

Personality and Health Behaviors Among Undergraduate Students

This survey will take approximately 15-20 minutes to complete. Your participation is voluntary. If you should come to any question that you do not wish to answer, just go on to the next question. Do not put your name or ID number anywhere on the questionnaire or scantron. Please remember to complete both sides of the questionnaire and put your answers on the scantron.

Background information

1. Are you: **A) female** **B) male**
2. What is your classification? **A) Freshman** **B) Sophomore** **C) Junior** **D) Senior**
3. Marital status: **A) single** **B) married** **C) divorced** **D) widowed**
E) cohabitating
4. Job status: **A) part time** **B) full time** **C) unemployed** **D) retired**
5. Race: **A) Caucasian** **B) African-American** **C) Hispanic** **D) Asian** **E) other**

Personality

Here are a number of characteristics that may or may not apply to you. For example, do you agree that you are someone who likes to spend time with others? Please write a number next to each statement to indicate the extent to which you agree or disagree with that statement using the following scale.

- A = disagree strongly
- B = disagree a little
- C = neither agree nor disagree
- D = agree a little
- E = agree strongly

I See Myself as Someone Who...

6. Is talkative
7. Tends to find fault with others
8. Does a thorough job
9. Has a wide range of interest
10. Is depressed, blue
11. Is original, comes up with new ideas
12. Is reserved
13. Is helpful and unselfish with others
14. Prefers the conventional, traditional

15. Can be somewhat careless
16. Is relaxed, handles stress well
17. Is curious about many different things
18. Is full of energy
19. Prefers work that is routine and simple
20. Starts quarrels with others
21. Is a reliable worker
22. Can be tense
23. Is clever, sharp-witted
24. Tends to be quiet
25. Values artistic, aesthetic experiences
26. Tends to be disorganized
27. Is emotionally stable, not easily upset
28. Has an active imagination
29. Perseveres until the task is finished
30. Is sometimes rude to others
31. Has unwavering self-confidence
32. Is inventive
33. Is generally trusting
34. Tends to be lazy
35. Is clear-thinking, intelligent
36. Worries a lot
37. Wants things to be simple and clear-cut
38. Is sometimes shy, inhibited
39. Has a forgiving nature
40. Is idealistic, can be a dreamer
41. Does things efficiently
42. Can be moody
43. Is ingenious, a deep thinker
44. Generates a lot of enthusiasm
45. Can be cold and aloof
46. Enjoys thinking about complicated problems
47. Makes plans and follows through with them
48. Remains calm in tense situation
49. Likes to reflect, play with ideas
50. Is considerate and kind to almost everyone
51. Seeks adventure and excitement
52. Gets nervous easily
53. Is sophisticated in art, music, or literature
54. Has an assertive personality
55. Is insightful, sees different possibilities
56. Likes to cooperate with others
57. Is easily distracted
58. Is outgoing, sociable
59. Has few artistic interest

Health Behaviors

This survey is about health behavior. Answer the questions based on what you really do.

The next 11 questions ask about violence-related behaviors.

60. During the past 30 days, on how many days did you carry a **weapon** such as a gun, knife, or club?
- 0 days
 - 1 day
 - 2 or 3 days
 - 4 or 5 days
 - 6 or more days
61. During the past 30 days, on how many days did you carry a **gun**?
- 0 days
 - 1 day
 - 2 or 3 days
 - 4 or 5 days
 - 6 or more days
62. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on **school property**?
- 0 days
 - 1 day
 - 2 or 3 days
 - 4 or 5 days
 - 6 or more days
63. During the past 30 days, on how many days did you **not** go to school because you felt you would be unsafe at school or on your way to or from school?
- 0 day
 - 1 day
 - 2 or 3 days
 - 4 or 5 days
 - 6 or more days
64. During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club?
- 0 times
 - 1 time
 - 2 or 3 times
 - 4 or 5 times
 - 6 or 7 times
 - 8 or 9 times
 - 10 or 11 times
 - 12 or more times

65. During the past 12 months, how many times has someone stolen or deliberately damaged your property such as your car, clothing, or books?
- a. 0 times
 - b. 1 time
 - c. 2 or 3 times
 - d. 4 or 5 times
 - e. 6 or 7 times
 - f. 8 or 9 times
 - g. 10 or 11 times
 - h. 12 or more times
66. During the past 12 months, how many times were you in a physical fight?
- a. 0 times
 - b. 1 time
 - c. 2 or 3 times
 - d. 4 or 5 times
 - e. 6 or 7 times
 - f. 8 or 9 times
 - g. 10 or 11 times
 - h. 12 or more times
67. During the past 12 months, how many times were you in a physical fight in which you were injured and had to be treated by a doctor or nurse?
- a. 0 times
 - b. 1 time
 - c. 2 or 3 times
 - d. 4 or 5 times
 - e. 6 or more times
68. During the past 12 months, how many times were you in a physical fight **on school property**?
- a. 0 times
 - b. 1 time
 - c. 2 or 3 times
 - d. 4 or 5 times
 - e. 6 or 7 times
 - f. 8 or 9 times
 - g. 10 or 11 times
 - h. 12 or more times
69. During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?
- a. Yes
 - b. No

70. Have you ever been physically forced to have sexual intercourse when you did not want to?
- a. Yes
 - b. No

The next 5 questions ask about sad feelings and attempted suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide, that is, taking some action to end their own life.

71. During the past 12 months, did you ever feel so sad or hopeless almost every day for **two weeks or more in a row** that you stopped doing some usual activities?
- a. Yes
 - b. No
72. During the past 12 months, did you ever **seriously** consider attempting suicide?
- a. Yes
 - b. No
73. During the past 12 months, did you make a plan about how you would attempt suicide?
- a. Yes
 - b. No
74. During the past 12 months, how many times did you actually attempt suicide?
- a. 0 times
 - b. 1 time
 - c. 2 or 3 times
 - d. 4 or 5 times
 - e. 6 or more times
75. **If you attempted suicide** during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?
- a. **I did not attempt suicide** during the past 12 months
 - b. Yes
 - c. No

The next 11 questions ask about tobacco use.

76. Have you ever tried cigarette smoking, even one or two puffs?
- a. Yes
 - b. No
77. How old were you when you smoked a whole cigarette for the first time?
- a. I have never smoked a whole cigarette
 - b. 8 years old or younger
 - c. 9 or 10 years old
 - d. 11 or 12 years old
 - e. 13 or 14 years old

- f. 15 or 16 years old
 - g. 17 years old or older
78. During the past 30 days, on how many days did you smoke cigarettes?
- a. 0 days
 - b. 1 or 2 days
 - c. 3 to 5 days
 - d. 6 to 9 days
 - e. 10 to 19 days
 - f. 20 to 29 days
 - g. All 30 days
79. During the past 30 days, on the days you smoked, how many cigarettes did you smoke **per day**?
- a. I did not smoke cigarettes during the past 30 days
 - b. Less than 1 cigarette per day
 - c. 1 cigarette per day
 - d. 2 to 5 cigarettes per day
 - e. 6 to 10 cigarettes per day
 - f. 11 to 20 cigarettes per day
 - g. More than 20 cigarettes per day
80. During the past 30 days, how did you **usually** get your own cigarettes? (Select only **one** response.)
- a. I did not smoke cigarettes during the past 30 days
 - b. I bought them in a store such as a convenience store, supermarket, discount store, or gas station
 - c. bought them from a vending machine
 - d. I gave someone else money to buy them for me
 - e. I borrowed (or bummed) them from someone else
 - f. A person 18 years old or older gave them to me
 - g. I took them from a store or family member
 - h. I got them some other way
81. During the past 30 days, on how many days did you smoke cigarettes **on school property**?
- a. 0 days
 - b. 1 or 2 days
 - c. 3 to 5 days
 - d. 6 to 9 days
 - e. 10 to 19 days
 - f. 20 to 29 days
 - g. All 30 days

82. Have you ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days?
- Yes
 - No
83. During the past 12 months, did you ever try **to quit** smoking cigarettes?
- I did not smoke during the past 12 months
 - Yes
 - No
84. During the past 30 days, on how many days did you use **chewing tobacco, snuff, or dip**, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?
- 0 days
 - 1 or 2 days
 - 3 to 5 days
 - 6 to 9 days
 - 10 to 19 days
 - 20 to 29 days
 - All 30 days
85. During the past 30 days, on how many days did you use **chewing tobacco, snuff, or dip on school property**?
- 0 days
 - 1 or 2 days
 - 3 to 5 days
 - 6 to 9 days
 - 10 to 19 days
 - 20 to 29 days
 - All 30 days
86. During the past 30 days, on how many days did you smoke **cigars, cigarillos, or little cigars**?
- 0 days
 - 1 or 2 days
 - 3 to 5 days
 - 6 to 9 days
 - 10 to 19 days
 - 20 to 29 days
 - All 30 days

The next 5 questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes.

87. During your life, on how many days have you had at least one drink of alcohol?
- 0 days
 - 1 or 2 days
 - 3 to 9 days
 - 10 to 19 days
 - 20 to 39 days
 - 40 to 99 days
 - 100 or more days
88. How old were you when you had your first drink of alcohol other than a few sips?
- I have never had a drink of alcohol other than a few sips
 - 8 years old or younger
 - 9 or 10 years old
 - 11 or 12 years old
 - 13 or 14 years old
 - 15 or 16 years old
 - 17 years old or older
89. During the past 30 days, on how many days did you have at least one drink of alcohol?
- 0 days
 - 1 or 2 days
 - 3 to 5 days
 - 6 to 9 days
 - 10 to 19 days
 - 20 to 29 days
 - All 30 days
90. During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?
- 0 days
 - 1 day
 - 2 days
 - 3 to 5 days
 - 6 to 9 days
 - 10 to 19 days
 - 20 or more days
91. During the past 30 days, on how many days did you have at least one drink of alcohol **on school property**?
- 0 days
 - 1 or 2 days
 - 3 to 5 days
 - 6 to 9 days
 - 10 to 19 days
 - 20 to 29 days
 - All 30 days

The next 4 questions ask about marijuana use. Marijuana also is called grass or pot.

92. During your life, how many times have you used marijuana?

- a. 0 times
- b. 1 or 2 times
- c. 3 to 9 times
- d. 10 to 19 times
- e. 20 to 39 times
- f. 40 to 99 times
- g. 100 or more times

93. How old were you when you tried marijuana for the first time?

- a. I have never tried marijuana
- b. 8 years old or younger
- c. 9 or 10 years old
- d. 11 or 12 years old
- e. 13 or 14 years old
- f. 15 or 16 years old
- g. 17 years old or older

94. During the past 30 days, how many times did you use marijuana?

- a. 0 times
- b. 1 or 2 times
- c. 3 to 9 times
- d. 10 to 19 times
- e. 20 to 39 times
- f. 40 or more times

95. During the past 30 days, how many times did you use marijuana **on school property**?

- a. 0 times
- b. 1 or 2 times
- c. 3 to 9 times
- d. 10 to 19 times
- e. 20 to 39 times
- f. 40 or more times

The next 9 questions ask about other drugs.

96. During your life, how many times have you used **any** form of cocaine, including powder, crack, or freebase?

- a. 0 times
- b. 1 or 2 times
- c. 3 to 9 times
- d. 10 to 19 times
- e. 20 to 39 times
- f. 40 or more times

97. During the past 30 days, how many times did you use **any** form of cocaine, including powder, crack, or freebase?
- 0 times
 - 1 or 2 times
 - 3 to 9 times
 - 10 to 19 times
 - 20 to 39 times
 - 40 or more times
98. During your life, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?
- 0 times
 - 1 or 2 times
 - 3 to 9 times
 - 10 to 19 times
 - 20 to 39 times
 - 40 or more times
99. During your life, how many times have you used **heroin** (also called smack, junk, or China White)?
- 0 times
 - 1 or 2 times
 - 3 to 9 times
 - 10 to 19 times
 - 20 to 39 times
 - 40 or more times
100. During your life, how many times have you used **methamphetamines** (also called speed, crystal, crank, or ice)?
- 0 times
 - 1 or 2 times
 - 3 to 9 times
 - 10 to 19 times
 - 20 to 39 times
 - 40 or more times
101. During your life, how many times have you used **ecstasy** (also called MDMA)?
- 0 times
 - 1 or 2 times
 - 3 to 9 times
 - 10 to 19 times
 - 20 to 39 times
 - 40 or more times

102. During your life, how many times have you taken **steroid pills or shots** without a doctor's prescription?
- 0 times
 - 1 or 2 times
 - 3 to 9 times
 - 10 to 19 times
 - 20 to 39 times
 - 40 or more times
103. During your life, how many times have you used a needle to inject any **illegal** drug into your body?
- 0 times
 - 1 time
 - 2 or more times
104. During the past 12 months, has anyone offered, sold, or given you an illegal drug **on school property**?
- Yes
 - No

The next 7 questions ask about sexual behavior.

105. Have you ever had sexual intercourse?
- Yes
 - No
106. How old were you when you had sexual intercourse for the first time?
- I have never had sexual intercourse
 - 11 years old or younger
 - 12 years old
 - 13 years old
 - 14 years old
 - 15 years old
 - 16 years old
 - 17 years old or older
107. During your life, with how many people have you had sexual intercourse?
- I have never had sexual intercourse
 - 1 person
 - 2 people
 - 3 people
 - 4 people
 - 5 people
 - 6 or more people

108. During the past 3 months, with how many people did you have sexual intercourse?
- a. I have never had sexual intercourse
 - b. I have had sexual intercourse, but not during the past 3 months
 - c. 1 person
 - d. 2 people
 - e. 3 people
 - f. 4 people
 - g. 5 people
 - h. 6 or more people
109. Did you drink alcohol or use drugs before you had sexual intercourse the **last time**?
- a. I have never had sexual intercourse
 - b. Yes
 - c. No
110. The **last time** you had sexual intercourse, did you or your partner use a condom?
- a. I have never had sexual intercourse
 - b. Yes
 - c. No
111. The **last time** you had sexual intercourse, what **one** method did you or your partner use to **prevent pregnancy**? (Select only **one** response.)
- a. I have never had sexual intercourse
 - b. No method was used to prevent pregnancy
 - c. Birth control pills
 - d. Condoms
 - e. Depo-Provera (injectable birth control)
 - f. Withdrawal
 - g. Some other method
 - h. Not sure

The next 7 questions ask about body weight.

112. How do **you** describe your weight?
- a. Very underweight
 - b. Slightly underweight
 - c. About the right weight
 - d. Slightly overweight
 - e. Very overweight
113. Which of the following are you trying to do about your weight?
- a. **Lose** weight
 - b. **Gain** weight
 - c. **Stay** the same weight
 - d. I am **not trying to do anything** about my weight

114. During the past 30 days, did you **exercise** to lose weight or to keep from gaining weight?
- Yes
 - No
115. During the past 30 days, did you **eat less food, fewer calories, or foods low in fat** to lose weight or to keep from gaining weight?
- Yes
 - No
116. During the past 30 days, did you **go without eating for 24 hours or more** (also called fasting) to lose weight or to keep from gaining weight?
- Yes
 - No
117. During the past 30 days, did you **take any diet pills, powders, or liquids** without a doctor's advice to lose weight or to keep from gaining weight? (Do **not** include meal replacement products such as Slim Fast.)
- Yes
 - No
118. During the past 30 days, did you **vomit or take laxatives** to lose weight or to keep from gaining weight?
- Yes
 - No