

Demographic Survey

* Required

ID (Researcher's field)

Your answer

Age *

Your answer

Gender *

- ☐ Male
- ☐ Female

Height (cm) *

Your answer

Weight (Kg) *

Your answer



How many hours per week do you spend time in a car as a passenger? *

Your answer

How many hours per week do you spend time in a car as a driver? *

Your answer

How many hours do you walk per week? *

Your answer

How many hours do you spend sitting in a office per week? *

Your answer

Have you practiced deep and slow breathing, meditation, or Yoga? *

☐ Yes

☐ No

[If you answered 'Yes' above] What kind of practice or breathing method did you try?

Your answer

