

7.1 Appendix 1 – Page 1 Of The Questionnaire.

University of Nottingham School of Life Sciences Research & Ethics Committee approved

Title of Project: *Promoting Wellbeing in Undergraduate Students*

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This questionnaire is part of a BMedSci Research study looking into the wellbeing of undergraduate and postgraduate students. Please fill out this questionnaire honestly. All results will remain anonymous.

Please specify your course of study [Please select one that applies]

A100 Undergraduate Entry Medicine	<input type="checkbox"/>
A101 Graduate Entry Medicine	<input type="checkbox"/>
A108 Medicine with a foundation year	<input type="checkbox"/>
A10L Undergraduate Entry Medicine	<input type="checkbox"/>
A18L Medicine with a foundation year	<input type="checkbox"/>
Biochemistry	<input type="checkbox"/>
Pharmacy	<input type="checkbox"/>

What is your current year of study?

Year 1	<input type="checkbox"/>
Year 2	<input type="checkbox"/>
Year 3	<input type="checkbox"/>
Year 4	<input type="checkbox"/>
Year 5	<input type="checkbox"/>

Are you a Home/EU or International Student?

Home/EU ☐

International ☐

Please specify your ethnicity [Please tick one that applies]

Asian or Asian British:	<input type="checkbox"/> Indian, <input type="checkbox"/> Pakistani, <input type="checkbox"/> Bangladeshi, <input type="checkbox"/> Chinese, <input type="checkbox"/> Any other Asian background
Black or Black British:	<input type="checkbox"/> Caribbean, <input type="checkbox"/> African, <input type="checkbox"/> Any other Black background
White:	<input type="checkbox"/> British, <input type="checkbox"/> Irish, <input type="checkbox"/> Any other White background
Mixed:	<input type="checkbox"/> White and Black Caribbean, <input type="checkbox"/> White and Black African, <input type="checkbox"/> White and Asian, <input type="checkbox"/> Any other mixed background
Other Ethnic Group (e.g. Arab):	Please specify:
Prefer not to say	

Please specify your gender

Male	Female	Other	Prefer not to say
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Do you identify as part of the LGBT+ population? **Yes / No / Prefer not to say**

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Please tick the appropriate box that best represents your response to the following:

	Very poor	Poor	Fair	Good	Very good
Ability to manage stress					
Ability to relax					
Mood					
Ability to control anxiety					
Ability to keep stress in perspective					
Physical health					
General level of energy					
Ability to communicate					
Problem solving					
Time management					
Ability to focus on the present moment (e.g. in a lecture)					
Ability to work well in a team					

How much do you currently employ the following?

	Not at all	Rarely	Sometimes	Quite a lot	Always
Meditation					
Healthy nutrition					
Exercise					
Social support					
'Spirituality'					
Mindfulness					
Social media					

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Which of the above do you find most effective at relieving stress? _____

Based on the past month rate yourself in each of the following areas:

		2 points	1 points	No points	Your score
Family & Friends	Communication with others is open honest and clear	Almost always	Some of the time	Hardly ever	
	I get the emotional support that I need	Almost always	Some of the time	Hardly ever	
Activity	Active exercise – 30 minutes e.g. running cycling fast walk	4 or more times a week	2-3 times a week	Seldom or never	
	Relaxation and enjoyment of leisure time	Almost daily	Some of the time	Hardly ever	
	Maintain my exercise over the long term	Consistent for more than 2 years	Exercise comes and goes	Never exercised regularly	
Nutrition	Eat 5 or more servings of fruit and vegetables daily	Almost always	Some of the time	Hardly ever	
	Excess sugar, salt animal fats, or junk foods	Minimal use	Some of the time	Frequently	
	BMI	<25	25-30	Over 30	
Tobacco & Toxins	Frequency of smoking	Never	Social smoker	Smoke on daily basis	
	Coffee, tea, cola, energy drinks	Under 3 per week	3 – 6 per week	6 or more per week	
Alcohol	Average intake per week large glass of wine = 3 units pint of cider/beer = 2.3-2.8 units single shot = 0.9-1.4 units	10 or less units per week	10-14 units per week	More than 14 units per week	
Sleep	7-9 hours sound sleep per night	Almost always	Some of the time	Hardly ever	
Stress	Tend to cope well with stress	Almost always	Most of the time	Some of	
	Major stressful events in past year	None	1-2	3 or more	
	Positive thinker	Almost always	Some of the time	Hardly ever	
	Anxiety, worry	Hardly ever	Some of the time	Almost always	
	Depression	Hardly ever	Some of the time	Almost always	
Type of Personality	Sense of time urgency: Impatience, anger and hostility	Hardly ever	Some of the time	Almost always	
Career	Satisfied with experience of university course so far	Almost always	Some of the time	Hardly ever	
				TOTAL/40	

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Please list any sports/ exercise you do regularly


Do you play sport competitively? Yes / No

Have you joined a sports team? Yes / No

If you stopped playing a sport after starting University, in which year of study did you stop and why?

The questions in this scale ask about your feelings and thoughts **during the last month**. Indicate by placing a cross in the box that response that best represents *how often* you felt or thought a certain way:

	Never	Almost never	Some- times	Fairly often	Very often
In the last month, how often have you been upset because of something that happened unexpectedly?					
In the last month, how often did you practice Mindfulness?					
In the last month, how often did you find yourself doing things without paying attention (running on "automatic pilot")					
In the last month, how often have you felt nervous and "stressed"?					
In the last month, how often have you felt confident about your ability to handle your personal problems?					
In the last month, how often did you find yourself preoccupied with future or past events					
In the last month, how often have you been angered because of things outside your control?					
In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?					

 Please give brief examples of what has caused you stress in the last month (*e.g. finance, workload, personal relationships*):



Thank you for taking the time to complete this questionnaire.