

## Variablen-Übersicht

### Fragebogen-Interne Daten

Im Datensatz finden Sie neben Ihren Fragen folgende zusätzliche Variablen, sofern Sie die entsprechende Option beim Herunterladen des Datensatzes nicht deaktivieren.

**CASE** Fortlaufende Nummer der Versuchsperson

**REF** Referenz, falls solch eine im Link zum Fragebogen übergeben wurde

**LASTPAGE** Nummer der Seite im Fragebogen, die zuletzt bearbeitet und abgeschickt wurde

**QUESTNNR** Kennung des Fragebogens, der bearbeitet wurde

**MODE** Information, ob der Fragebogen im Pretest oder durch einen Projektmitarbeiter gestartet wurde

**STARTED** Zeitpunkt, zu dem der Teilnehmer den Fragebogen aufgerufen hat

**FINISHED** Information, ob der Fragebogen bis zur letzten Seite ausgefüllt wurde

**TIME\_001...** Zeit, die ein Teilnehmer auf einer Fragebogen-Seite verbracht hat

Bitte beachten Sie, dass Sie die Fragebogen-internen Variablen nicht mit der Funktion `value()` auslesen können. Für Interview-Nummer und Referenz stehen aber die PHP-Funktionen [PHP-Funktion caseNumber\(\)](#) und [PHP-Funktion reference\(\)](#) zur Verfügung.

Details über die zusätzlichen Variablen stehen in der Anleitung: [Zusätzliche Variablen in der Datenausgabe](#)

### Section SD: Sociodemographics

**[SD01]** Selection

Gender

"Which gender do you identify with?"

**SD01** Gender

1 = diverse

2 = female

3 = male

4 = rather not say

-9 = Not answered

**[SD02]** Cloze Text

Age

"How old are you?"

**SD02\_01** I am ... years old

Free input (integer)

**[SD08]** Suggesting Text Input

Nationality

"What is your nationality?"

**SD08** Nationality

1001 = Apsny  
4 = Afghanistan  
8 = Albania  
10 = Antarctic  
12 = Algeria  
16 = American Samoa  
20 = Andorra  
24 = Angola  
660 = Anguilla  
28 = Antigua and Barbuda  
32 = Argentina  
51 = Armenia  
533 = Aruba  
36 = Australia  
40 = Austria  
31 = Azerbaijan  
44 = Bahamas  
48 = Bahrain  
50 = Bangladesch  
52 = Barbados  
112 = Belarus  
56 = Belgium  
248 = Åland Islands  
84 = Belize  
204 = Benin  
60 = Bermuda  
64 = Bhutan  
68 = Bolivia  
535 = Caribbean Netherlands  
70 = Bosnia and Herzegovina  
72 = Botswana  
76 = Brasil  
74 = Bouvet Islands  
92 = British Virgin Islands  
96 = Brunei  
86 = British Indian Ocean Territory  
100 = Bulgaria  
854 = Burkina Faso  
104 = Burma  
108 = Burundi  
116 = Cambodia  
120 = Cameroons  
124 = Canada  
132 = Cape Verde  
136 = Cayman Islands  
140 = Central African Republic  
148 = Chad  
152 = Chile  
156 = China (People's Republic of China)  
162 = Christmas Island  
166 = Cocos Islands  
170 = Colombia  
174 = Comoros  
178 = Republic of the Congo  
180 = Democratic Republic of the Congo  
184 = Cook Islands  
188 = Costa Rica  
384 = Côte d'Ivoire  
191 = Croatia  
192 = Cuba  
531 = Curaçao  
196 = Cyprus  
203 = Czech Republic  
208 = Denmark  
262 = Djibouti  
212 = Dominica  
214 = Dominican Republic  
626 = East Timor  
218 = Ecuador  
818 = Egypt  
222 = El Salvador  
226 = Equatorial Guinea  
232 = Eritrea  
233 = Estonia  
231 = Ethiopia

238 = Falkland Islands  
 234 = Faroe Islands  
 583 = Federated States of Micronesia  
 242 = Fiji  
 246 = Finland  
 250 = France  
 254 = French Guiana  
 258 = French Polynesia  
 260 = French Southern Territories  
 266 = Gabon  
 270 = Gambia  
 268 = Georgia  
 276 = Germany  
 288 = Ghana  
 292 = Gibraltar  
 300 = Greece  
 304 = Greenland  
 308 = Grenada  
 312 = Guadeloupe  
 316 = Guam  
 320 = Guatemala  
 831 = Guernsey  
 324 = Guinea  
 624 = Guinea-Bissau  
 328 = Guyana  
 [...]

**SD08s Nationality (free text)**

Free text

**[SD10] Selection****Family education background**

"What is your family's academic background?"

**SD10 Family education background**

1 = academic (at least one parent/legal guardian has a university degree)  
 2 = non-academic (none of my parents/legal guardians has a university degree)  
 -9 = Not answered

**[SD11] Selection****Formale Bildung (einfach)**

"Did you move to Tübingen for your Ph.D.?"

**SD11 Formale Bildung (einfach)**

1 = no  
 9 = yes, from another place in Germany  
 3 = yes, from another country  
 -9 = Not answered

**[SD12] Selection****Beruflicher Bildungsabschluss**

"What professional qualifications do you have?"

**SD12 Beruflicher Bildungsabschluss**

11 = University degree  
 10 = Vocational university/university of applied sciences degree  
 9 = Master/technical certification or equivalent vocational qualification  
 8 = General vocational qualification  
 7 = Specialized vocational qualification  
 2 = Vocational training period with diploma  
 3 = (Compact) vocational training program/course  
 4 = Completed industrial or agricultural apprenticeship  
 5 = Completed commercial traineeship  
 6 = Internship, practical training  
 1 = No professional qualifications  
 12 = Other degree:  
 -9 = Not answered

**SD12\_12 Other degree**

Free text

**[SD13]** Selection  
Care-taking  
"Do you have a child/a person in your family you have to take care of?"

**SD13** Care-taking  
1 = no  
2 = yes  
-9 = Not answered

**[SD14]** Multiple Choice  
Living-arrangement  
"What is your housing situation?"

**SD14** Living-arrangement: Residual option (negative) or number of selected options  
Integer  
**SD14\_01** Alone  
**SD14\_02** Together with parents  
**SD14\_03** Together with partner  
**SD14\_04** Student accommodation  
**SD14\_05** Shared flat  
**SD14\_08** Other, please specify  
1 = Not checked  
2 = Checked  
**SD14\_08a** Other, please specify (free text)  
Free text

## Section AP: About your Ph.D.

**[AP01]** Multiple Choice  
Faculty  
"Which faculty are your studies associated with?"

**AP01** Faculty: Residual option (negative) or number of selected options  
Integer  
**AP01\_01** Protestant Theology  
**AP01\_02** Catholic Theology  
**AP01\_03** Law  
**AP01\_04** Medicine  
**AP01\_05** Humanities  
**AP01\_06** Economics and Social Sciences  
**AP01\_07** Science  
**AP01\_08** Center for Islamic Theology (ZITH)  
**AP01\_09** Other, please specify  
1 = Not checked  
2 = Checked  
**AP01\_09a** Other, please specify (free text)  
Free text

**[AP02]** Selection  
Choice of Topic  
"Did you choose the topic of your Ph.D. yourself?"

**AP02** Choice of Topic  
1 = no  
2 = yes  
-9 = Not answered

**[AP03]** Text Input  
Hours per week Ph.D.  
"How many hours a week do you spend on your Ph.D.?"

**AP03\_01** ... hours/week  
Free text

**[AP05]** Text Input  
Hours per week work  
"How many hours a week do you work in total?"

**AP05\_01** ... hours/week  
Free text

**[AP04]** Text Input  
Start Ph.D.  
"When did you start your Ph.D.?"

**AP04\_01** [01]  
Free text

## Section EF: Employment/Financial Situation

**[EF01]** Selection  
Contract Type  
"How are you financed? (Contract type only related to your Ph.D.)"

**EF01** Contract Type  
1 = Permanent employment  
2 = Temporary employment  
3 = Hourly employment  
6 = Scholarship (employed, paying social security)  
7 = Scholarship (not employed)  
5 = Not employed  
8 = Other, please specify:  
-9 = Not answered  
**EF01\_08** Other, please specify  
Free text

**[EF02]** Text Input  
Length of Contract  
"If you only have a temporary employment: What is the total length of your contract (in months)?"

**EF02\_01** ... months  
Free text

**[EF06]** Text Input  
Length of scholarship  
"If you have a scholarship: What is the total length of your current scholarship (in months)?"

**EF06\_01** ... months  
Free text

**[EF03]** Text Input  
% Full time  
"What is the percentage your contract covers in terms of full-time employment?"

**EF03\_01** ... %  
Free text

**[EF04]** Selection  
Other employment  
"Do you have any other paid employment which is unrelated to your Ph.D.?"

**EF04** Other employment  
1 = no  
2 = yes  
-9 = Not answered

**[EF05]** Multiple Choice  
Reason other employment  
"Why did you decide to have a side-job?"

**EF05** Reason other employment: Residual option (negative) or number of selected options

Integer

**EF05\_01** Earning money

**EF05\_02** For the CV

**EF05\_03** Personal interest

**EF05\_04** Other, please specify

1 = Not checked

2 = Checked

**EF05\_04a** Other, please specify (free text)

Free text

## Section EV: Evaluation of your Ph.D.

**[EV01]** Horizontal Selection

PhD again

"Looking back, if I had not started my Ph.D. yet, I would do it again."

**EV01** PhD again

1 = strongly disagree

2 = disagree

3 = neither agree nor disagree

4 = agree

5 = strongly agree

-1 = not sure

-9 = Not answered

**[EV04]** Horizontal Selection

Regret

"I regret having started a Ph.D."

**EV04** Regret

2 = strongly disagree

3 = disagree

4 = neither agree nor disagree

5 = agree

6 = strongly agree

-1 = not sure

-9 = Not answered

**[EV06]** Horizontal Selection

Job-satisfaction1

"Please evaluate in the scale the following statements regarding your Ph.D.: "I enjoy being at work.""

**EV06** Job-satisfaction1

1 = strongly disagree

2 = disagree

3 = neither agree nor disagree

4 = agree

5 = strongly agree

-9 = Not answered

**[EV07]** Horizontal Selection

Job-satisfaction2

""I am content with the job I have.""

**EV07** Job-satisfaction2

1 = strongly disagree

2 = disagree

3 = neither agree nor disagree

4 = agree

5 = strongly agree

-9 = Not answered

**[EV08]** Horizontal Selection  
Job-satisfaction3  
""I am satisfied with my job.""

**EV08** Job-satisfaction3  
1 = strongly disagree  
2 = disagree  
3 = neither agree nor disagree  
4 = agree  
5 = strongly agree  
-9 = Not answered

**[EV09]** Horizontal Selection  
Life-satisfaction  
"How satisfied are you with your life at the moment?"

**EV09** Life-satisfaction  
1 = not satisfied at all  
2 = slightly satisfied  
3 = moderately satisfied  
4 = very satisfied  
5 = totally satisfied  
-9 = Not answered

**[EV05]** Selection  
PhD somewhere else  
"Do you think doing your Ph.D. in/at a different country/university would offer better conditions?"

**EV05** PhD somewhere else  
1 = no  
2 = yes  
3 = not sure  
-9 = Not answered

## Section WG: Structure of working group

**[WG01]** Selection  
Professional support  
"Are there colleagues in your department/research center that support you professionally?"

**WG01** Professional support  
1 = no  
2 = yes  
-9 = Not answered

**[WG02]** Selection  
Emotional support  
"Are there colleagues in your department/research center that support you emotionally?"

**WG02** Emotional support  
1 = no  
2 = yes  
-9 = Not answered

**[WG03]** Selection  
Work alone  
"Do you mainly work alone on your project?"

**WG03** Work alone  
1 = no  
2 = yes  
-9 = Not answered

## Section GH: General Health

**[GH01] Horizontal Selection****Stress1**

"...how often have you felt that you were unable to control the important things in your life?"

**GH01 Stress1**

- 1 = never
- 2 = almost never
- 3 = sometimes
- 4 = fairly often
- 5 = very often
- 9 = Not answered

**[GH02] Horizontal Selection****Stress2**

"...how often have you felt confident about your ability to handle your personal problems?"

**GH02 Stress2**

- 1 = never
- 2 = almost never
- 3 = sometimes
- 4 = fairly often
- 5 = very often
- 9 = Not answered

**[GH03] Horizontal Selection****Stress3**

"...how often have you felt that things were going your way?"

**GH03 Stress3**

- 1 = never
- 2 = almost never
- 3 = sometimes
- 4 = fairly often
- 5 = very often
- 9 = Not answered

**[GH04] Horizontal Selection****Stress4**

"...how often have you felt difficulties were piling up so high that you could not overcome them?"

**GH04 Stress4**

- 1 = never
- 2 = almost never
- 3 = sometimes
- 4 = fairly often
- 5 = very often
- 9 = Not answered

**Section OR: Other responsibilities****[OR01] Multiple Choice****Reponsibilities besides PhD**

"What other responsibilities do you have besides working on your research topic/project?"

**OR01 Reponsibilities besides PhD: Residual option (negative) or number of selected options**

Integer

**OR01\_01 Teaching****OR01\_02 Supervision of other students****OR01\_03 Administration****OR01\_04 Research unrelated to your topic****OR01\_08 Other, please specify****OR01\_09 No further responsibilities**

- 1 = Not checked
- 2 = Checked

**OR01\_08a Other, please specify (free text)**

Free text



**[OR02]** Text Input  
Time other responsibilities  
"How much time do you spend on other responsibilities besides your research activities?"

**OR02\_01** ... %  
Free text

## Section ST: Stressors

**[ST01]** Horizontal Selection  
Institutional-stressor1  
"Have you ever felt looked down on by your supervisor?"

**ST01** Institutional-stressor1  
1 = not at all  
2 = rarely  
3 = some of the time  
4 = most of the time  
5 = all of the time  
-9 = Not answered

**[ST02]** Horizontal Selection  
Institutional-stressor2  
"Do you feel supported by your supervisor?"

**ST02** Institutional-stressor2  
1 = not at all  
2 = rarely  
3 = some of the time  
4 = most of the time  
5 = all of the time  
-9 = Not answered

**[ST03]** Horizontal Selection  
Institutional-stressor3  
"Do you feel your supervisor is interested in your topic?"

**ST03** Institutional-stressor3  
1 = not at all  
2 = rarely  
3 = some of the time  
4 = most of the time  
5 = all of the time  
-9 = Not answered

**[ST04]** Horizontal Selection  
Institutional-stressor4  
"Have you ever felt mistreated (e.g., insulted, shouted at, undervalued) by your supervisor?"

**ST04** Institutional-stressor4  
1 = not at all  
2 = rarely  
3 = some of the time  
4 = most of the time  
5 = all of the time  
-9 = Not answered

**[ST17]** Horizontal Selection  
Institutional-stressor4\_coll  
"Have you ever felt mistreated (e.g., insulted, shouted at, undervalued) by your colleagues?"

**ST17** Institutional-stressor4\_coll  
1 = not at all  
2 = rarely  
3 = some of the time  
4 = most of the time  
5 = all of the time  
-9 = Not answered

**[ST05] Horizontal Selection****Institutional-stressor5**

"Does your supervisor encourage you to participate in career-building opportunities such as conferences, summ..."

**ST05 Institutional-stressor5**

- 1 = not at all
- 2 = rarely
- 3 = some of the time
- 4 = most of the time
- 5 = all of the time
- 9 = Not answered

**[ST06] Horizontal Selection****Institutional-stressor6**

"Based on your experiences in academia so far, do you reconsider your career path?"

**ST06 Institutional-stressor6**

- 1 = not at all
- 2 = rarely
- 3 = some of the time
- 4 = most of the time
- 5 = all of the time
- 9 = Not answered

**[ST07] Horizontal Selection****Institutional-stressor7**

"Do you feel comfortable contacting your supervisor when you need help?"

**ST07 Institutional-stressor7**

- 1 = not at all
- 2 = rarely
- 3 = some of the time
- 4 = most of the time
- 5 = all of the time
- 9 = Not answered

**[ST08] Horizontal Selection****Institutional-stressor8**

"Has the behavior of your supervisor ever made you consider quitting your Ph.D.?"

**ST08 Institutional-stressor8**

- 1 = not at all
- 2 = rarely
- 3 = some of the time
- 4 = most of the time
- 5 = all of the time
- 9 = Not answered

**[ST09] Horizontal Selection****Institutional-stressor9**

"Do you have regular meetings with your supervisor(s)?"

**ST09 Institutional-stressor9**

- 1 = not at all
- 2 = rarely
- 3 = some of the time
- 4 = most of the time
- 5 = all of the time
- 9 = Not answered

**[ST16] Selection****Institutional-stressor10**

"How often do you have meetings with your supervisor(s)?"

**ST16 Institutional-stressor10**

- 1 = at least once a week
- 2 = at least once a month
- 3 = at least every three months
- 4 = at least every six months
- 5 = at least once a year
- 6 = less than once a year
- 9 = Not answered

**[ST11]** Horizontal Selection**Systemic-stressor1**

"Please evaluate in the scale the following statements: "The lack of permanent/long-term contracts in academi..."

**ST11** Systemic-stressor1

- 1 = strongly disagree
- 2 = disagree
- 3 = neither agree nor disagree
- 4 = agree
- 5 = strongly agree
- 9 = Not answered

**[ST12]** Horizontal Selection**Systemic-stressor2**

""I believe having a Ph.D. will help me to find a good job.""

**ST12** Systemic-stressor2

- 1 = strongly disagree
- 2 = disagree
- 3 = neither agree nor disagree
- 4 = agree
- 5 = strongly agree
- 9 = Not answered

**[ST13]** Horizontal Selection**Job-insecurity1**

"Please evaluate in the scale the following statements regarding your Ph.D.: "I am worried about having to le..."

**ST13** Job-insecurity1

- 1 = strongly disagree
- 2 = disagree
- 3 = neither agree nor disagree
- 4 = agree
- 5 = strongly agree
- 9 = Not answered

**[ST14]** Horizontal Selection**Job-insecurity2**

""There is a risk that I will have to leave my present job in the year to come.""

**ST14** Job-insecurity2

- 1 = strongly disagree
- 2 = disagree
- 3 = neither agree nor disagree
- 4 = agree
- 5 = strongly agree
- 9 = Not answered

**[ST15]** Horizontal Selection**Job-insecurity3**

""I feel uneasy about losing my job in the near future.""

**ST15** Job-insecurity3

- 1 = strongly disagree
- 2 = disagree
- 3 = neither agree nor disagree
- 4 = agree
- 5 = strongly agree
- 9 = Not answered

**Section MH: Mental Health****[MH01]** Horizontal Selection**Mental health 1**

"How often do you feel stressed since you have started your Ph.D.?"

**MH01** Mental health 1

- 1 = not at all
- 2 = rarely
- 3 = some of the time
- 4 = most of the time
- 5 = all of the time
- 9 = Not answered

**[MH02]** Selection  
Mental health 2  
"Has your stress level increased since you started your Ph.D.?"

**MH02** Mental health 2  
1 = no  
2 = yes  
-9 = Not answered

**[MH03]** Text Input  
Mental health 3  
"What is/are the cause(s) of your stress?"

**MH03\_01** [01]  
Free text

**[MH04]** Multiple Choice  
Mental health 4  
"Do you have anyone at your institute to consult about your work-related stress?"

**MH04** Mental health 4: Residual option (negative) or number of selected options  
Integer  
**MH04\_01** Nobody  
**MH04\_02** Colleagues  
**MH04\_03** Admins / Coordination  
**MH04\_04** Supervisor  
**MH04\_05** Other, please specify  
1 = Not checked  
2 = Checked  
**MH04\_05a** Other, please specify (free text)  
Free text

**[MH05]** Horizontal Selection  
Mental health 5  
"Do you feel your mental health has declined due to the Ph.D.?"

**MH05** Mental health 5  
1 = not at all  
2 = somehow  
3 = plenty  
4 = severely  
-9 = Not answered

**[MH06]** Text Input  
Mental health 6  
"What would need to change to improve your mental health status?"

**MH06\_01** [01]  
Free text

**[MH07]** Selection  
Mental health 7  
"Do you know other Ph.D. students who are struggling with their mental health?"

**MH07** Mental health 7  
1 = nobody  
2 = some  
3 = many  
4 = most  
5 = all  
-9 = Not answered

**[MH08]** Horizontal Selection

## Mental health 8

"Do you think your mental health problems negatively affect your quality of work?"

**MH08** Mental health 8

- 1 = never
- 2 = almost never
- 3 = sometimes
- 4 = fairly often
- 5 = very often
- 9 = Not answered

**[MH09]** Multiple Choice

## Mental health 9

"Do you think that some special services (e.g., time management courses, coaching, etc.) or structural change..."

**MH09** Mental health 9: Residual option (negative) or number of selected options

Integer

**MH09\_01** no**MH09\_02** personalised coaching**MH09\_03** mentoring**MH09\_04** time management courses**MH09\_05** stress management courses**MH09\_08** structural changes**MH09\_09** Other, please specify

- 1 = Not checked
- 2 = Checked

**MH09\_09a** Other, please specify (free text)

Free text

**[MH10]** Selection

## Psychotherapy

"Are you currently in psychotherapy?"

**MH10** Psychotherapy

- 1 = no
- 2 = yes
- 9 = Not answered

**[MH11]** Selection

## Diagnosis

"Have you ever been diagnosed with a mental disorder?"

**MH11** Diagnosis

- 1 = no
- 2 = yes
- 9 = Not answered

**[MH12]** Selection

## PHQ\_2\_1

"Little interest or pleasure in doing things"

**MH12** PHQ\_2\_1

- 1 = Not at all
- 2 = Several days
- 3 = More than half the days
- 4 = Nearly every day
- 9 = Not answered

**[MH15]** Selection

## PHQ\_9\_Filter

"Feeling nervous, anxious, or on edge?"

**MH15** PHQ\_9\_Filter

- 1 = Not at all
- 2 = Several days
- 3 = More than half the days
- 9 = Not answered

**[MH16]** Selection  
PHQ\_9\_1  
"Being so restless that it's hard to sit still"

**MH16** PHQ\_9\_1  
1 = Not at all  
2 = Several days  
3 = More than half the days  
4 = Nearly every day  
-9 = Not answered

**[MH17]** Selection  
PHQ\_9\_2  
"Being tired easily"

**MH17** PHQ\_9\_2  
1 = Not at all  
2 = Several days  
3 = More than half the days  
4 = Nearly every day  
-9 = Not answered

**[MH18]** Selection  
PHQ\_9\_3  
"Muscle tension or muscle pain"

**MH18** PHQ\_9\_3  
1 = Not at all  
2 = Several days  
3 = More than half the days  
4 = Nearly every day  
-9 = Not answered

**[MH19]** Selection  
PHQ\_9\_4  
"Trouble falling asleep or sleeping through"

**MH19** PHQ\_9\_4  
1 = Not at all  
2 = Several days  
3 = More than half the days  
4 = Nearly every day  
-9 = Not answered

**[MH20]** Selection  
PHQ\_9\_5  
"Trouble concentrating, e.g., on reading or watching TV"

**MH20** PHQ\_9\_5  
1 = Not at all  
2 = Several days  
3 = More than half the days  
4 = Nearly every day  
-9 = Not answered

**[MH21]** Selection  
PHQ\_9\_6  
"Becoming easily annoyed or irritable"

**MH21** PHQ\_9\_6  
1 = Not at all  
2 = Several days  
3 = More than half the days  
4 = Nearly every day  
-9 = Not answered

**[MH14]** Selection  
PHQ\_2\_2  
"Feeling down, depressed or hopeless"

**MH14** PHQ\_2\_2  
1 = Not at all  
2 = Several days  
3 = More than half the days  
4 = Nearly every day  
-9 = Not answered

## Section SH: Seeking Help

**[SH01]** Horizontal Selection  
Seeking-help1  
"Have you already tried to improve your situation?"

**SH01** Seeking-help1  
1 = never  
2 = almost never  
3 = sometimes  
4 = fairly often  
5 = very often  
-9 = Not answered

**[SH02]** Selection  
Seeking-help2  
"Have you heard of the consultation services at the university?"

**SH02** Seeking-help2  
1 = no  
2 = yes  
-9 = Not answered

**[SH04]** Horizontal Selection  
Seeking-help3  
"How much do you know about the consultation services at the university?"

**SH04** Seeking-help3  
1 = nothing  
2 = almost nothing  
3 = something  
4 = plenty  
5 = a lot  
-9 = Not answered

**[SH05]** Selection  
Seeking-help4  
"Have you sought help from a specialist?"

**SH05** Seeking-help4  
1 = no  
2 = yes  
-9 = Not answered

**[SH10]** Selection  
Corona  
"Did the Covid-19 pandemic affect your general situation?"

**SH10** Corona  
1 = yes, it improved my general situation  
2 = yes, it worsened my general situation  
3 = yes, but it neither worsened nor improved my general situation  
4 = no  
-9 = Not answered

**[SH06]** Selection  
Seeking-help5  
"Do you have anyone to talk to about your issues?"

**SH06** Seeking-help5  
1 = no  
2 = yes  
-9 = Not answered

**[SH07]** Text Input  
Seeking-help6  
"What could be done to improve your situation? Feel free to express your opinion and feelings here."

**SH07\_01** [01]  
Free text

**[SH09]** Text Input  
Seeking-help7  
"Do you have any further comments?"

**SH09\_01** [01]  
Free text

**[SH11]** Horizontal Selection  
Corona2  
"Do you think the answers you have provided in this survey have been affected by the Covid-19 pandemic?"

**SH11** Corona2  
1 = Very likely  
2 = Likely  
3 = Neutral  
4 = Not likely  
5 = Very unlikely  
-9 = Not answered

## Section CO: Informed consent

**[CO05]** Multiple Choice  
Consent

**CO05** Consent: Residual option (negative) or number of selected options  
Integer

**CO05\_01** I have been informed about the study and the procedure. I hereby agree to the collection and processing of my above-mentioned data. Consequently, I would like to voluntarily participate in this study.  
1 = Not checked  
2 = Checked

**[CO07]** Multiple Choice  
ConfirmationPHD

**CO07** ConfirmationPHD: Residual option (negative) or number of selected options  
Integer

**CO07\_01** I hereby confirm, that I am a Ph.D. student at the University of Tübingen.  
1 = Not checked  
2 = Checked

## Section W1: Welcome