optional

C29 On how many occasions (if any) have you ever used…?

Mark one box for each line.

(a) Ecstasy in your lifetime ...................................................................... Number of occasions 0  1-2  3 or more
(b) Ecstasy during the last 12 months ......................................................
(c) Amphetamines in your lifetime .............................................................
(d) Amphetamines during the last 12 months .............................................
(e) Methamphetamines in your lifetime ...................................................
(f) Methamphetamines during the last 12 months.....................................

(g) Cocaine in your lifetime ......................................................................
(h) Cocaine during the last 12 months ......................................................
(i) Crack in your lifetime ...........................................................................
(j) Crack during the last 12 months .........................................................
(k) Heroin in your lifetime ........................................................................
(l) Heroin during the last 12 months.........................................................
C30  On how many occasions (if any) have you used inhalants [INSERT NATIONAL RELEVANT EXAMPLES] to get high?
Mark one box for each line.

(a) In your lifetime ........................................................................................................................ 0 1 2 3
(b) During the last 12 months ........................................................................................................... 0 1 2 3
(c) During the last 30 days .............................................................................................................. 1 2 3

C31  On how many occasions in your lifetime (if any) have you used any of the following drugs?
Mark one box for each line.

(a) LSD or some other hallucinogens ................................................................................................. 0 1 2 3
(b) "Magic mushrooms" ................................................................................................................... 0 1 2 3
(c) GHB ........................................................................................................................................... 0 1 2 3
(d) [INSERT NATIONAL FICTITIOUS DRUG] .................................................................................. 0 1 2 3
(e) Drugs by injection with a needle (like heroin, cocaine, amphetamine) ........................................ 0 1 2 3

C32  On how many occasions in your lifetime (if any) have you used any of the following drugs?
Mark one box for each line.

(a) Tranquillisers or sedatives (without a doctor’s prescription) .................................................... 0 1 2 3
(b) Anabolic steroids ......................................................................................................................... 0 1 2 3
(c) Alcohol together with pills (medicaments) in order to get high .................................................. 0 1 2 3
(d) Painkillers in order to get high ..................................................................................................... 0 1 2 3
(e) Optional drug* ............................................................................................................................. 0 1 2 3

* Optional

OC06  When (if ever) did you FIRST do each of the following things?
Mark one box for each line.

(a) Try tranquillisers or sedatives (without a doctor’s prescription) .............................................. 1 2 3 4 5 6 7 8 9
(b) Try amphetamines or methamphetamines ................................................................................. 1 2 3 4 5 6 7 8 9
(c) Try cocaine or crack ................................................................................................................... 1 2 3 4 5 6 7 8 9
(d) Try ecstasy .................................................................................................................................... 1 2 3 4 5 6 7 8 9
(e) Try inhalants [NATIONAL RELEVANT EXAMPLES] in order to get high .............................. 1 2 3 4 5 6 7 8 9
(f) Try alcohol together with pills (medicaments) in order to get high .......................................... 1 2 3 4 5 6 7 8 9
C33  New substances that imitate the effects of illicit drugs [such as cannabis or ecstasy] may now be sometimes available. They are sometimes called ['legal highs', 'ethno botanicals', 'research chemicals'] and can come in different forms, for example – herbal mixtures, powders, crystals or tablets.

On how many occasions (if any) have you used such substances?  
Mark one box for each line.  
Number of occasions  
0  1-2  3 or more  Don’t know / not sure

(a) In your lifetime

(b) During the last 12 months

C34  If you have used such new substances in the LAST 12 MONTHS, what was the appearance/form of the new substance/s?  
Mark one or more boxes.  
1  I have not used such substances in the last 12 months  
2  Herbal smoking mixtures with drug-like effects  
3  Powders, crystals or tablets with drug-like effects  
4  Liquids with drug-like effects  
5  Other

OC07  On how many occasions in your lifetime (if any) have you used any of the following substances?  
Mark one box for each line.  
Number of occasions  
0  1–2  3 or more

(a) Synthetic cannabinoids [INSERT RELEVANT EXAMPLES]  
(b) Synthetic cathinones [INSERT RELEVANT EXAMPLES]  
(c) Optional substance*  
(d) Optional substance*  

* Optional
REMARK: See Guidelines

**C35**  How much do you think PEOPLE RISK harming themselves (physically or in other ways), if they ...
Mark one box for each line.

<table>
<thead>
<tr>
<th></th>
<th>No risk</th>
<th>Slight risk</th>
<th>Moderate risk</th>
<th>Great risk</th>
<th>Don’t know</th>
</tr>
</thead>
<tbody>
<tr>
<td>(a) smoke cigarettes occasionally?</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>(b) smoke one or more packs of cigarettes per day?</td>
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<td></td>
<td></td>
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<tr>
<td>(c) try e-cigs once or twice?</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>(d) have one or two drinks nearly every day?</td>
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<tr>
<td>(e) have four or five drinks nearly every day?</td>
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<tr>
<td>(f) have five or more drinks in one occasion nearly each weekend?</td>
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</tbody>
</table>

REMARK: See Guidelines

**C36**  *Again*: how much do you think PEOPLE RISK harming themselves (physically or in other ways), if they...
Mark one box for each line.

<table>
<thead>
<tr>
<th></th>
<th>No risk</th>
<th>Slight risk</th>
<th>Moderate risk</th>
<th>Great risk</th>
<th>Don’t know</th>
</tr>
</thead>
<tbody>
<tr>
<td>(a) try cannabis once or twice?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(b) smoke cannabis occasionally?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(c) smoke cannabis regularly?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(d) try ecstasy once or twice?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(e) take ecstasy regularly?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(f) try an amphetamine (uppers, pep pills, bennie, speed) once or twice?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(g) take amphetamines regularly?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(h) try synthetic cannabinoids once or twice?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

REMARK: See Guidelines

**OC08**  During the LAST 12 MONTHS have you experienced the following?
Mark all that apply.

<table>
<thead>
<tr>
<th></th>
<th>Never</th>
<th>Yes, while using alcohol</th>
<th>Yes, while using drugs</th>
<th>Yes, but NOT while using alcohol/drugs</th>
</tr>
</thead>
<tbody>
<tr>
<td>(a) Physical fight</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(b) Accident or injury</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(c) Damaged or lost objects or clothing</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(d) Serious arguments</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(e) Victimized by robbery or theft</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(f) Trouble with police</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(g) Hospitalised or admitted to an emergency room because of severe intoxication</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(h) Hospitalised or admitted to an emergency room because of accident or injury</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(i) Engaged in sexual intercourse without a condom</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(j) Being a victim of unwanted sexual advance</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(k) Deliberately hurt yourself</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(l) Driven a moped, car or other motor vehicle</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(m) Being involved in an accident while driving yourself</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(n) Been swimming in deep water (swimming pool, river, lake or sea)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
C37 During the LAST 7 DAYS, how many hours (if any) did you spend on Social Media communicating with others on the Internet? [using for example WhatsApp, Twitter, Facebook, Skype, Blogs, Snapchat, Instagram, Kik etc] – TO BE ADAPTED BY EACH COUNTRY

Mark one box for each line.

(a) On a school day

<table>
<thead>
<tr>
<th>None</th>
<th>Half an hour or less</th>
<th>About 1 hour</th>
<th>About 2-3 hours</th>
<th>About 4-5 hours</th>
<th>6 hours or more</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
(b) On a non-school day (weekend, holidays)

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
</tr>
</thead>
</table>

REMARK: See Guidelines

C38 How much do you agree or disagree with the following statements on Social Media communicating with others on the Internet? [using for example WhatsApp, Twitter, Facebook, Skype, Blogs, Snapchat, Instagram, Kik etc] – TO BE ADAPTED BY EACH COUNTRY

Mark one box for each line.

(a) I think I spend way too much time on Social Media

<table>
<thead>
<tr>
<th>Strongly agree</th>
<th>Partly agree</th>
<th>Neither nor</th>
<th>Partly disagree</th>
<th>Strongly disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
(b) I get in bad mood when I cannot spend time on Social Media

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
(c) My parents say that I spend way too much time on Social Media

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

REMARK: See Guidelines

C39 During the LAST 30 DAYS, how many hours (if any) did you play games using a computer, tablet, console, smartphone or other electronic device (strategy, puzzle, adventure, football, war games, etc)?

Mark one box for each line.

(a) On a school day

<table>
<thead>
<tr>
<th>None</th>
<th>Half an hour or less</th>
<th>About 1 hour</th>
<th>About 2-3 hours</th>
<th>About 4-5 hours</th>
<th>6 hours or more</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
(b) On a non-school day (weekend, holidays)

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
</tr>
</thead>
</table>

REMARK: See Guidelines

C40 During the LAST 7 DAYS, on how many days (if any) were you playing games using a computer, tablet, console, smartphone or other electronic device (strategy, puzzle, adventure, football, war games, etc)?

1. None
2. 1 day
3. 2 days
4. 3 days
5. 4 days
6. 5 days
7. 6 days
8. 7 days
C41 How much do you agree or disagree with the following statements about gaming on a computer, tablet, console, smartphone or other electronic device?
Mark one box for each line.

<table>
<thead>
<tr>
<th>Strongly agree</th>
<th>Partly agree</th>
<th>Neither</th>
<th>Partly disagree</th>
<th>Strongly disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>(a) I think I spend way too much time playing games</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(b) I get in bad mood when I cannot spend time on games</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(c) My parents say that I spend way too much time on gaming</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

REMARK: See Guidelines

The next questions ask about gambling for money (slot machines, playing card or dice, lotteries, sport bookmakers, etc) both on the Internet and not on the Internet (in traditional settings)

REMARK: See Guidelines

C42 How often (if ever) did you gamble for money in the LAST 12 MONTHS?
1. I have not gambled for money during the last 12 months
2. Monthly or less
3. 2-4 times a month
4. 2-3 times or more a week

REMARK: See Guidelines

C43 How much time (if any) did you spend gambling for money on a TYPICAL DAY in the LAST 12 MONTHS?
1. I have not gambled for money during the last 12 months
2. Less than 30 minutes
3. Between 30 minutes and 1 hour
4. Between 1 and 2 hours
5. Between 2 and 3 hours
6. 3 hours or more

REMARK: See Guidelines

C44 How often (if ever) did you gamble for money more than 2 hours (on a single occasion) in the LAST 12 MONTHS?
1. I have not gambled for money during the last 12 months
2. Never
3. Less than monthly
4. Monthly
5. Weekly
6. Daily or almost daily
If you have gambled for money in the LAST 12 MONTHS, which games have you played?
Mark one box for each line.

I have not played these games
(a) Slot machines (fruit machine, new slot, etc) ..........
(b) Play card or dice (poker, bridge, dice, etc) ..........
(c) Lotteries (scratch, bingo, keno, etc) ..........
(d) Betting on sports or animals (horses, dogs etc) ..........

If you have gambled for money in the LAST 12 MONTHS, how often did you use the INTERNET?

1 I have not gambled for money during the last 12 months
2 I never used the Internet to gamble for money
3 Seldom
4 Sometimes
5 Mostly
6 Always

Now think again about gambling for money in general

Have you ever felt the need to bet more and more money?

1 No
2 Yes

Have you ever had to lie to people important to you about how much you gambled?

1 No
2 Yes

The next questions ask about your parents. If mostly foster parents, step-parents or others brought you up answer for them. For example, if you have both a stepfather and a natural father, answer for the one that is the most important in bringing you up

What is the highest level of schooling your father completed?

1 Completed primary school or less
2 Some secondary school
3 Completed secondary school
4 Some college or university
5 Completed college or university
6 Don’t know
7 Does not apply
C50 What is the highest level of schooling your mother completed?

1. Completed primary school or less
2. Some secondary school
3. Completed secondary school
4. Some college or university
5. Completed college or university
6. Don’t know
7. Does not apply

C51 How well off is your family compared to other families in your country?

1. Very much better off
2. Much better off
3. Better off
4. About the same
5. Less well off
6. Much less well off
7. Very much less well off

C52 Which of the following people live in the same house in which you stay most of the time?

Mark all that apply.

1. I live alone
2. Father
3. Stepfather
4. Mother
5. Stepmother
6. Brother(s)
7. Sister(s)
8. Grandparent(s)
9. Other relative(s)
10. Non-relative(s) (e.g. when living in a boarding school or equivalent)

C53 How often do the following statements apply to you?

Mark one box for each line.

(a) My parent(s) set definite rules about what I can do at home
(b) My parent(s) set definite rules about what I can do outside the home
(c) My parent(s) know whom I am with in the evenings
(d) My parent(s) know where I am in the evenings
(e) I can easily borrow money from my mother and/or father
(f) I can easily get money as a gift from my mother and/or father

Almost always		Often		Sometimes		Seldom		Almost never

1		2		3		4		5
We are interested in how you feel about the following statements. Read each statement carefully. Indicate how you feel about each statement. Mark one box for each line.

(a) My family really tries to help me..................................................
(b) I get the emotional help and support I need from my family.............
(c) I can talk about my problems with my family ................................
(d) My family is willing to help me make decisions..........................

We are interested in how you feel about the following statements. Read each statement carefully. Indicate how you feel about each statement. Mark one box for each line.

(a) My friends really try to help me ..................................................
(b) I can count on my friends when things go wrong..........................
(c) I have friends with whom I can share my joys and sorrows..........
(d) I can talk about my problems with my friends...........................

Does your mother or your father know where you spend Saturday nights?

1. Know always
2. Know quite often
3. Know sometimes
4. Usually don’t know

If you had ever used cannabis, do you think that you would have said so in this questionnaire?

1. I already said that I have used it
2. Definitely yes
3. Probably yes
4. Probably not
5. Definitely not

The next questions are about yourself and what you think about others.

Which of the following best describes your average grade at the end of the last term?

1. (Highest marks)
2. etc...
**O02** How satisfied are you usually with …
Mark one box for each line.

<table>
<thead>
<tr>
<th>(a) your relationship with your mother?</th>
<th>Very satisfied</th>
<th>Satisfied</th>
<th>Neither nor satisfied</th>
<th>Not so satisfied</th>
<th>Not at all satisfied</th>
<th>There is no such person</th>
</tr>
</thead>
<tbody>
<tr>
<td>...........................................</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(b) your relationship with your father?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(c) your relationship with your friends?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**REMARK:** See Guidelines

**O03** What do you think your mother’s reaction would be if you do the following things?
Mark one box for each line.

<table>
<thead>
<tr>
<th>(a) Get drunk</th>
<th>She would not allow it</th>
<th>She would discourage it</th>
<th>She would not mind</th>
<th>She would approve of it</th>
<th>Don’t know</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(b) Smoke cigarettes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(c) Use cannabis</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(d) Use ecstasy</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**REMARK:** See Guidelines

**O04** What do you think your father’s reaction would be if you do the following things?
Mark one box for each line.

<table>
<thead>
<tr>
<th>(a) Get drunk</th>
<th>He would not allow it</th>
<th>He would discourage it</th>
<th>He would not mind</th>
<th>He would approve of it</th>
<th>Don’t know</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(b) Smoke cigarettes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(c) Use cannabis</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(d) Use ecstasy</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**REMARK:** See Guidelines

**O05** How many of your friends would you estimate …
Mark one box for each line.

<table>
<thead>
<tr>
<th>(a) smoke cigarettes?</th>
<th>None</th>
<th>A few</th>
<th>Some</th>
<th>Most</th>
<th>All</th>
</tr>
</thead>
<tbody>
<tr>
<td>(b) drink alcoholic beverages (beer, cider, premixed drinks, wine, spirits)?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(c) get drunk?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(d) smoke cannabis?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(e) take tranquillisers or sedatives (without a doctor’s prescription)?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(f) take ecstasy?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(g) use inhalants?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**REMARK:** See Guidelines
This question is about alcohol consumption during the LAST 7 DAYS.  
*Please pay attention to the sizes of the bottles and glasses!*  
Please answer every question. If you have not had a beverage, indicate „0“.

**O06**  
This question is about alcohol consumption during the LAST 7 DAYS.  
*Please pay attention to the sizes of the bottles and glasses!*  
Please answer every question. If you have not had a beverage, indicate „0“.

a. **On how many days (if any) have you had any alcoholic drink?**  
   In the last 7 days I have had alcoholic drinks on ___ days  
   (0 = none, 7 = every day)

b. **How many bottles or glasses of beer have you had?**  
   In the last 7 days I have had ___ glasses or bottles of beer  
   (0 = haven’t had any beer)

c. **How many glasses of wine or sparkling wine have you had?**  
   In the last 7 days I have had ___ glasses of wine or sparkling wine  
   (0 = haven’t had any wine or sparkling wine)

d. **How many glasses of spirits have you had?**  
   In the last 7 days I have had ___ glasses of spirits  
   (0 = haven’t had any spirits)

e. **How many glasses of alcoholic mixed drinks have you had?**  
   In the last 7 days I have had ___ glasses of alcoholic mixed drinks  
   (0 = haven’t had any alcoholic mixed drinks)
**O07** Think back over the LAST 30 DAYS. On how many occasions (if any) have you bought beer, cider, premixed drinks, wine or spirits in a store (grocery store, liquor store, kiosk or petrol station) for your own consumption (off-premises)?

Mark one box for each line.

<table>
<thead>
<tr>
<th>Alcohol Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>(a) Beer</td>
</tr>
<tr>
<td>(b) Cider*</td>
</tr>
<tr>
<td>(c) Premixed drinks (spritz, OTHER NATIONAL EXAMPLES)*</td>
</tr>
<tr>
<td>(d) Wine</td>
</tr>
<tr>
<td>(e) Spirits</td>
</tr>
</tbody>
</table>

Mark one box for each line.

**Number of occasions**

- 0
- 1–2
- 3–5
- 6–9
- 10–19
- 20 or more

* Optional

---

**O08** Think back once more over the LAST 30 DAYS. On how many occasions (if any) have you drunk beer, cider, premixed drinks, wine or spirits in a pub, bar, restaurant or disco (on-premises)?

Mark one box for each line.

<table>
<thead>
<tr>
<th>Alcohol Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>(a) Beer</td>
</tr>
<tr>
<td>(b) Cider*</td>
</tr>
<tr>
<td>(c) Premixed drinks (spritz, OTHER NATIONAL EXAMPLES)*</td>
</tr>
<tr>
<td>(d) Wine</td>
</tr>
<tr>
<td>(e) Spirits</td>
</tr>
</tbody>
</table>

Mark one box for each line.

**Number of occasions**

- 0
- 1–2
- 3–5
- 6–9
- 10–19
- 20 or more

* Optional

---

**O09** Think of that last day on which you drank alcohol. Where were you when you drank?

Mark all that apply.

- I never drink alcohol
- At home
- At someone else’s home
- Out on the street, in a park, beach or other open area
- At a bar or a pub
- In a disco or club
- In a restaurant
- Other places

---

The next two questions are about energy drinks

**O10** On how many occasions (if any) have you had any energy drink [INSERT NATIONAL EXAMPLES]? (Don’t include so called “sports drinks” [INSERT NATIONAL EXAMPLES])

Mark one box for each line.

<table>
<thead>
<tr>
<th>Alcohol Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>(a) In your lifetime</td>
</tr>
<tr>
<td>(b) During the last 12 months</td>
</tr>
<tr>
<td>(c) During the last 30 days</td>
</tr>
</tbody>
</table>

Mark one box for each line.

**Number of occasions**

- 0
- 1–2
- 3–5
- 6–9
- 10–19
- 20–39
- 40 or more

---
**O11** On how many occasions (if any) have you been drinking energy drinks and alcohol during a single session? (Don’t include so called “sports drinks” [INSERT NATIONAL EXAMPLES])

Mark one box for each line.

<table>
<thead>
<tr>
<th>Number of occasions</th>
<th>0</th>
<th>1–2</th>
<th>3–5</th>
<th>6–9</th>
<th>10–19</th>
<th>20–39</th>
<th>40 or more</th>
</tr>
</thead>
</table>

(a) In your lifetime ...........................................
(b) During the last 12 months ...................................
(c) During the last 30 days .....................................

**REMARK:** See Guidelines

**Now follow some more questions about the Internet and ONLINE games**

**REMARK:** See Guidelines

**O12** Please read the statements below regarding Internet use.
Please indicate how often these statements apply to you.

Mark one box for each line.

<table>
<thead>
<tr>
<th></th>
<th>Never</th>
<th>Seldom</th>
<th>Sometimes</th>
<th>Often</th>
<th>Very often</th>
</tr>
</thead>
</table>

(a) How often do you find it difficult to stop using the Internet when you are online? ......................................................................................................
(b) How often do you continue to use the Internet despite your intention to stop?...............................................................................................
(c) How often do others (e.g. parents, friends) say you should use the Internet less? ..................................................................................................
(d) How often do you prefer to use the Internet instead of spending time with others (e.g. parents, friends)? .................................................................
(e) How often are you short of sleep because of the Internet? .................................................................................................................................
(f) How often do you think about the Internet, even when not online? ......................................................................................................................
(g) How often do you look forward to your next Internet session? .............................................................................................................................
(h) How often do you think you should use the Internet less often? .............................................................................................................................
(i) How often have you unsuccessfully tried to spend less time on the Internet? ......................................................................................................................
(j) How often do you rush through your (home) work in order to go on the Internet? ...........................................................................................................
(k) How often do you neglect your daily obligations (work, school or family life) because you prefer to go on the Internet? ................................................................................................................
(l) How often do you go on the Internet when you are feeling down? .............................................................................................................................
(m) How often do you use the Internet to escape from your sorrows or get relief from negative feelings? ........................................................................
(n) How often do you feel restless, frustrated, or irritated when you cannot use the Internet? ......................................................................................................

**REMARK:** See Guidelines
O13 Please read the statements below regarding online gaming. The question REFERS TO ONLINE GAMES exclusively, but we use the expression ‘game’ in each statement for simplicity’s sake. Please indicate how often these statements apply to you.
Mark one box for each line.

(a) When you are not gaming, how often do you think about playing a game or think about how would it feel to play at that moment? ...........................................
(b) How often do you play longer than originally planned? ...........................................
(c) How often do you feel depressed or irritable when not gaming only for these feelings to disappear when you start playing? ...........................................
(d) How often do you feel that you should reduce the amount of time you spend gaming? ...........................................
(e) How often do the people around you complain that you are gaming too much? ...........................................
(f) How often do you fail to meet up with a friend because you were gaming? ...........................................
(g) How often do you daydream about gaming? ...........................................
(h) How often do you lose track of time when gaming? ...........................................
(i) How often do you get restless or irritable if you are unable to play games for a few days? ...........................................
(j) How often do you unsuccessfully try to reduce the time you spend on gaming? ...........................................
(k) How often do you argue with your parents because of gaming? ...........................................
(l) How often do you neglect other activities because you would rather game? ...........................................

M01 Have you ever used in your life on your own initiative (without been prescribed by a doctor) any stimulant substance with the purpose to improve your performance in your study? For instance to keep you awake and studying during the whole night or to study faster. Don't include coffee, tea or cola refreshments, or energy drinks.

1  No  2  Yes

M02 If you have used such stimulant substance (without a doctor’s prescription) with the purpose to improve your performance in study, where did you obtain the substance/s? Mark all that apply.

1  Never used  1  Offered by a family member, a friend or an acquaintance  1  By a street dealer  1  Through the Internet  1  From a pharmacy without a medical prescription  1  In a smart shop [if you have it in your country]*

* Optional
Student Questionnaire Guidelines

Cover page
This page should contain an introduction to the students. For example, the ESPAD project should be mentioned briefly, as well as the organisation responsible for the field work. It is of great importance to explain that the questionnaire is anonymous and voluntary, and that no results will be presented by single classes. Instructions on how to tick in the boxes could also be included here.

On the cover page please complete country specific information. The ESPAD logo and web address should be on the cover. The EMCDDA logo may also be used if desired. Printable versions of the logos are available in Section 6 of the present Handbook. Contact information to the organisation responsible for the field work should also be found on the cover.

Core Section

C02a Year of birth

REMARK: In 2019 sixteen year-olds will be students born in 2003. The variable Year is on 4 digits, because some students could be born in 20XX, some others in 19XX. The adopted solution is to have a 4 digits variable.

OC02b Month of birth

REMARK: Birth month is an Optional Core question to be put in the core section (after C2), if being used. However, please observe that students may find such a question sensitive to answer, since it may increase the risk for a respondent to feel that he / she can be identified.

Header before C05 and C05, C06, C07, C08 questions: Tobacco smoking excluding e-cigarettes

REMARK: in the Header and in all the listed questions, the focus is on cigarettes (EXCLUDING e-cigarettes), whilst in the 2015 questionnaire the Header was “about cigarettes smoking”.

C07 Cigarettes smoking excluding e-cigarettes last 30 days

Header before C09 and C09, C10, C11, C12, OC01, OC02, C13 questions: Nicotine products

REMARK: New Header with respect to 2015. From C09 to C13 the section was restructured in order to include e-cigarettes, water pipe (shisha), moist snuff (snus), heat-not-burn tobacco. C09 and C13 are Mandatory and with multiple answer options. In 2015 C09 and C13 were included as Optional question and with single answer option (2015, O06).

Header before C14: Alcoholic beverages

REMARK: Header changed with respect to 2015: deleted ‘Alcopops’.

C14 and C16, C18, C18a-e, O07, O08 Average alcohol volume

GUIDELINE: In all questions above, please consider the following changes with respect to 2015 for average alcohol volume related to each kind of beverage:

<table>
<thead>
<tr>
<th></th>
<th>2015</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beer</td>
<td>5%</td>
<td>4.8%</td>
</tr>
<tr>
<td>Wine</td>
<td>12%</td>
<td>11%</td>
</tr>
<tr>
<td>Spirits</td>
<td>38%</td>
<td>38%</td>
</tr>
<tr>
<td>Cider</td>
<td>5%</td>
<td>4.5%</td>
</tr>
<tr>
<td>Premixed drinks</td>
<td>4.5%</td>
<td>4.5%</td>
</tr>
</tbody>
</table>

In case these ethanol contents deviate substantially from the one in your country please inform the ESPAD coordinator.

C14a (and C16a, C18.2, C18a, O07a, O08a) Beer consumption

GUIDELINE: If low or alcohol free beer is nationally available, it should be explained within brackets that these beverages should be excluded.

EXAMPLE: “Don’t include beer with an alcohol volume below 2.5 %”, “Don’t include low alcohol beer” or similar.

REMARK: When last day's beer consumption is calculated in C18a the average alcohol volume is assumed to be 4.8 %.

OC14b (and OC16b, OC18.3, OC18b, O07b, O08b) Cider consumption

GUIDELINE: Cider questions are optional. They should be asked if cider is nationally available, otherwise not.

If low or alcohol free cider is nationally available, it should be explained within brackets that these beverages should be excluded.

EXAMPLE: “Don’t include cider with an alcohol volume below 2.5 %”, “Don’t include low alcohol cider” or similar.

REMARK: When last day's cider consumption is calculated in OC18b the average alcohol volume is assumed to be 4.5 %.
OC14c (and OC16c, OC18c, O07c, O08c, O05b) Premixed drinks consumption

REMARK: ‘Alcopops’ changed into ‘Premixed drinks’. When using OTHER NATIONAL EXAMPLES please do not include brand names.

GUIDELINE: Premixed drinks questions are optional. They should be asked if premixed drinks are nationally available, otherwise not. Premixed drinks refer to premixed/prepacked beverages of roughly 4.5 % alcohol volume. If necessary, this should be exemplified for the respondents within brackets, for example “breezers” etc.

REMARK: When last day's premixed drinks consumption is calculated in OC18c the average alcohol volume is assumed to be 4.5 %.

C14d (and C16d, C18.5, C18d, O07d, O08d) Wine consumption

GUIDELINE: Formulate the questions taking into account wine related beverages with relevant alcohol content (ca. 11.0 % alcohol volume) – such as sparkling wines, champagne etc. Use examples within brackets if needed, for example “include also champagne” or similar.

REMARK: When last day's wine consumption is calculated in C18d the average alcohol volume is assumed to be 11.0 %.

C14e (and C16e, C18.6, C18e, O07e, O08e) Spirits consumption

GUIDELINE: Spirits consumed in shots as well as mixed drinks should be measured here but not spirits stemming from premade alcopops. This should be explained to the respondents if needed. It is also recommended to include some well-known national examples of spirits (ouzo, raki, vodka, grappa, brandy, whiskey, tequila, calvados etc.).

REMARK: When last day's spirits consumption is calculated in C18e the average alcohol volume is assumed to be 38.0 %.

C18a–e Alcohol quantities consumed last drinking day

REMARK: Please observe that this set of questions refers to the last drinking “day” and not to the last drinking “occasion”. The frame surrounding the questions illustrates that they should be kept together on one questionnaire page.

GUIDELINE: It has been decided to keep the centilitres in the Student Master Questionnaire. Amounts in centilitres may be used in brackets in the response categories if it is considered helpful for the respondents.
The quantity or volume questions ask for quantities that should be expressed in common country-specific container sizes. These quantities can be expressed in ‘cl’ of particular beverages. The quantity of each beverage will be converted in gr ethanol following the algorithm below:

(To be calculated for each beverage)

- If Screen variable of the specific beverage is YES (=1)
  - Expressing cl in ml (multiplied by 10)
  - Calculate \( \frac{ml \times \text{Vol} \%}{100} = \text{ml ethanol} \)
  - Multiplying this result by 0.8 will result in gr ethanol.

Summing up the beverage-specific quantities in gr ethanol allows to obtain the total alcohol volume.

It should be nationally decided the most appropriate container sizes (glasses, bottles, cans, drinks…) in your country. The ones presented in the international questionnaire could not be representative for your country.

For international comparisons the beverage-specific cl quantities will be converted in total gr by using the following ethanol contents:

<table>
<thead>
<tr>
<th></th>
<th>2015</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beer</td>
<td>5%</td>
<td>4.8%</td>
</tr>
<tr>
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<td>12%</td>
<td>11%</td>
</tr>
<tr>
<td>Spirits</td>
<td>38%</td>
<td>38%</td>
</tr>
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<td>Cider</td>
<td>5%</td>
<td>4.5%</td>
</tr>
<tr>
<td>Premixed drinks</td>
<td>4.5%</td>
<td>4.5%</td>
</tr>
</tbody>
</table>

In case these ethanol contents substantially deviate from the one adopted in your country, please inform the ESPAD coordinator.

EXAMPLE: C18a: If the strength of beer usually is about 4.8% and a regular bottle/can/restaurant glass is about 50 cl, the following might be applicable:
3) Less than a regular bottle or a can
4) 1–2 regular bottles or cans
5) 3–4 regular bottles or cans
6) More than 4 regular bottles or cans

EXAMPLE: OC18b: If the strength of cider usually is about 4.5% and a regular bottle/can/restaurant glass is about 50 cl, the following might be applicable:
3) Less than a regular bottle or a can
4) 1–2 regular bottles or cans
5) 3–4 regular bottles or cans
6) More than 4 regular bottles or cans

EXAMPLE: OC18c: If the strength of premixed drinks is about 4.5% and if a common bottle includes 33 cl, the following might be applicable:
3) Less than 2 regular bottles
4) 2–3 regular bottles
5) 4–6 regular bottles
6) More than 6 regular bottles
EXAMPLE: C18d: If the strength of wine is about 11 % and if a wine glass is about 10-12 cl, the following might be applicable:

3) Less than 2 glasses
4) 2–3 glasses or half a bottle
5) 4–6 glasses
6) More than 6 glasses (a bottle of wine)

EXAMPLE: C18e: If the strength of spirits is about 38 % and a drink (if the concept exists) is about 4-5 cl, the following might be applicable:

3) Less than 2 drinks
4) 2–3 drinks
5) 4–6 drinks
6) More than 6 drinks

C18f Drunkenness scale

REMARK: Please note that it is important to print the scale numbers (1–10) in connection to the response boxes and that the two examples given are directed towards the start (1) and end (10) of the scale.

C19 Heavy episodic drinking

REMARK: “...on one occasion” means during the same drinking event, no time frame is however specified.

GUIDELINES: Even though the drink-concept applies for some countries, the concept may not be known among the students. Standard drink sizes may also vary between countries. Furthermore, many countries have no standard drink concept at all. Hence, it is therefore necessary to give examples of a “drink”. This should be done per beverage. If premixed drinks and cider are available, these beverages should also be exemplified (optional). It is up to the Principal Investigator in each country to come up with the best national solution available. Different ways of illustrating a drink has been discussed. Students should be provided with an example giving the number of drinks by container size which is based on the most common containers and the average alcohol volume per beverage. You need to choose the number of drinks and the container sizes in such a way that 5 of any of what is defined a drink or any combination of 5 drinks on average sum up to 60 g or more of pure alcohol (ethanol). Students need to be advised to express the amounts they had drunk according to the exemplified container sizes. The example is based on Vol % ethanol: 4.8% for beer, 4.5% for cider and premixed drinks, 11% for wine and 38% for spirits.
EXAMPLE (2019): “A ‘drink’ is defined as 1 glass/bottle/can of beer (33 cl), 1 glass of wine (ca 15 cl), 1 glass of spirits (ca 4 cl), 1 glass/bottle of cider (33 cl), 1 glass/bottle of premixed drinks (spritz, alcopops etc. (33 cl).” (optional: cider, premixed drinks).

In the end it is up to each researcher to describe the cl in each category in glasses, bottles or cans suitable for his/her country.

C21 First alcohol consumption

REMARK: Reformulation of the question C16-2015: sub-questions about beer, cider, premixed drinks, wine and spirits are merged into one sub-question only (C21a). C16f-2015 becomes C21b.

C22 Causes of last 12 months’ alcohol consumption

REMARK: Switched to Core section (it was Optional O12 in 2015).

If deemed useful at national level, response option 'Mostly' can be replaced with 'Often'.

Header before C23: Use of tranquillizers and sedatives

GUIDELINE: When using national relevant examples, do not include brand names.

Header before C24 and C24, C25, C26, OC03, OC04, OC05, C36a, C36b, C36c, C57, O03, O04, O05 questions: Cannabis use (marijuana or hashish)

REMARK: Slight reformulation of the header: cannabis (marijuana or hashish) with respect to 2015 “marijuana or hashish (cannabis)”. If deemed useful at national level, it is possible to add examples in the header (e.g. Cannabis can also be called weed, haxixa, joint or smoke...)

In all the questions listed above only the word cannabis is reported.

OC03 Cannabis refusal skills

REMARK: Switched to Optional Core question (it was C24a in the Core section, 2015). Three answer options introduced instead of Yes/No (2015).
OC04 Cannabis mixed with tobacco use
REMARK: New Optional Core question in 2019

OC05 Past 12 months’ type of cannabis
REMARK: New Optional Core question in 2019

C27 and C27a-f The CAST scale
REMARK: Switched to Core section (it was MA1 in the 2015 Cannabis Module).

C28 Substance availability
REMARK: Changes with respect to C25-2015 are listed below:

C28c: Added “without medical prescription”;
C28f: Crack switched to Optional sub-question;
Layout modification (last answer option ‘Don’t know’ kept separate).

C28g, C32e, OC07c and OC07d Optional drugs / substances
GENERAL GUIDELINE: If there is a national need to add one or two drugs / substances this can be done here.

C29 Substances use occasions
REMARK: On the basis of a 2015 set of questions (from C26-2015 to C30-2015) in 2019 we only have one question about all substances; a separation between the two blocks of sub-questions C29a-f and C29g-l is introduced by using a line spacing.

Added two sub-questions about Heroin LT, LY (C29k, C29l).

C29, C30, C31 and OC07 Number of occasion simplified answer scale
GENERAL REMARK: Use of a simplified answer scale (number of occasions: 0, 1-2, 3 or more) for the following questions: C29, C30, C31, OC07 with respect to 2015.
C30 Inhalants use

GUIDELINE: Use nationally relevant examples of substances in brackets. (For example: glue, petrol, aerosols from spray cans, butane gas etc.) However, avoid giving explicit examples on techniques how to use these substances.

Please observe that the English wording “...to get high” not necessarily suggests an excited/uplifted feeling but rather any kind of effect/mood change.

C31 and C32 Lifetime prevalence of various drugs

REMARK: C31 e C32 derive from the restyling of C32-2015 question.

GUIDELINE: in C32c-d please observe that the English wording “...to get high” not necessarily suggests an excited/uplifted feeling but rather any kind of effect/mood change. In C31d please insert a national fictitious drug (‘Relevin’ in 2015). This should be a non-existent dummy drug and this question is only used for methodological analyses.

OC06 First trying substances

REMARK: Switched to Optional Core question (it was C33 in the Core section, 2015). GUIDELINE: in OC06e please insert in brackets national relevant examples.

C33 New substances

REMARK: This question has been restructured with respect to C34-2015, in order to ask about LT, LY and the number of occasions.

C34 New substances appearance / form

REMARK: Reformulation with respect to C35-2015.

OC07 Lifetime use of synthetic cannabinoids / cathinones

REMARK: Optional Core question with Mandatory sub-questions OC07a and OC07b. In 2015, OC35 it is Optional Core, with all Optional sub questions.

GUIDELINE: Please insert national relevant examples.
C35 Risks of substance use – part 1

REMARK: This question is a block of sub-questions derived from C36-2015. C35c new sub-question about e-cigs.

C36 Risks of substance use – part 2

REMARK: This question is a block of sub-questions derived from C36-2015. C36h new sub-question about try synthetic cannabinoids.

OC08 Last 12 month experiences

REMARK: This question is quite complex because of many subquestion items and multiple choice in answering. In 2019 wave this question is Optional Core. It is envisaged to be DELETED in the next wave.

Header before C37: Social Media

REMARK: The HEADER has been modified as Social Media only, keeping separately the questions related to gaming and to gambling for money.

C37 Last 7 days Social Media

REMARK: This question is a reformulation of C40a-2015. In 2019 the examples have been put in brackets within the question text and should be adapted by each country. Sub-questions C37a and C37b are specific per school day and non-school day.

GUIDELINE: Please consider the possibility to change the given specific examples on the basis of your national needs.

C38 Self-perceived problems related to Social media

REMARK: This question derives from C41-2015. In 2019 the examples have been put in brackets within the question text and should be adapted by each country.

GUIDELINE: Please consider the possibility to change the given specific examples on the basis of your national needs.
Header before C39: Gaming section

REMARK: New HEADER for gaming section.

C39 Last 30 days gaming

REMARK: Reformulation of C40b-2015, with following changes: 1) it doesn’t refer to gaming on the Internet; 2) it introduces a distinction between School day / Non-school day; 3) it specifies the tool (computer, tablet, console, smartphone etc.) without mention specific game names.

C40 Last 7 days gaming

REMARK: Reformulation of C39b-2015, with following changes: 1) it doesn’t refer to gaming on the Internet; 2) it specifies the tool (computer, tablet, console, smartphone etc.) without mention specific game names.

Header before C42: Gambling for money section

REMARK: New HEADER about gambling for money section, including all settings (on the Internet and not on the Internet).

C42 Last 12 months gambling for money

REMARK: Simplified answer scale with respect to C43-2015.

C43 Last 12 months gambling for money typical day

REMARK: Switched to Core Section (from Optional O19-2015).

C44 Last 12 months gambling for money more than two hours

REMARK: Switched to Core Section (from Optional O20-2015).

C45 Last 12 months gambling for money games played

REMARK: This question is a merge between C44-2015 and C45-2015 including all settings (on the Internet / NOT on the Internet). Use of a simplified answer scale.
C46 Last 12 months gambling for money Internet use

REMARK: New question in order to distinguish the type of gambling for money by specifying the INTERNET use.

If deemed useful at national level, response option 'Mostly' can be replaced with 'Often'.

C47 and 48 LIE-BET questionnaire

REMARK: LIE-BET scale switched to Core Section (from Optional O17-2015 and O18-2015). In 2019 added “Now think again about gambling for money in general” to introduce the Lie-Bet scale.

C49 Fathers’ education

REMARK: The response categories are supposed to adjust to most countries’ educational levels. However, the examples might need cultural adjustments.

C50 Mothers’ education

REMARK: The response categories are supposed to adjust to most countries’ educational levels. However, the examples might need cultural adjustments.

C52 People living in the same house

REMARK: Reformulation with respect to C50-2015. To the last answer option added the example “when living in a boarding school or equivalent”.

C53 Parents statements

REMARK: Derives from C51-2015. Some sub questions have been deleted.

C54 Family Support question


C55 Peer Support question

C56 Parents’ knowledge about Saturday nights

REMARK: Slight reformulation (“Your mother or your father”) with respect to C52-2015 (“Your parents”).

GUIDELINE: Saturday nights ought to be the nights young people is most likely to spend outside the home. If this is another night in your country, for example Friday, you should choose that night instead.

Optional section

O01 Average grades

GUIDELINE: The aim with this question is to be able to divide the students into three groups of roughly equal size: high, medium and low graders. This operation is done centrally when the 2019 database is produced. The national grade system should be employed (numbers, letters, codes etc.). The number of options needed should be nationally decided in order to accomplish the aim with the question (three roughly equal groups). The scale should start with the highest/best grade on top (coded as “1”) followed by all other grades in descending order.

O03b and O04b Parents reaction

REMARK: O03b and O04b added in order to introduce Smoke cigarettes.

O05g Inhalant use

GUIDELINE: Use nationally relevant examples of substances in brackets. (For example: glue, petrol, aerosols from spray cans, butane gas etc.) However, avoid giving explicit examples on how to use these substances.

O06 Last 7 days’ alcohol use

GUIDELINES: Adjust the containers and the explanations (pictures) to the most relevant in your country. Use the most relevant of cl, dl or l. In the production of the database the 7 days quantity will be centrally calculated to 100% alcohol. The last picture has been modified with respect to 2015, in order to better represent the alcoholic mixed drinks.

O07a Off-premise purchases of beer

REMARK: With off-premises we are referring to take away, take out consumption.

GUIDELINE: If low or alcohol free beer is nationally available, it should be explained within brackets that these beverages should be excluded.
EXAMPLES: “Don’t include beer with an alcohol volume below 2.5 %”, “Don’t include low alcohol beer” or similar.

O07b Off-premise purchases of cider

REMARK: With off-premises we are referring to take away, take out consumption.

GUIDELINE: The cider question is optional. It should be asked if cider is nationally available, otherwise not. If low or alcohol free cider is nationally available, it should be explained within brackets that these beverages should be excluded.

EXAMPLES: “Don’t include cider with an alcohol volume below 2.5 %”, “Don’t include low alcohol cider” or similar.

O07c Off-premise purchases of premixed drinks

REMARK: With off-premises we are referring to take away, take out consumption. ‘Alcopops’ changed into ‘Premixed drinks’. When using OTHER NATIONAL EXAMPLES please do not include brand names.

GUIDELINE: Premixed drinks questions are optional. They should be asked if premixed drinks are nationally available, otherwise not. Premixed drinks refer to premixed / prepacked beverages of roughly 4-6 % alcohol volume. If necessary, this should be exemplified for the respondents within brackets, for example “breezers” etc.

O08a On-premise purchases of beer

GUIDELINE: If low or alcohol free beer is nationally available, it should be explained within brackets that these beverages should be excluded.

EXAMPLES: “Don’t include beer with an alcohol volume below 2.5 %”, “Don’t include low alcohol beer” or similar.

O08b On-premise purchases of cider

GUIDELINE: The cider question is optional. It should be asked if cider is nationally available, otherwise not.

If low or alcohol free cider is nationally available, it should be explained within brackets that these beverages should be excluded.

EXAMPLE: “Don’t include cider with an alcohol volume below 2.5 %”, “Don’t include low alcohol cider” or similar.
O08c On-premise purchases of premixed drinks

REMARK: ‘Alcopops’ changed into ‘Premixed drinks’. When using OTHER NATIONAL EXAMPLES please do not include brand names.

GUIDELINE: Premixed drinks questions are optional. They should be asked if premixed drinks are nationally available, otherwise not. Premixed drinks refer to premixed / prepacked beverages of roughly 4-6 % alcohol volume. If necessary, this should be exemplified for the respondents within brackets, for example “breezers” etc.

O09 Last day places alcohol consumption

REMARK: With respect to 2015 (O11-2015), last answer option does not have text for specification ‘please describe’.

O10 Energy drinks

GUIDELINE: Please insert relevant national examples for both “energy drinks” and “sport drinks”. Do not report brand names.

O11 Energy drinks and alcohol

GUIDELINE: Please insert relevant national examples for “sport drinks”. Do not report brand names.

Header before O12: Internet and Online games

REMARK: Reformulation in order to include ONLINE games.

O12 Internet use statements

REMARK: Compulsive Internet Use Scale (CIUS).

O13 Online games only use statements

REMARK: Problematic online gaming scale (POGQ-SF).

If deemed useful at national level, response option ’Mostly’ can be replaced with ’Often’.

Module section

Performance enhancers module: M01, M02

REMARK: This is a NEW TOPIC in 2019. In 2023 wave this module will become HOT TOPIC; in 2023 it is envisaged to switch the two questions in the Core Section in order to have data from all participating countries.

GUIDELINE: The formulation of both questions should be adapted to country needs