

## MIGHTY SURVEY

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### **Overall information: period, territorial reference and main topics**

The cross-sectional survey was carried out between November 2024 and February 2025 in two Italian Regions: Lombardy (NUTS - ITC4) and Marche (NUTS- ITI3). The questionnaire has 6 sections: 1. Personal characteristics, 2. Health, 3. Access to healthcare services, 4. Prevention, 5. Psychological well-being and network support, and 6. Lifestyle.

### **Sampling strategy and weights**

To select interviewers, we adopted the Center Sampling Methodology which is a statistical sampling method tailored for surveys targeting hard-to-reach populations and contexts lacking adequate sampling frames to cover the entire population, including irregular and naturalized immigrants. According to McKenzie and Mistiaen (2009), Center Sampling provides a statistically sound method that significantly reduces time and costs compared to census-based screening and enumeration exercises. This innovative approach, pioneered by Fondazione ISMU (Iniziative e Studi sulla Multietnicità) in Italy since 1990, has been successfully employed in national and European surveys. The underlying assumption is that migrants frequent a range of “aggregation centers” for daily purposes, such as specific services for foreign populations, places of worship, ethnic shops, both formal and spontaneous gathering places, and work environments (see Table 1 for details). These centers are randomly selected, and interviewees are randomly chosen from those frequenting a particular center. Interviews are conducted face-to-face by foreign-origin interviewers, mostly linguistic-cultural mediators to reduce language barriers, who have received specific training.

Inclusion criteria are based on the country of birth or foreign background regardless the legal status. Information about the number of centers frequented by interviewees is used to adjust the initial probability of inclusion in the sample through sample weights. The center sampling technique provides "the same representativeness as a hypothetical simple random sample stratified with respect to the distribution of center attendance' profiles" (Baio et al., 2011: 454).

*Table 1 – Number of interviews and percentage by typology of aggregation center*

| <b>Aggregation center</b>  | <b>N.<br/>interviews</b> | <b>%</b>      |
|--|--------------------------|---------------|
| Centers offering services and assistance (reception, work, health public offices etc.)   | 701                      | 19.15         |
| Training centers (Italian courses, CIPIA training, schools, universities etc.)   | 389                      | 10.63         |
| Places of worship (churches, mosques, temples etc.)  | 192                      | 5.25          |
| Ethnic shops (kebabs, Islamic butchers, take-aways, food products etc.)  | 196                      | 5.36          |
| Entertainment venues (cinemas, discos, sports facilities, bars, restaurants etc.)  | 494                      | 13.50         |
| Shopping centers   | 281                      | 7.68          |
| Meeting places, outdoor meeting places (stations, squares, parks, lakes etc.)  | 518                      | 14.15         |
| Markets in general (municipal markets, flower markets, fruit and vegetable markets etc.)   | 100                      | 2.73          |
| Places of work or labour recruitment (construction sites, workshops, restaurants and hotels, porters' lounges, agricultural fields etc.) | 138                      | 3.77          |
| Associations and cultural centers  | 87                       | 2.38          |
| Service centres (phone centres, money transfer agencies, laundromats, etc.)  | 39                       | 1.07          |
| Private accommodation (private parties, etc.)  | 525                      | 14.34         |
| <b>Total</b>   | <b>3,660</b>             | <b>100.00</b> |

Fondazione ISMU trained the interviewers selected from its network of interviewers involved in previous surveys under the Regional Observatory for Integration and Multiethnicity. The survey has been conducted using CAPI and the LimeSurvey platform. The interviewers have been provided with adequate written documentation to provide operational and methodological guidance (e.g. target population, approach to respondents, anonymity and confidentiality).

The final sample consists of 3,660 interviews 3,838 in Lombardy Region and 822 in the Marche Region. Table 2 shows the territorial distribution of interviews across the provinces

*Table 2 - Distribution of interviews in the two regions.*

| <b>Province of Lombardy</b> | <b>n. of interviews<br/>(% of Lombardy)</b> | <b>Province of Marche</b> | <b>n. of interviews<br/>(% of Marche)</b> |
|-----------------------------|---|---------------------------|---|
| Bergamo                     | 249 (8.8%)                                  | Ancona                    | 264 (32.1%)                               |
| Brescia                     | 370 (13.0%)                                 | Ascoli Piceno             | 100 (12.2%)                               |
| Como                        | 119 (4.2%)                                  | Fermo                     | 104 (12.7%)                               |
| Cremona                     | 96 (3.4%)                                   | Macerata                  | 179 (21.8%)                               |
| Lecco                       | 120 (4.2%)                                  | Pesaro e Urbino           | 175 (21.3%)                               |
| Lodi                        | 97 (3.4%)                                   |                           |   |
| Mantova                     | 131 (4.6%)                                  |                           |   |
| Milano                      | 1,030 (36.3%)                               |                           |   |
| Monza Brianza               | 187 (6.6%)                                  |                           |   |
| Pavia                       | 159 (5.6%)                                  |                           |   |
| Sondrio                     | 94 (3.3%)                                   |                           |   |
| Varese                      | 186 (6.6%)                                  |                           |   |
| <b>Lombardy</b>             | <b>2,838 (100.0)</b>                        | <b>Marche</b>             | <b>822 (100.0%)</b>                       |

**Target population:** individuals aged 18 or older having a foreign-citizenship (included undocumented) or foreign-born with Italian citizenship.

**Response rate:** To ensure 3,660 interviews, 6,907 people were contacted. Of those included in the final sample, 60% had no refusal, 18.9% had one refusal before being interviewed, 10.7% had two refusals and 6% had three or more refusals. The refusal rate was slightly lower in the Marche region (40.7%) than in Lombardy (48.6%).

**Missing data:** Overall, the number of missing answers is limited. The variables with more missing data are: consumption of psychoactive substances, consumption of spirits, weight and height.

## References

Baio, G., Carlo Blangiardo, G., & Blangiardo, M. (2011). Centre sampling technique in foreign migration surveys: a methodological note. *Journal of Official Statistics*, 27(3), 451.

McKenzie, D. J., & Mistiaen, J. (2009). Surveying migrant households: a comparison of census-based, snowball and intercept point surveys. *Journal of the Royal Statistical Society Series A: Statistics in Society*, 172(2), 339-360.

# QUESTIONNAIRE MIGHTY

(translated in English)

## SECTION 1 – PERSONAL CHARACTERISTICS

**1. Sex:**

- 1. ☐ Male
- 2. ☐ Female

**2. Year of birth** |\_\_|\_\_|\_\_|\_\_|

**3. Place of birth:**

- 1. ☐ Abroad
- 2. ☐ Italy ( question 5)

**4. If born abroad, year of arrival in Italy** |\_\_|\_\_|\_\_|\_\_|

**5. Is your citizenship..?**

- 1. ☐ Foreign (list of countries)
- 2. ☐ Italian but I have foreign background (list of countries)
- 3. ☐ Stateless

**6. Civil status:**

- 1. ☐ Single (question 8)
- 2. ☐ Married or cohabiting
- 3. ☐ Widow (question 8)
- 4. ☐ Divorced – separated (question 8)
- 99. ☐ Do not answer (question 8)

**7. Indicate the citizenship of your spouse/partner (if born abroad and later acquired Italian citizenship, please refer to the original citizenship)**

- 1. ☐ Same citizenship as the respondent
- 2. ☐ Italian
- 3. ☐ Other citizenship
- 99. ☐ Do not answer

**8. Educational attainment (indicate the highest level achieved, whether abroad or in Italy)**

- 1. ☐ None
- 2. ☐ Primary education
- 3. ☐ Lower secondary education
- 4. ☐ Upper secondary education
- 5. ☐ Tertiary and upper education
- 99. ☐ Do not answer

**9. State your current legal status**

- 1. ☐ Italian or EU citizenship (question 11)
- 2. ☐ Long-term resident status (former residence card) (question 11)
- 3. ☐ Short-term residence permit/permit with expiry date
- 4. ☐ No residence permit (question 11)
- 99. ☐ Do not answer (question 11)

**10. Indicate the type of sojourn permit**

- 1. ☐ Family
- 2. ☐ Work
- 3. ☐ Asylum seeker
- 4. ☐ Holder of protection (political refugee, subsidiary, humanitarian, special permit)
- 5. ☐ Other (study, health, etc.)
- 99. ☐ Do not answer

**11. Who do you currently live with in Italy? (multiple answers possible)**

- 1 ☐ None (live alone)
- 2 ☐ Spouse/partner
- 3 ☐ Minor children (own and/or of partner)
- 4 ☐ Children of full age (own and/or of partner)
- 5 ☐ Parents and partner's parents
- 6 ☐ Brothers/sisters
- 7 ☐ Other relatives (uncles, cousins, brothers-in-law...)
- 8 ☐ Other non relatives (friends, acquaintances, roommates, other students..)
- 9 ☐ Employer

**12. Number of members in your household in Italy (including the respondent)**

|\_\_|\_\_| 99. ☐ Do not answer

**13. Indicate your prevailing professional status**

- 1. ☐ Employed on a permanent basis (full-time or part-time)
- 2. ☐ Employed on a temporary or para-subordinate basis (on call, seasonal, collaborative, project and other atypical etc.)
- 3. ☐ Self-employed, freelance worker
- 4. ☐ Entrepreneur
- 5. ☐ Unemployed or looking for work (question 16)
- 6. ☐ Housewife (question 16)
- 7. ☐ Other: specify (e.g. inactive, not working, retired, student) (question 16)

**14. Indicate whether regularly employed: 0. ☐ no 1. ☐ yes**

**15.** For all employed, indicate the type of job currently held. For unemployed indicate the last job you had before becoming unemployed (give 1 answer only) What does your job consist of?

1. ☐ Manager-professional, consultant, journalist, engineer, doctor, etc.
2. ☐ Entrepreneur (with employees)
3. ☐ Trader, artisan, business owner (without employees)
4. ☐ Office worker, teacher, cultural mediator
5. ☐ Service and sales worker (employee)
6. ☐ Worker (including farm labourer, warehouse worker, logistician)
7. ☐ Waiter, cook, caterer
8. ☐ Truck drivers, couriers, transport workers (employees)
9. ☐ Health and care workers in facilities (not in households) (nurses, OSA, etc.)
10. ☐ Basic service occupations (maintenance, care, cleaning, domestic helpers, security)
11. ☐ Other: \_\_\_\_\_
99. ☐ Do not answer

**16.** From an economic perspective, how would you describe your family's current financial situation in Italy (or your own if you live alone)?

1. ☐ We manage to meet all expenses and save some money
2. ☐ We manage to meet all expenses, but we don't manage to save anything
3. ☐ We can't meet all of our expenses and have a hard time making ends meet
98. ☐ Do not know
99. ☐ Do not answer

**17.** Indicate the type of accommodation you live in:

1. ☐ Owned home
2. ☐ Rented home
3. ☐ Living with friends, relatives, or acquaintances as a non-paying guest
4. ☐ Provided by employer
5. ☐ Non-paying guest
6. ☐ Informal housing (abandoned buildings, informal settlements,...)
8. ☐ Other
99. ☐ Do not answer

## SECTION 2 – HEALTH

**18.** How is your health in general?

|  |           |      |      |     |          |             |               |
|--|-----------|------|------|-----|----------|-------------|---------------|
|  | Very good | Good | Fair | Bad | Very bad | Do not know | Do not answer |
|--|-----------|------|------|-----|----------|-------------|---------------|

|  |      |      |      |      |      |       |       |
|--|------|------|------|------|------|-------|-------|
| How is your health in general?   | 1[ ] | 2[ ] | 3[ ] | 4[ ] | 5[ ] | 98[ ] | 99[ ] |
| If born abroad: How was your health in your home country just before you left? | 1[ ] | 2[ ] | 3[ ] | 4[ ] | 5[ ] | 98[ ] | 99[ ] |

**19.** Do you have any chronic illnesses or longstanding health problems?

0 [ ] No (question 22)

1 [ ] Yes

98 [ ] Do not know (question 22)

99 [ ] Do not answer (question 22)

**20.** Which one? (multiple answers possible)

1. [ ] Asthma

2. [ ] Allergy (excluding allergic asthma)

3. [ ] Celiac disease (gluten intolerance)

4. [ ] High cholesterol

5. [ ] Diabetes

6. [ ] Hypertension (high blood pressure)

7. [ ] Myocardial infarction

8. [ ] Angina pectoris

9. [ ] Other diseases of the heart

10. [ ] Stroke (cerebral haemorrhage, cerebral thrombosis)

11. [ ] Arthrosis, arthritis

12. [ ] Osteoporosis

13. [ ] Malignant tumour (including lymphoma/leukaemia)

14. [ ] Recurrent headache or migraine

15. [ ] Alzheimer's, dementia

16. [ ] Parkinsonism

17. [ ] Depression

18. [ ] Severe chronic anxiety

19. [ ] Eating disorders (bulimia, anorexia)

20. [ ] Liver cirrhosis

21. [ ] Thyroid disease

22. [ ] Chronic renal failure

23. [ ] Chronic bronchitis, emphysema

24. [ ] Other chronic disease

**21.** Consider the disease you have had the longest, for how long?

1 [ ] Less than 1 year

2 [ ] At least 1 year

3 [ ] Since birth

98 [ ] Do not know

99 [ ] Do not answer

### SECTION 3 – ACCESS TO HEALTH SERVICES

**22.** In Italy, are you registered with the National Health Service?

0 ☐ No

1 ☐ Yes (question 25)

98 ☐ Don't know (question 25)

99 ☐ Do not answer (question 25)

**23.** In Italy, do you have the health card for Temporarily Present Foreigner (STP) or the card for Non-European Nationals (ENI)?

0 ☐ No

1 ☐ Yes (question 25)

99 ☐ Do not answer (question 25)

**24.** Why do you not have STP or ENI?

0 ☐ I did not know it existed

1 ☐ I don't need it

2 ☐ I had it, but it expired and I didn't renew it

3 ☐ I had it, but it expired and I am renewing it

4 ☐ I was not issued one

5 ☐ I don't know how to get it

99 ☐ Do not answer

**25.** Have you visited the emergency room in the last 12 months for any personal health issue (excluding instances where you accompanied others)?

0 ☐ No (question 27)

1 ☐ Yes

99 ☐ Do not answer (question 27)

**26.** If yes, how many times? ☐ ☐ ☐

**27.** Have you been admitted to the hospital for one or more nights in the last 12 months (excluding admissions related to childbirth)?

0 ☐ No (question 29)

1 ☐ Yes

99 ☐ Do not answer (question 29)

**28.** If yes, how many nights? ☐ ☐ ☐

**29.** Did you require any medical examinations, tests, or treatments in the last 12 months?

0 ☐ No, never (question 31)

1 ☐ Yes, and I was always able to do the examination, treatment or test (question 30b)

2 ☐ Yes, there was at least one instance where I have had to forego the examination, treatment or test, despite needed it (question 30a)

98 ☐ Don't know (question 31)

99 ☐ Do not answer (question 31)



**30a** (For those who had to forego the examination, treatment or test) – What was the reason you had to renounce it?

30a.1 I did not know where to have the examination, treatment or test 0. ☐ No 1. ☐ Yes

30a.2 I did not know how to book 0. ☐ No 1. ☐ Yes

30a.3 I could not afford it, it was too expensive 0. ☐ No 1. ☐ Yes

30a.4 I do not trust health professionals/physicians in Italy 0. ☐ No 1. ☐ Yes

30a.5 I had difficulty reaching health services (facility was far away, lack of transport)

0. ☐ No 1. ☐ Yes

30a.6 I could not find an available appointment 0. ☐ No 1. ☐ Yes

30a.7 I could not take time off work; the time was incompatible with work/personal commitments

0. ☐ No 1. ☐ Yes

30a.8 I am afraid of being discriminated against or treated badly by operators

0. ☐ No 1. ☐ Yes

30a.9 I was not issued with an STP code 0. ☐ NO 1. ☐ Yes (only for people without a permit)

**30b** (for those who have never had to forego an examination, treatment, or test) - At your last visit, examination or treatment ...?

30b.1 Did you have difficulty making yourself understood or understanding the doctor

0. ☐ No 1. ☐ Yes

30b.2 You did not understand the instructions you received (therapy, other tests to be done...)

0. ☐ No 1. ☐ Yes

30b.3 You had difficulty with administrative or bureaucratic procedures 0. ☐ No 1. ☐ Yes

30b.4 You did not know where to go for the visit, examination or treatment 0. ☐ No 1. ☐ Yes

30b.5 You gave up treatment because the drugs and/or treatment were too expensive

0. ☐ No 1. ☐ Yes

30b.6 You were neglected or treated badly by health professionals because you were a foreigner

0. ☐ No 1. ☐ Yes

30b.7 You had difficulty booking your visit, examination or treatment because of waiting lists

0. ☐ No 1. ☐ Yes

30b.8 Do you think you were treated appropriately? 0. ☐ No 1. ☐ Yes

31. How is your dental health (teeth and gums)?

1 ☐ Very good

2 ☐ Good

3 ☐ Fair

4 ☐ Bad

5 ☐ Very bad

99 ☐ Do not answer

**32.** Do you have periodic check-ups at the dentist in the absence of problems (i.e. for prevention)?

0 ☐ No (skip to question 34)

1 ☐ Yes, once a year

2 ☐ Yes, once every two years

3 ☐ Yes, more rarely

99 ☐ Do not answer

**33.** Do you mostly go to...?

- 1 ☐ A dentist/orthodontist at a public facility (hospital, public clinic, etc.) in Italy
- 2 ☐ A dentist/orthodontist at a private facility affiliated with the NHS in Italy
- 3 ☐ A private dentist/orthodontist in Italy
- 4 ☐ A dentist/orthodontist in your country of origin
- 5 ☐ A dentist/orthodontist in another country

**34.** Did you ever need an interpreter/cultural mediator during medical examinations and/or tests?  
(any health service including laboratory tests)

- 0 ☐ No (go to question 37)
- 1 ☐ Yes

**35.** Was an interpreter/cultural mediator available at the medical facility?

- 0 ☐ No
- 1 ☐ Yes (go to question 37)

**36.** How did you manage?

- 1 ☐ A family member helped me
- 2 ☐ An acquaintance helped me
- 3 ☐ The doctor helped me
- 4 ☐ There was information material available in my language

#### **SECTION 4 - PREVENTION**

**37.** In the last 3 years, have you had any check-ups or preventive examinations in the absence of any pathology/disease (e.g. blood pressure measurement, mammography, pap smear /prostate check-up, blood sugar, cholesterol)?

- 0 ☐ No
- 1 ☐ Yes, in Italy (go to question 39)
- 2 ☐ Yes, in my country of origin (go to question 39)
- 99 ☐ No answer (go to question 39)

**38.** If you have not had preventive examinations or tests, why? (multiple answers allowed)

- 0 ☐ Don't need them
- 1 ☐ Too expensive
- 2 ☐ I have no time
- 3 ☐ I am afraid of being treated badly
- 4 ☐ I didn't know they could be done
- 5 ☐ Don't know how to do them
- 6 ☐ I feel embarrassed
- 99 ☐ I do not answer

**39.** Are you aware of free screening programmes offered by the NHS?

- 0 [ ] No, I am not aware of them  
 1 [ ] Yes, but I have never taken part  
 2 [ ] Yes, I have joined at least one of the screening programmes  
 99 [ ] Do not answer

**40.** Have you ever been vaccinated in Italy or in your own country against...?

|                              | No    | Yes   | Do not know | Do not answer |
|------------------------------|-------|-------|-------------|---------------|
| Poliomyelitis                | 0 [ ] | 1 [ ] | 98 [ ]      | 99 [ ]        |
| Hepatitis B                  | 0 [ ] | 1 [ ] | 98 [ ]      | 99 [ ]        |
| Measles-parotitis-rubella    | 0 [ ] | 1 [ ] | 98 [ ]      | 99 [ ]        |
| Diphtheria-tetanus-pertussis | 0 [ ] | 1 [ ] | 98 [ ]      | 99 [ ]        |

## SECTION 5 – PSYCHOLOGICAL WELL-BEING AND NETWORK SUPPORT

**41.** In the last 2 weeks, how often have you experienced the following problems?

|   | Never | Some days | Over half the time | Almost every day | Do not answer |
|---|-------|-----------|--------------------|------------------|---------------|
| Lack of interest or pleasure in doing things?   | 1[ ]  | 2[ ]      | 3[ ]               | 4[ ]             | 99[ ]         |
| Feeling down, depressed or desperate  | 1[ ]  | 2[ ]      | 3[ ]               | 4[ ]             | 99[ ]         |
| Having trouble falling asleep or sleeping through the night without waking up, or sleeping too much?                | 1[ ]  | 2[ ]      | 3[ ]               | 4[ ]             | 99[ ]         |
| Feeling tired or have little energy?  | 1[ ]  | 2[ ]      | 3[ ]               | 4[ ]             | 99[ ]         |
| Having a poor appetite or eating too much?  | 1[ ]  | 2[ ]      | 3[ ]               | 4[ ]             | 99[ ]         |
| Having a low opinion of yourself, feeling like a failure or feeling that you have let yourself or your family down? | 1[ ]  | 2[ ]      | 3[ ]               | 4[ ]             | 99[ ]         |
| Difficulty concentrating on something, e.g. reading the newspaper or watching television?                           | 1[ ]  | 2[ ]      | 3[ ]               | 4[ ]             | 99[ ]         |
| Moving or talking so slowly that other people can notice you, or feeling restless or unusually agitated             | 1[ ]  | 2[ ]      | 3[ ]               | 4[ ]             | 99[ ]         |

**42.** How many people do you feel are so close that you can count on them in case of serious personal problems?

- 0 [ ] None

- 1 ☐ 1 o 2  
 2 ☐ 3 to 5  
 3 ☐ 6 or more  
 99 ☐ Do not answer

**43.** How much attention and interest do you feel others give to you and your situation?

- 1 ☐ A lot of attention and interest  
 2 ☐ Some attention and interest  
 3 ☐ Neither a little nor a lot  
 4 ☐ Little attention and little interest  
 5 ☐ No attention and no interest  
 99 ☐ Do not answer

**44.** In case of need, how easy would it be for you to receive practical help from your neighbours or acquaintances?

- 0 ☐ Very easy  
 1 ☐ Easy  
 2 ☐ Possible  
 3 ☐ Difficult  
 4 ☐ Very difficult  
 99 ☐ Do not answer

## SECTION 6 - LIFE STYLE

**45.** Weight and Height

Weight    kg 999. ☐ Do not know/Do not answer

Height    cm 999. ☐ Do not know/Do not answer

**48.** Do you smoke?

- 0 ☐ No  
 1 ☐ No, but I have smoked in the past  
 2 ☐ Yes  
 99 ☐ Do not answer

**49.** Do you drink alcohol (beer, wine, spirits)?

|         | Never                      | Rarely                     | A few times a week         | Every day of the week      | Do not answer               |
|---------|----------------------------|----------------------------|----------------------------|----------------------------|-----------------------------|
| Beer    | 0 <input type="checkbox"/> | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 99 <input type="checkbox"/> |
| Wine    | 0 <input type="checkbox"/> | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 99 <input type="checkbox"/> |
| spirits | 0 <input type="checkbox"/> | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 99 <input type="checkbox"/> |

**50.** In the last year have you used psychoactive substances (e.g. cannabis, cocaine, fentanyl...) not for medical use?

- 0 ☐ No
- 1 ☐ Yes
- 98 ☐ Do not know
- 99 ☐ Do not answer

**51.** In general, how often do you engage in moderate or intense physical activity or sports for at least 30 minutes?

- 0 ☐ Never
- 1 ☐ Rarely
- 2 ☐ 1 or 2 times a week
- 3 ☐ 3 times or more per week, but not every day
- 4 ☐ Every day