The "Sportello Salute Giovani" project: habits, lifestyles, risk behaviours of Italian university students and future perspectives

Edited by Maria Luisa Di Pietro, Rocco Bellantone, Roberta Pacifici and Walter Ricciardi

MONOGRAPHIC SECTION

Preface

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"Although health is the greatest of our assets that relate to the body it is, however, also the one which we reflect on and enjoy the least"
(Descartes, *Letter to Chanut,* 1649).

INTRODUCTION

There is ample evidence that certain habits, lifestyles and habitual or occasional behaviours have the potential of determining direct and/or indirect impact on health and on physical and mental wellbeing. For example, a healthy diet, regular and appropriate levels of physical activity, moderate alcohol consumption, and the abstinence from illegal drugs are considered healthy lifestyles that can predispose an individual to better health conditions. On the other hand, irregular eating behaviours, sedentary lifestyle, immoderate habits, and early and/or promiscuous sexual activity, are behaviours that can determine risks for an individual's health and life.

Risk behaviours can be defined as any activity that can cause potential negative consequences to an individual's health and life, even if these consequences are to some degree counterbalanced by perceived positive consequences [1]. Even though risk behaviours are present in all age groups, their presence increases within the young adult population. In fact, in the phase of life ranging from 18-30 years of age there are important sources of stress that can favour the development of risk behaviours [2]. This age group represents the period of time in which young adults usually leave their primary social context (family, school, etc.) to confront themselves for the first time with the working world or with the university environment. For many, this involves moving away from home and beginning a life "outside the home" that must be managed autonomously and that presents new requirements and relational dynamics.

Unlike the adolescent period, which has been the object of many studies on a international [3] and national [4] level, the age range from 18-30 years of age currently is not adequately studied in Italy. The first steps towards identifying targeted and effective preventive strategies is to quantify and qualify the incidence of risk behaviour and to evaluate the young adults' awareness towards the potential harms deriving from certain habits and lifestyles. The "Sportello Salute Giovani" project ("Youth Health Information Desk") was created exactly with the intention of studying the lifestyles, habits and risk behaviours of Italian university students.

OBJECTIVES AND METHODS OF INTERVENTION

The "Sportello Salute Giovani" project ("Youth Health Information Desk") is the result of the collaboration between the Faculty of Medicine and Surgery of the Università Cattolica del Sacro Cuore di Roma (Catholic University of the Sacred Heart of Rome) and the Istituto Superiore di Sanità (Italian National Institute of Health). The project also involved the faculties of the Catholic University of the Sacred Heart that are located in Milan and Brescia.

The "Sportello Salute Giovani" project was characterized by three purposes of action: 1) to provide students of all the universities of Rome, Milan and Brescia medical and psychopedagogic consultations on health related issues and on the prevention of risk behaviours; 2) to direct the students to the appropriate health care facilities where they could obtain the diagnosis and treatment of any potentially pathological condition; 3) to collect information on risk behaviour in university students across the country, with the aim of subsequently assessing the need and feasibility of preventive interventions.

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The methods of action were: a) the constitution of a counselling centre on the three campuses of the Catholic University of the Sacred Heart (Rome, Milan, Brescia) that welcomed students from all the universities of the area; b) the formulation of a questionnaire and its distribution to a sample of Italian university students in order to collect information on this population.

The project involved five phases: 1. constitution of the operational units (Scientific Board, Project Manager, Operators of the counselling centers); 2. activation of the counselling centers (that provided counselling, prevention services and medical aid); 3. preparation of the questionnaire for data collection; 4. administration of the questionnaire (data collection); 5. data processing. Making reference to the paper by Chiara de Waure, Andrea Poscia, Andrea Virdis, Maria Luisa Di Pietro and Walter Ricciardi of this monograph ("Study population, questionnaire, data management and sample description") for the description of phase 3 and 5, here we illustrate the phases 2 and 4.

The three counselling centres that were located on the campuses of the Università Cattolica del Sacro Cuore located in Rome, Milan and Brescia, opened respectively on December 6th 2011, January 25th 2012 and January 30th 2012. The three centres suspended their counselling activities during a summer break that went from July 1st to September 30th 2012. The centres concluded their activity on March 31st 2013. However, the administration of the questionnaires started from February 2012 and the data collection continued until May 2013. During this time period of time, the three counselling centres offered their counselling service for 16 hours per week.

The counselling centres received a large number of requests for advice by students. The problems for which the students referred to the centres can be divided into the following areas: general medicine; gynecology/andrology; allergology; psychiatry; psychological counselling (eating disorders, family problems, anxiety, obsessive-compulsive disorder, problems in adapting to the university environment); counselling on healthy lifestyles (nutrition and sport). When necessary, the students were redirected to the necessary healthcare facilities in order to obtain the diagnosis and treatment of any suspected/detected diseases.

The data was collected through the use of questionnaires, which were self-administered and completely anonymous. The distribution of the questionnaires took place in the three counselling centres, in the classrooms of the three campuses of the Catholic University of the Sacred Heart, and in the classrooms of nine other universities located in the Italian national territory. To ensure the highest protection of privacy, the collected data was not related to any specific region, city, university or faculty.

DISSEMINATION OF THE RESULTS

This work presents the descriptive data collected through the administration of the questionnaire, which can be found in the original Italian version in the Appendix which is available online as Supplementary Material at www.iss.it/anna.

The results are presented through seven articles. The first article is dedicated to the description of the study population, the preparation of the questionnaire, the data management and sample description. Five articles are dedicated to specific habits, lifestyles and/or risk behaviours (nutritional habits in Italian university students, physical activity and health promotion in Italian university students; risky behaviours among university students in Italy; sexual behaviours and preconception health in Italian university students; attitudes towards learning and technology use in Italian university students); one article contains data regarding the health and well-being of Italian university students (Italian university students' self-perceived health and satisfaction of life).

CONCLUSION AND IMPLICATIONS FOR THE FUTURE

Health is an asset and an achievement, which depends on individual and social choices. The individual and the society: these are the targets of health promotion interventions according to the Ottawa Charter of 1986.

Promoting health means not only enabling people to increase control over, and to improve, their health, to identify and to realize their aspirations, to satisfy their needs, and to change or cope with the environment, but also taking care of – for example – environment, food and drug safety, urban planning, and occupational health. In this way, the real protagonist of health is the human being and the institution must put him/her in a position to have the power (empowerment) and the knowledge to make choices, ensuring conditions of complete physical, mental and relational wellbeing. This involves responsibilities both on a community (health, social and environmental policies) and personal (of the individual, of the group, of the community) level. It is then evident that the promotion of health moves also from dynamics that are outside of the world of health care but that are instead cultural, educational, social, economic and environmental.

The survey conducted within the "Sportello Salute Giovani" project (18-30 years) showed a significant percentage of unhealthy lifestyles and behaviours that determine risks for the health and life of the individual and/or of the others. Lifestyles and predispositions towards risk behaviours potentially find their roots in the early period of life but might be exacerbated by specific circumstances connected to university life. In this light, the university environment (institution) may be the place in which to promote the health of young students (individuals), by creating educational moments and organizational interventions.

Because they are the result of individual choices, lifestyles and risk behaviours call into account also the moral dimension and responsibility of action. Even though there are undoubtedly many situations of vulnerability/weakness that can influence a choice, it is fundamental to acquire awareness of what is bad or good. In this context, health education transcends the objective of remedy for a risky behaviour and becomes a space for the acquisitions of skills: to become aware of one's own

actions, to develop critical thought, evaluation criteria, motivations, and to take actions according to freedom and responsibility. Health education thus becomes "the art of maieutics" that brings forth (*e-ducere*) the positive elements that can be found in each human being; "the pedagogy of freedom" that indicates what can improve our health so as to be able to make choices that ameliorate our life.

On the other hand, as written by Siebeck, "Plato states that virtue comes first and then health and wisdom follow, as a god is followed by his cortege. Health, in fact, is not a characteristic of the body, but of the whole person, so it will be subordinated to what is perceived by the person as the authentic good" [5].

Therefore, looking at the results of the "Sportello Salute Giovani", we should conceive in universities educational interventions aimed to increase the students' understanding and awareness regarding healthy eating habits, the preservation of male/female fertility, the consequences of tobacco smoking, alcohol abuse or illegal drug use and the risk deriving from an inappropriate use of technological devices. To obtain some of these objectives (*i.e.* prevention of tobacco smoking, alcohol abuse, illegal drug use), it is sometimes necessary to enforce normative interventions. However, the necessity for normative interventions is an evident signal that education was not implemented or that it was not adequate for the obtainment of the desired objectives.

Since health is not affected only by individual behaviour, but also by the environment and the context in which the given behaviour takes place, it is necessary to promote an organizational model that favours healthy lifestyles. For example, to avoid the low consumption of fruits and vegetables, we must assure the availability of fruit and vegetables (instead of junk food) in the cafeteria, bar and vending machines; furthermore, it is necessary to encourage and plan initiatives (gyms in the campus, conventions with external gyms, presence of fields for football, volleyball and tennis) aimed at promoting physical activity in university students. Since students show a particular interest and inclination to the use of technological devices, it would be appropriate to understand how to include and use these tools of communication in educational programs offered by universities and how to make preventive interventions benefit from them, paying attention to avoid their abuse and misuse that could be dangerous, especially in terms of alteration in social relationships.

Finally, it would be necessary to organize a team of physicians and psychologists that are ready to aid students with acute or chronic conditions since a relevant part of them suffers almost every day of one among somatic or psychological symptoms. The interesting experience presented by the "Sportello Salute Giovani" project should, therefore, become permanent and represent a place where all students can obtain advice, have an opportunity to communicate, or request explanations regarding issues that can influence their health or lifestyles.

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Supplementary Materials for

MONOGRAPHIC SECTION
The "Sportello Salute Giovani" project: habits, lifestyles, risk behaviours of Italian university students and future prospective

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The Supplementary Materials were realized by Chiara de Waure, Emanuela Maria Frisicale, Daniele Ignazio La Milia, Franziska Lohmeyer, Paolo Parente, Andrea Poscia, Valentina Soffiani, Anna Adele Teleman.

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This PDF file includes:
Complete tabular presentation of data yielded by the study. (P value <0.05 are highlighted through a star in the specific column)
Original questionnaire (in Italian) used to carry out the study

Appendix

Nutritional habits in Italian university students

Question 3 - How many days a week do you have breakfast?

	Total % (8,494)	Sex % (8,493)		p	Age groups % (8,313)			p	Socio-economic level % (8,390)					p
		F	M		18-21	22-24	25-30		High	Medium-high	Average	Medium-low	Low	
Never	7.1	6.1	9.2	*	6.6	7.9	6.3		10.1	7.0	6.7	7.5	7.9	*
One day	1.9	1.7	2.5		1.8	1.9	1.8		1.7	1.9	1.7	2.2	3.0	
Two days	4.1	3.8	4.7		4.3	4.1	3.5		5.9	3.8	3.9	4.6	3.0	
Three days	4.4	3.8	5.6		4.8	4.1	4.3		6.7	4.3	4.2	4.1	5.8	
Four days	4.5	3.8	5.9		4.5	4.3	4.9		3.8	4.6	4.8	3.5	4.4	
Five days	6.9	5.9	9.1		7.0	6.6	7.0		9.2	7.3	7.0	5.3	8.0	
Six days	7.2	7.2	7.1		7.6	6.9	6.9		7.1	7.9	6.8	7.6	6.7	
Seven days	63.9	67.7	55.9		63.4	64.2	65.3		55.5	63.2	64.9	65.2	61.2	

Question 4 - On average, how many times do you eat per day?

	Total % (8,326)	Sex % (8,326)		p	Age groups % (8,150)			p	Socio-economic level % (8,410)					p
		F	M		18-21	22-24	25-30		High	Medium-high	Average	Medium-low	Low	
1	0.6	0.5	0.9	*	0.7	0.6	0.7	*	0.9	0.6	0.6	0.3	2.1	*
2	16.5	14.7	20.1		14.1	17.6	20.3		17.6	14.7	16.1	18.6	18.8	
3	48.6	48.6	48.9		48.7	49.0	46.7		52.9	51.7	49.3	44.3	43.5	
4	25.8	27.2	22.8		28.0	24.3	24.2		22.5	25.1	25.5	28.2	25.6	
5	8.5	9.1	7.4		8.6	8.6	8.2		6.1	8.00	8.5	8.6	10	
>5	0	0	0		0	0	0		0	0	0	0	0	

Question 5 - How often do you eat fruit?

	Total % (8,507)	Sex % (8,506)		p	Age groups % (8,325)			p	Socio-economic level % (8,403)					p
		F	M		18-21	22-24	25-30		High	Medium-high	Average	Medium-low	Low	
Never	5.2	4.5	6.7	*	5.2	5.4	4.4		7.9	4.4	5.1	5.5	7.1	*
Once a week	12.1	10.7	14.9		11.9	12.2	12.1		18.1	11.7	11.1	13.4	14.1	
2-4 days per week	28.0	25.7	32.7		27.5	27.5	31.8		24.8	29.4	27.4	28.9	28.6	
5-6 days per week	10.7	10.0	11.3		10.6	10.9	9.8		9.7	10.5	11.0	10.6	10.4	
Once per day	21.2	22.7	18.3		22.5	20.8	18.4		18.1	20.8	22.9	18.9	17.7	
More than once per day	22.8	26.4	15.5		22.3	23.2	23.5		21.4	23.2	22.5	22.7	22.1	

Question 6 - How often do you eat vegetables?

	Total % (8,505)	Sex % (8,504)		p	Age groups % (8,323)			p	Socio-economic level % (8,401)					p
		F	M		18-21	22-24	25-30		High	Medium-high	Average	Medium-low	Low	
Never	3.9	2.9	5.8	*	4.6	3.7	2.2	*	6.7	3.5	3.8	3.8	4.6	
Once a week	9.5	7.4	13.9		10.2	9.1	8.3		11.3	9.2	9.0	10.2	11.6	
2-4 days per week	28.5	23.9	37.8		28.9	28.6	26.9		30.3	28.1	28.5	28.1	28.1	
5-6 days per week	16.0	15.9	16.1		15.1	16.1	18.1		13.9	16.6	16.3	15.4	14.6	
Once per day	19.6	22.2	14.4		21.2	18.7	18.2		12.6	19.3	19.9	20.2	20.4	
More than once per day	22.5	27.7	12.0		20.0	23.8	26.3		25.2	23.3	22.5	22.3	20.7	

Question 7 - How often do you eat sweets?

	Total % (8,504)	Sex % (8,503)		p	Age groups % (8,322)			p	Socio-economic level % (8,400)					p
		F	M		18-21	22-24	25-30		High	Medium-high	Average	Medium-low	Low	
Never	3.8	3.0	5.3	*	3.8	3.7	4.4		8.0	4.1	3.3	3.6	4.6	*
Once a week	20.4	19.4	22.5		20.2	20.8	20.0		22.3	22.1	20.2	18.5	19.3	
2-4 days per week	33.8	32.6	36.0		32.5	34.7	34.4		34.0	34.7	33.4	34.0	33.3	
5-6 days per week	12.1	12.0	12.4		11.9	12.3	11.9		8.0	11.6	12.6	12.6	11.3	
Once per day	18.7	20.7	14.7		19.6	18.1	17.7		15.1	17.2	19.2	20.4	17.7	
More than once per day	11.2	12.3	9.1		12.0	10.4	11.6		12.6	10.3	11.3	10.5	13.8	

Question 8 - How often do you drink coffee?

	Total % (8,500)	Sex % (8,499)		p	Age groups % (8,313)			p	Socio-economic level % (8,396)					p
		F	M		18-21	22-24	25-30		High	Medium-high	Average	Medium-low	Low	
Never	25.8	26.2	25.1	*	28.4	25.1	19.9	*	19.7	24.4	26.0	27.6	26.7	*
1-3 times per day	62.9	64.2	60.2		62.7	62.6	64.1		63.5	64.0	63.8	60.8	60.6	
4-6 times per day	9.0	7.6	11.7		6.7	10.1	13.0		12.6	9.3	8.2	10.0	9.9	
More than 6 times per day	2.3	2.0	3.0		2.2	2.2	3.0		4.2	2.3	2.0	1.6	2.8	

Question 9 - How often do you drink energy drinks?

	Total % (8,476)	Sex % (8,475)		p	Age groups % (8,289)			p	Socio-economic level % (8,373)					p
		F	M		18-21	22-24	25-30		High	Medium-high	Average	Medium-low	Low	
Never	61.3	64.6	54.5	*	61.6	60.4	63.4		55.7	61.2	61.6	61.5	61.0	*
Once a week	21.0	18.9	25.1		20.7	21.6	19.2		21.1	20.7	20.9	21.2	22.0	
2-4 days per week	9.9	8.1	13.7		9.4	10.5	9.8		12.7	10.3	10.1	10.4	7.0	
5-6 days per week	1.8	1.7	2.2		1.9	1.7	1.8		3.0	1.7	1.8	1.9	2.0	
Once per day	3.9	4.3	3.0		4.3	3.7	3.4		3.3	4.1	4.0	3.1	3.6	
More than once per day	2.1	2.4	1.5		2.1	2.1	2.4		4.2	2.0	1.6	1.9	4.4	

Question 10 - How often do you eat fastfoods?

	Total% (8,496)	Sex % (8,495)		p	Age groups % (8,311)			p	Socio-economic level % (8,394)					p
		F	M		18-21	22-24	25-30		High	Medium-high	Average	Medium-low	Low	
Never	23.2	25.8	17.9	*	21.3	24.1	25.9	*	24.9	23.1	22.7	22.6	26.5	*
1-2 times a month	59.0	59.9	56.9		61.2	57.1	59.3		49.0	58.3	59.8	59.9	59.1	
Once a week	12.9	11.0	16.7		13.9	12.8	9.3		12.7	13.6	13.0	11.9	11.0	
2-4 days a week	4.2	2.7	7.4		2.8	5.4	4.9		10.5	4.6	3.9	4.5	2.4	
5-6 days a week	0.3	0.3	0.3		0.2	0.4	0.2		1.3	0.2	0.2	0.4	0.5	
Once per day	0.2	0.2	0.4		0.4	0.1	0.2		0.8	0.1	0.2	0.6	0.3	
More than once per day	0.2	0.1	0.4		0.2	0.1	0.2		0.8	0.1	0.2	0.1	0.2	

Physical activity and health promotion in Italian university students

Body Mass Index (calculated from questions 15 and 16)

	Total % (8,237)	Sex % (8,236)		p	Age groups % (8,065)			p	Socio-economic level % (8,144)					p
		F	M		18-21	22-24	25-30		High	Medium-high	Average	Medium-low	Low	
Underweight	13.7	19.4	2.3	*	15.6	12.4	13.4	*	12.8	14.3	13.7	13.0	14.7	*
Normal range	75.1	73.1	79.2		75.6	76.0	68.5		76.2	75.8	75.9	73.4	70.7	
Overweight	9.8	6.5	16.4		7.8	10.1	16.1		7.9	9.3	9.2	11.7	12.0	
Obese	1.4	1.0	2.1		1.0	1.5	2.0		3.1	0.6	1.2	1.9	2.6	

Question 13 - Are you on a diet?

	Total % (8,485)	Sex % (8,484)		p	Age groups % (8,300)			p	Socio-economic level % (8,383)					p
		F	M		18-21	22-24	25-30		High	Medium-high	Average	Medium-low	Low	
No, my weight is fine	53.4	50.6	58.9	*	52.8	53.8	54.1		58.7	54.2	54.7	51.4	45.0	*
No, I should put on some weight	7.6	5.0	12.9		8.0	7.4	7.3		8.1	8.0	7.2	7.4	9.6	
No, but I should lose weight	28.0	30.9	22.2		29.0	27.3	27.2		23.4	25.7	27.4	31.2	33.6	
Yes	11.0	13.5	6.0		10.2	11.5	11.4		9.8	12.1	10.7	10.0	11.8	

Question 14 - How do you perceive your body?

	Total % (8,485)	Sex % (8,484)		p	Age groups % (8,297)			p	Socio-economic level % (8,384)					p
		F	M		18-21	22-24	25-30		High	Medium-high	Average	Medium-low	Low	
Too skinny	0.8	0.3	1.9	*	0.8	1.1	0.6		0.4	0.7	0.6	1.6	1.5	*
A little too skinny	8.4	6.2	12.8		8.6	8.2	7.9		10.1	8.8	8.1	7.5	9.9	
Normal	47.2	51.1	39.2		47.6	46.7	46.6		43.5	46.7	49.2	44.6	40.6	
Physically fit	16.3	11.5	26.0		16.0	16.6	15.6		27.0	19.1	15.6	13.7	14.2	
A little too fat	24.8	27.8	18.6		24.5	25.2	25.6		15.2	23.2	24.4	29.	28.1	
Too fat	2.5	3.1	1.5		2.5	2.2	3.7		3.8	1.5	2.1	3.6	5.7	

Question 17 - How many days per week do you do physical activity?

	Total % (8,491)	Sex % (8,490)		p	Age groups % (8,303)			p	Socio-economic level % (8,391)					p
		F	M		18-21	22-24	25-30		High	Medium-high	Average	Medium-low	Low	
Never	25.8	30.5	16.2	*	25.6	24.9	30.4	*	21.4	22.1	25.8	28.7	31.9	*
Once per month	4.9	5.3	3.9		4.9	4.9	5.2		3.8	4.0	5.1	5.1	6.6	
Once per week	19.3	20.3	17.5		19.5	19.7	18.1		16.0	18.2	19.8	21.6	16.8	
2-3 days per week	31.0	28.7	35.6		29.9	32.4	28.6		34.5	34.4	31.1	27.0	25.8	
4-6 days per week	10.1	7.2	16.0		10.2	9.9	10.1		10.9	12.3	9.7	8.2	10.0	
Every day	8.9	8.0	10.8		9.9	8.2	7.6		13.4	9.0	8.5	9.4	8.9	

Question 18 - How many hours of physical activity do you do per week?

	Total % (5,997)	Sex % (4,792)		p	Age groups % (5,858)			p	Socio-economic level % (2,981)					p
		F	M		18-21	22-24	25-30		High	Medium-high	Average	Medium-low	Low	
One hour	58.9	58.4	50.1	*	58.4	58.1	63.1	*	50.9	59.2	60.3	55.9	61	*
2-4 hours	33.2	35.2	40.2		35.2	32.2	29.9		35.0	34.5	32.4	35.7	30	
5-7 hours	6.2	4.6	7.4		4.6	7.9	5.7		9.6	3.4	5.7	6.8	7.8	
8 or more hours	1.7	1.8	2.3		1.8	1.8	1.3		4.5	2.9	1.6	1.6	1.2	

Question 19 - Do you have a membership to a gym or fitness center?

	Total % (8,510)	Sex % (8,509)		p	Age groups % (8,322)			p	Socio-economic level % (8,407)					p
		F	M		18-21	22-24	25-30		High	Medium-high	Average	Medium-low	Low	
Yes	30.5	29.1	33.4	*	29.5	31.7	29.4		42.0	35.8	30.2	24.5	25.1	*
No	69.5	70.9	66.6		70.5	68.3	70.6		58.0	64.2	69.8	75.5	74.9	

Question 20 - Do you do a sport at an agonistic level?

	Total % (8,479)	Sex % (8,478)		p	Age groups % (8,292)			p	Socio-economic level % (8,376)					p
		F	M		18-21	22-24	25-30		High	Medium-high	Average	Medium-low	Low	
Yes	12.6	8.2	21.4	*	13.7	12.4	9.7	*	22.7	13.7	11.8	11.4	12.1	*
No	87.4	91.8	78.6		86.3	87.6	90.3		77.3	86.3	88.2	88.6	87.9	

Question 21 - Do you do a sport that involves physical contact?

	Total % (8,483)	Sex % (8,482)		p	Age groups % (8,297)			p	Socio-economic level % (8,382)					p
		F	M		18-21	22-24	25-30		High	Medium-high	Average	Medium-low	Low	
Yes	12.4	3.9	29.6	*	12.7	12.5	11.3		20.7	14.9	11.9	10.3	9.7	*
No	87.6	96.1	70.4		87.3	87.5	88.7		79.3	85.1	88.1	89.7	90.3	

Question 22 - Do you use nutritional supplements?

	Total % (8,489)	Sex % (8,488)		p	Age groups % (8,303)			p	Socio-economic level % (8,386)					p
		F	M		18-21	22-24	25-30		High	Medium-high	Average	Medium-low	Low	
Yes	10.7	8.4	15.2	*	9.6	11.0	12.2	*	13.9	11.7	10.2	9.6	11.2	
No	89.3	91.6	84.8		90.4	89.0	87.8		86.1	88.3	89.8	90.4	88.8	

Question 23 - What type of supplements do you use?

	Total % (888)	Sex % (887)		p	Age groups % (860)			p	Socio-economic level % (876)					p
		F	M		18-21	22-24	25-30		High	Medium-high	Average	Medium-low	Low	
Proteins and aminoacids	12.7	5.3	21.2	*	11.2	14.4	10.5		15.2	12.5	13.1	11.4	14.9	
Minerals	34.0	31.6	36.6		34.8	32.2	37.1		27.3	34.8	33.1	37.9	28.4	
Minerals and proteins/aminoacids	1.7	0.2	3.4		0.6	1.5	5.6		3.0	2.2	1.0	3.0	1.5	
Minerals and vitamins	9.2	9.1	9.4		9.7	8.6	8.1		15.2	8.0	8.6	11.4	10.4	
Minerals, vitamins and protein/aminoacids	2.9	1.7	4.3		3.5	2.8	2.4		0.0	3.1	3.3	1.5	3.0	
Vitamins	37.7	51.1	22.7		38.1	38.5	36.3		39.0	37.1	38.8	34.1	41.8	
Vitamins and protein/aminoacids	1.7	1.1	2.4		2.1	2.0	0.0		0.0	2.2	2.1	0.8	0.0	

Question 24 - Do you use doping substances?

	Total % (8,470)	Sex % (8,469)		p	Age groups % (8,282)			p	Socio-economic level % (8,368)					p
		F	M		18-21	22-24	25-30		High	Medium-high	Average	Medium-low	Low	
Yes	0.9	0.5	1.5	*	0.9	0.8	0.4		2.1	0.8	0.7	0.7	1.1	
No	99.1	99.5	98.5		99.1	99.2	99.6		97.9	99.2	99.3	99.3	98.9	

Risky behaviours among university students in Italy

Question 25 - Do you smoke?

	Total % (8,502)	Sex % (8,501)		p	Age groups % (8,314)			p	Socio-economic level % (8,400)					p
		M	F		18-21	22-24	25-30		Low	Medium-Low	Average	Medium-high	High	
Never	52.6	48.5	54.6	*	55.7	51.1	47.7	*	51.2	51.9	54.6	49.8	45.8	*
In the past	9.0	9.1	9.0		7.3	9.8	12.2		9.7	8.4	9.0	9.5	8.0	
Sometimes	14.6	14.8	14.5		14.6	14.7	14.5		12.6	16.2	14.6	14.7	14.7	
Every day	23.8	27.6	21.9		22.4	24.4	25.7		26.5	23.5	21.8	26.0	31.5	

Question 26 - How old were you when you started smoking?

	Total % (2,643)	Sex % (2,643)		p	Age groups % (2,568)			p	Socio-economic level % (2,603)					p
		M	F		18-21	22-24	25-30		Low	Medium-Low	Average	Medium-High	High	
11 years	2.8	3.7	2.3		2.0	3.2	3.8	*	6.0	1.7	3.0	1.6	4.3	
12 years	4.6	4.4	4.7		4.5	5.0	4.3		7.8	4.8	3.8	5.0	3.2	
13 years	11.3	12.7	10.4		12.4	10.7	10.1		12.4	11.6	10.2	11.9	19.1	
14 years	21.9	21.2	22.3		22.1	22.6	18.0		18.3	22.7	20.3	24.8	19.1	
15 years	21.8	20.2	22.7		24.3	21.4	16.5		17.4	25.1	21.0	24.2	16.0	
16 years	19.0	18.2	19.5		20.9	18.0	17.7		19.3	17.9	19.8	17.7	22.3	
17 years or later	18.7	19.4	18.2		13.8	19.0	29.6		18.8	16.2	21.9	14.8	16.0	

Question 27 - On average, how many cigarettes do you smoke per day?

	Total % (2,180)	Sex % (2,180)		p	Age groups % (2,119)			p	Socio-economic level % (2,146)					p
		M	F		18-21	22-24	25-30		Low	Medium-low	Average	Medium-high	High	
Less then 5	29.1	25.8	31.1	*	31.9	27.4	24.6	*	22.9	27.7	31.6	29.0	19.2	*
5-15 per day	57.8	55.5	59.3		59.1	56.5	58.6		62.6	55.4	58.1	57.4	57.7	
16-25 per day	13.1	18.7	9.6		8.9	16.1	16.8		14.5	16.9	10.4	13.6	23.1	
More than 25 per day	0.0	0.0	0.0		0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	

Question 28 - Do you drink beer?

	Total % (8,495)	Sex % (8,494)		p	Age groups % (8,307)			p	Socio-economic level % (8,392)					p
		M	F		18-21	22-24	25-30		Low	Medium-low	Average	Medium-high	High	
Never	31.5	14.9	39.7	*	33.4	30.5	29.5	*	35.3	32.8	32.0	28.3	30.0	*
Rarely	26.1	19.3	29.4		27.6	25.0	24.1		27.3	26.9	26.4	25.5	18.1	
1-2 times a month	13.9	14.4	13.6		13.7	14.2	13.7		12.9	14.4	13.8	14.9	9.3	
1-2 times a week	26.0	45.2	16.5		23.0	27.6	30.4		22.1	24.1	25.3	28.8	37.1	
Every days	2.5	6.1	.7		2.3	2.7	2.3		2.4	1.9	2.5	2.5	5.5	

Question 29 - Do you drink wine or other alcoholic drinks?

	Total % (8,500)	Sex % (8,499) M	F	p	Age groups % (8,313) 18-21	22-24	25-30	p	Socio-economic level % (8,397) Low	Medium-low	Average	Medium-high	High	p
Never	15.8	10.3	18.6	*	16.8	15.1	15.0	*	18.7	17.1	16.5	12.8	13.1	*
Rarely	34.3	27.7	37.5		35.4	34.3	31.1		37.7	35.3	35.5	31.0	26.6	
1-2 times a month	17.7	16.5	18.3		19.0	17.1	15.4		15.7	18.9	18.4	16.7	12.7	
1-2 times a week	29.9	41.1	24.4		27.0	31.1	35.6		24.7	26.8	27.7	37.5	40.5	
Every days	2.3	4.5	1.2		1.8	2.4	2.8		3.1	1.9	1.9	2.1	7.2	

Question 30 - Do you drink spirits?

	Total % (8,499)	Sex % (8,498) M	F	p	Age groups % (8,311) 18-21	22-24	25-30	p	Socio-economic level % (8,398) Low	Medium-low	Average	Medium-high	High	p
Never	28.1	17.8	33.2	*	28.3	27.4	30.1	*	34.9	33.1	28.4	22.3	22.8	*
Rarely	36.3	34.0	37.5		36.7	36.7	34.5		35.6	35.6	38.0	34.5	31.6	
1-2 times a month	17.4	19.3	16.5		18.6	16.6	16.7		15.4	16.3	17.6	18.8	13.1	
1-2 times a week	17.4	27.3	12.6		15.8	18.7	18.2		13.0	14.7	15.6	23.7	28.3	
Every days	.7	1.6	.3		.7	.6	.5		1.1	.4	.5	.6	4.2	

Question 31 - How old were you when you started drinking alcohol?

	Total % (8,383)	Sex % (8,382) M	F	p	Age groups % (8,200) 18-21	22-24	25-30	p	Socio-economic level % (8,281) Low	Medium-low	Average	Medium-high	High	p
Never	13.0	8.1	15.4	*	14.2	11.6	13.0		15.4	13.9	13.4	10.5	10.5	*
11 years	1.0	1.9	.6		1.0	.9	1.3		1.4	1.4	.7	.8	3.8	
12 years	1.3	2.2	.8		1.0	1.5	1.7		2.6	.7	1.2	1.5	.8	
13 years	3.5	5.5	2.5		3.5	3.7	2.9		3.5	3.5	3.2	3.8	5.1	
14 years	12.5	18.1	9.7		14.0	11.2	11.6		12.0	12.2	11.8	14.1	16.0	
15 years	17.4	21.1	15.6		18.5	17.6	13.6		14.1	16.2	17.1	19.5	19.0	
16 years	25.6	25.5	25.7		25.7	26.5	22.0		22.1	23.8	26.1	27.3	25.7	
17 years or later	25.7	17.5	29.7		22.1	27.1	33.9		28.8	28.1	26.4	22.5	19.0	

Question 32 - How old were you when you first got drunk?

	Total % (8,462)	Sex % (8,461) M	F	p	Age groups % (8,276) 18-21	22-24	25-30	p	Socio-economic level % (8,359) Low	Medium-low	Average	Medium-high	High	p
Never	32.3	20.7	38.0	*	36.0	30.6	26.0		32.2	34.4	33.9	28.3	25.7	*
11 years	.4	.9	.1		.3	.4	.6		.8	.4	.2	.3	2.1	
12 years	.6	1.0	.4		.4	.7	.9		1.1	.8	.5	.6	.4	
13 years	2.0	3.7	1.1		1.8	2.1	2.5		3.0	1.6	1.7	2.5	3.4	
14 years	7.4	10.9	5.6		7.9	6.6	7.9		6.0	6.9	6.9	8.2	10.5	
15 years	11.3	15.0	9.5		11.5	11.2	10.6		10.9	9.7	11.3	12.6	11.0	
16 years	16.9	20.9	15.0		18.0	16.6	13.9		16.2	15.0	16.6	18.7	21.5	
17 years or later	29.2	27.0	30.3		24.2	31.9	37.6		29.8	31.2	28.9	28.8	25.3	

Question 33 - During last year. how many times did you get drunk?

	Total % (8,434)	Sex % (8,433)		p	Age groups % (8,249)			p	Socio-economic level % (8,332)					p
		M	F		18-21	22-24	25-30		Low	Medium-low	Average	Medium-high	High	
Never	49.3	36.1	55.8	*	49.5	48.7	51.5		51.6	51.4	50.9	44.4	41.4	*
1 time	17.3	16.4	17.7		16.4	18.0	17.5		19.0	18.1	18.0	15.3	14.8	
2-3 times	16.6	19.5	15.3		16.1	17.4	16.1		13.9	17.2	15.5	19.6	19.8	
4-10 times	9.1	12.9	7.2		10.0	8.3	7.7		6.5	7.7	8.9	11.1	12.2	
More than 10 times	7.7	15.1	4.1		7.9	7.6	7.1		8.9	5.6	6.7	9.6	11.8	

Question 34 - Did you have ever smoke cannabis?

	Total % (8,504)	Sex % (8,503)		p	Age groups % (8,316)			p	Socio-economic level % (8,401)					p
		M	F		18-21	22-24	25-30		Low	Medium-low	Average	Medium-hgh	High	
Yes	38.6	50.2	33.0	*	33.9	41.5	44.7	*	40.4	40.3	35.8	42.2	47.3	*

Question 35 - During last year how many times did you smoke cannabis?

	Total % (7,158)	Sex % (7,158)		p	Age groups % (6,997)			p	Socio-economic level % (7,080)					p
		M	F		18-21	22-24	25-30		Low	Medium-low	Average	Medium-high	High	
Never	68.4	56.7	74.6	*	69.8	66.6	70.8		72.3	67.4	70.8	64.2	53.6	*
1-2 times a year	11.7	11.8	11.7		11.3	12.3	11.8		9.7	12.4	11.1	13.0	14.4	
3-5 times a year	5.5	6.3	5.1		5.3	5.6	4.8		3.2	6.3	5.1	6.1	9.3	
6-9 times a year	3.9	5.6	3.1		3.7	4.3	3.7		3.7	4.1	3.7	4.4	4.1	
10-19 times a year	3.5	5.4	2.5		2.9	4.4	3.1		1.9	3.6	3.6	3.8	4.1	
20-39 times a year	2.6	5.0	1.4		2.7	2.6	2.4		3.5	1.8	2.1	3.6	6.2	
40 times or more	4.3	9.4	1.6		4.3	4.3	3.5		5.8	4.4	3.5	4.8	8.2	

Question 36 - Do you use other drugs?

	Total % (8,488)	Sex % (8,487)		p	Age groups % (8,300)			p	Socio-economic level % (8,385)					p
		M	F		18-21	22-24	25-30		Low	Medium-low	Average	Medium-high	High	
Yes	2.1	3.7	1.3	*	1.9	1.9	2.6		4.1	2.1	1.5	1.9	5.5	*

Question 37 - If yes, which kind of drugs?

	Total % (137)	Sex % (137)		p	Age groups % (128)			p	Socio-economic level % (131)					p
		M	F		18-21	22-24	25-30		Low	Medium-low	Average	Medium-high	High	
Cocaina	56.2	56.5	55.6		49.1	58.5	75.0		77.8	54.2	54.3	46.9	45.5	
Ecstasy	13.1	13.0	13.3		10.9	17.0	10.0		0.0	20.8	8.7	21.9	18.2	
LSD	10.2	10.9	8.9		18.2	7.5	0.0		5.6	0.0	15.2	9.4	27.3	
Smart drugs	9.5	8.7	11.1		14.5	7.5	5.0		0.0	4.2	13.0	15.6	9.1	
Ketamina	5.1	4.3	6.7		3.6	3.8	5.0		5.6	12.5	4.3	3.1	0.0	
Eroina	2.9	2.2	4.4		1.8	0.0	5.0		11.1	4.2	0.0	0.0	0.0	
Shaboo	2.9	4.3	0.0		1.8	5.7	0.0		0.0	4.2	4.3	3.1	0.0	
Khat	0.0	0.0	0.0		0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	

Question 38 - During last year. how many times did you go to the discotheque?

	Total % (8,499)	Sex % (8,498)		p	Age groups % (8,312)			p	Socio-economic level % (8,398)					p
		M	F		18-21	22-24	25-30		Low	Medium-low	Average	Medium-high	High	
Never	23.4	21.8	24.1	*	20.7	23.5	32.7		32.3	30.3	22.9	17.4	16.8	*
Rarely	51.5	48.4	53.0		51.2	52.1	50.6		47.4	51.5	53.0	49.7	50.0	
1 time a week	19.5	22.2	18.1		22.1	18.8	12.8		15.9	15.0	19.2	24.3	22.7	
2 times a week	4.0	5.5	3.2		4.2	3.8	2.6		3.1	2.2	3.4	6.3	6.7	
3 or more times a week	1.7	2.1	1.5		1.7	1.7	1.3		1.3	1.1	1.5	2.3	3.8	

Question 39 - During the last year how many times. did you drive the car exceeding allowed alcohol limits?

	Total % (8,484)	Sex % (8,483)		p	Age groups % (8,300)			p	Socio-economic level % (8,383)					p
		M	F		18-21	22-24	25-30		Low	Medium-low	Average	Medium-high	High	
Never	80.3	63.9	88.3	*	85.0	77.5	73.6	*	82.3	79.8	82.5	76.4	69.3	*
1-2 times a year	11.8	18.9	8.4		8.8	13.6	15.9		9.6	12.4	10.9	13.8	16.8	
3-5 times a year	3.3	6.5	1.7		2.6	3.7	4.0		3.9	3.6	2.8	3.4	5.9	
often	4.7	10.7	1.7		3.5	5.2	6.4		4.1	4.3	3.8	6.4	8.0	

Question 40 - During the last year how many times did you drive the car after drug use?

	Total % (8,460)	Sex % (8,459)		p	Age groups % (8,278)			p	Socio-economic level % (8,361)					p
		M	F		18-21	22-24	25-30		Low	Medium-low	Average	Medium-high	High	
Never	92.3	84.2	96.3	*	92.9	91.6	92.8		92.7	91.9	93.5	90.9	85.2	*
1-2 times a year	3.8	6.9	2.3		3.3	4.2	4.3		2.5	4.6	3.7	4.0	4.7	
3-5 times a year	1.3	2.6	.6		1.3	1.4	.7		1.1	1.4	.7	2.0	3.4	
often	2.6	6.3	.8		2.5	2.8	2.2		3.6	2.1	2.1	3.1	6.8	

Question 41 - Do you use psychoactive drugs?

	Total % (8,505)	Sex % (8,504)		p	Age groups % (8,317)			p	Socio-economic level % (8,403)					p
		M	F		18-21	22-24	25-30		Low	Medium-low	Average	Medium-high	High	
Yes	3.7	2.8	4.2	*	3.1	3.8	5.6	*	4.9	3.9	3.6	3.1	7.1	*

Question 42 - If yes, did you use psychoactive drugs after medical prescription?

	Total % (290)	Sex % (290)		p	Age groups % (290)			p	Socio-economic level % (287)					p
		M	F		18-21	22-24	25-30		Low	Medium-low	Average	Medium-high	High	
No	24.0	40.0	19.1	*	24.8	25.4	14.5	*	23.3	26.4	21.3	20.0	50.0	

Sexual behaviours and preconception health in Italian University students

Question 43 - Do you have sexual intercourse?

	Total % (8,385)	Sex % (8,384)		p	Age groups % (8,203)			p	Socio-economic level % (8,292)					p
		Male	Female		18-21	22-24	25-30		Low	Middle-low	Middle	Middle-higher	Higher	
Yes	74.0	77.5	72.2	*	66.2	78.9	82.7	*	73.5	73.7	72.8	76.1	79.1	*

Question 44 - At what age did you have your first sexual intercourse?

	Total % (8,243)	Sex % (8,242)		p	Age groups % (8,067)			p	Socio-economic level % (8,154)					p
		Male	Female		18-21	22-24	25-30		Low	Middle-low	Middle	Middle-higher	Higher	
Not yet	16.8	13.3	18.5	*	23.7	12.5	9.4	*	15.1	18.5	17.5	15.3	12.0	*
11 years	0.4	0.9	0.1		0.1	0.4	0.5		1.3	0.3	0.2	0.4	2.6	
12 years	0.3	0.6	0.2		0.4	0.2	0.0		0.5	0.1	0.2	0.5	1.3	
13 years	1.5	2.0	1.3		1.6	1.4	1.7		1.8	1.4	1.6	1.4	2.1	
14 years	6.0	6.5	5.8		5.9	5.9	6.7		8.8	5.6	4.8	7.8	9.0	
15 years	11.5	11.8	11.3		11.6	11.7	10.1		10.0	12.5	10.9	13.1	9.0	
16 years	18.6	21.7	17.0		19.4	18.6	16.8		15.9	13.7	18.9	20.9	21.9	
17 years	20.8	23.0	19.7		19.5	22.4	18.9		19.8	21.1	20.5	20.7	25.8	
Later	24.2	20.2	26.2		17.8	26.9	35.9		26.8	26.7	25.4	20.0	16.3	

Question 45 - Do you have random sexual intercourse?

	Total % (,8396)	Sex % (8,395)		p	Age groups % (8,216)			p	Socio-economic level % (8,302)					p
		Male	Female		18-21	22-24	25-30		Low	Middle-low	Middle	Middle-higher	Higher	
Yes	14.4	27.0	8.2	*	12.6	15.0	17.1	*	16.3	12.6	12.5	17.5	26.3	*

Question 46 - Do you use contraceptives?

	Total % (8,244)	Sex % (8,243)		p	Age groups % (8,068)			p	Socio-economic level % (8,155)					p
		Male	Female		18-21	22-24	25-30		Low	Middle-low	Middle	Middle-higher	Higher	
Yes	66.4	64.2	67.4	*	62.5	70.2	65.4	*	61.8	64.2	66.6	68.5	69.4	*

Question 47 - If yes, what type of contracepives?

	Total % (5,458)	Sex % (5,458)		p	Age groups % (5,333)			p	Socio-economic level % (5,393)					p
		Male	Female		18-21	22-24	25-30		Low	Middle-low	Middle	Middle-higher	Higher	
Condom	66.6	92.4	54.5	*	68.2	64.9	66.3		60.5	64.5	67.0	67.9	74.3	*
Contraceptive pill	31.0	6.2	42.6		29.6	32.5	31.6		32.7	33.3	31.2	29.8	24.0	
Spiral	0.2	0.3	0.1		0.0	0.2	0.0		0.8	0.1	0.1	0.0	0.0	
Other	2.2	1.0	2.8		2.2	2.4	2.1		6.0	2.1	1.8	2.3	1.8	

Question 48 - Have you ever acquired sexually Transmitted Infections (STIs)?

	Total % (8,308)	Sex % (8,307)		p	Age groups % (8,129)			p	Socio-economic level % (8,217)					p
		Male	Female		18-21	22-24	25-30		Low	Middle-low	Middle	Middle-higher	Higher	
Yes	2.5	2.8	2.3		1.4	2.7	5.0	*	4.3	2.6	2.1	2.3	4.2	*

Question 49 - If yes, what type of STIs?

	Total % (132)	Sex % (132)		p	Age groups % (127)			p	Socio-economic level % (128)					p
		Male	Female		18-21	22-24	25-30		Low	Middle-low	Middle	Middle-higher	Higher	
Syphilis	10.6	17.8	6.9	*	15.6	8.2	2.9	*	9.5	0.0	12.2	4.0	28.6	
Gonorrhoea	6.8	15.6	2.3		15.6	3.3	5.9		4.8	7.7	8.2	4.0	14.3	
Chlamydia	25.0	22.2	26.4		9.4	26.2	38.2		23.8	38.5	22.4	20.0	14.3	
Trichomoniasis	4.6	4.4	4.6		6.3	3.3	5.9		9.5	7.7	0.0	4.0	14.3	
Genital Herpes	25.8	22.2	27.6		37.5	29.5	11.8		14.3	26.9	24.5	40.0	28.6	
Warts	17.4	6.7	23.0		3.1	18.0	32.4		23.8	7.7	24.5	16.0	0.0	
AIDS	7.6	8.9	6.9		9.4	9.8	2.9		9.5	7.7	8.2	8.0	0.0	
Hepatitis B	2.3	2.2	2.3		3.1	1.6	0.0		4.8	3.8	0.0	4.0	0.0	

Question 50 - STI was diagnosed by a Medical Doctor?

	Total % (157)	Sex % (157)		p	Age groups % (156)			p	Socio-economic level % (155)					p
		Male	Female		18-21	22-24	25-30		Low	Middle-low	Middle	Middle-higher	Higher	
Yes	68.3	55.6	81.6		55.6	68.4	84.1	*	89.3	78.0	64.5	75.7	50.0	*

Question 51 - If you use hormonal contraceptives, at what age did you start to use them?

	Total %	Sex % (1,997)		p	Age groups % (1,960)			p	Socio-economic level % (1,976)					p
		Male	Female		18-21	22-24	25-30		Low	Middle-low	Middle	Middle-higher	Higher	
Before age 14	-	-	1.8		1.2	2.1	1.6	*	2.5	0.8	2.2	0.9	2.2	*
15 years	-	-	7.4		8.7	6.2	6.8		7.5	9.0	5.8	8.6	13.0	
16 years	-	-	13.0		14.9	12.3	10.4		6.8	10.7	14.3	13.5	15.2	
17 years	-	-	18.3		23.7	15.9	12.8		22.4	14.4	18.1	19.5	32.6	
18 years	-	-	25.1		28.4	23.9	19.2		25.5	25.4	24.6	26.5	17.4	
Later	-	-	34.5		23.0	39.6	49.2		35.4	39.5	35.0	31.0	19.6	

Question 52 - Did you ever use emergency contraception?

	Total %	Sex % (5,423)		p	Age groups % (5,317)			p	Socio-economic level % (5,361)					p
		Male	Female		18-21	22-24	25-30		Low	Middle-low	Middle	Middle-higher	Higher	
Yes	-	-	21.8		15.5	25.1	32.2	*	26.7	19.2	20.3	25.8	25.2	*

Question 53 - If yes, how many times?

	Total %	Sex % (1,147)		p	Age groups % (1,120)			p	Socio-economic level % (1,137)					p
		Male	Female		18-21	22-24	25-30		Low	Middle-low	Middle	Middle-higher	Higher	
Mean±SD	-	-	1.44±0.86		1.37±0.79	1.44±0.86	1.61±0.98	**	1.44±0.78	1.40±0.68	1.42±0.83	1.50±1.01	1.63±1.01	

Question 54 - How long ago did you have a gynecological examination?

	Total %	Sex % (5,645)		p	Age groups % (5,538)			p	Socio-economic level % (5,580)					p
		Male	Female		18-21	22-24	25-30		Low	Middle-low	Middle	Middle-higher	Higher	
Never	-	-	30.9		41.8	24.5	14.5	*	25.9	30.4	33.9	26.1	21.1	*
Less than a month	-	-	9.4		9.0	9.1	11.1		6.2	11.1	8.5	10.4	15.8	
More than a month	-	-	15.6		13.5	17.7	15.4		15.5	14.6	14.8	17.9	24.6	
More than six months	-	-	17.4		14.1	19.8	21.1		16.4	18.2	16.5	18.8	21.1	
More than a year	-	-	18.0		14.9	19.3	24.0		22.8	16.4	17.9	18.5	14.9	
More than two years	-	-	8.7		6.7	9.5	13.8		13.1	9.3	8.4	8.2	2.6	

Question 55 - Age of menarche

	Total %	Sex % (5,667)		p	Age groups % (5,644)			p	Socio-economic level % (5,605)					p
		Male	Female		18-21	22-24	25-30		Low	Middle-low	Middle	Middle-higher	Higher	
Never	-	-	0.2		-	-	-		0.2	0.0	0.0	0.2	1.8	*
Before age 11	-	-	7.8		-	-	-		9.2	8.0	8.2	6.4	7.0	
11 years	-	-	17.5		-	-	-		17.3	18.8	17.4	17.3	7.9	
12 years	-	-	28.6		-	-	-		28.9	27.9	28.9	27.6	39.5	
13 years	-	-	24.5		-	-	-		25.9	23.1	25.0	24.2	24.6	
14 years	-	-	14.8		-	-	-		12.1	15.4	14.5	16.4	12.3	
15 years	-	-	4.6		-	-	-		3.7	5.5	4.1	5.2	6.1	
Later	-	-	2.0		-	-	-		2.6	1.4	1.9	2.7	0.9	

Question 56 - Did you acquire Rubella?

	Total %	Sex % (5,658)		p	Age groups % (5,551)			p	Socio-economic level % (5,595)					p
		Male	Female		18-21	22-24	25-30		Low	Middle-low	Middle	Middle-higher	Higher	
No	-	-	64.9		69.6	63.5	52.8	*	59.1	62.7	64.9	69.0	69.3	*
Yes	-	-	16.8		13.5	17.3	26.9		20.4	16.4	17.3	14.2	13.2	
I don't know	-	-	18.3		17.0	19.2	20.4		20.6	20.9	17.8	16.8	17.5	

Question 57 - Are you vaccinated against Rubella?

	Total %	Sex % (5,647)		p	Age groups % (5,541)			p	Socio-economic level % (5,585)					p
		Male	Female		18-21	22-24	25-30		Low	Middle-low	Middle	Middle-higher	Higher	
No	-	-	15.9		13.8	15.9	21.8		17.7	16.6	15.4	15.0	18.4	
Yes	-	-	50.9		53.3	49.8	47.9	*	48.1	47.5	52.3	51.6	49.1	
I don't know	-	-	33.3		33.0	34.3	30.3		34.1	35.8	32.3	33.4	32.5	

Question 58 - Are you vaccinated against Measles?

	Total %	Sex % (5,660)		p	Age groups % (5,553)			p	Socio-economic level % (5,596)					p
		Male	Female		18-21	22-24	25-30		Low	Middle-low	Middle	Middle-higher	Higher	
No	-	-	14.9		12.2	15.9	18.8	*	14.7	15.3	15.7	12.2	14.9	*
Yes	-	-	56.2		59.6	54.0	53.0		53.6	52.2	57.1	58.3	57.0	
I don't know	-	-	28.9		28.2	30.1	28.2		31.7	32.5	27.2	29.5	28.1	

Question 59 - How long ago did you have a urological examination?

	Total %	Sex % (2,771)		p	Age groups % (2,695)			p	Socio-economic level % (2,751)					p
		Male	Female		18-21	22-24	25-30		Low	Middle-low	Middle	Middle-higher	Higher	
Never	-	63.7	-		64.1	65.3	57.9	*	69.7	69.4	65.6	56.1	59.8	*
Less than a month	-	1.7	-		2.0	1.3	2.1		2.2	1.1	1.9	1.4	2.5	
More than a month	-	3.5	-		4.3	3.6	1.1		3.9	2.4	2.8	5.3	4.1	
More than six months	-	5.0	-		5.8	4.3	5.0		3.9	3.7	4.5	6.7	6.6	
More than a year	-	7.9	-		7.4	7.2	11.6		5.1	5.3	8.7	8.9	7.4	
More than two years	-	18.2	-		16.4	18.4	22.2		15.2	18.2	16.5	21.7	19.7	

Question 60 - Did you have Cryptorchidism?

	Total %	Sex % (2,783)		p	Age groups % (2,707)			p	Socio-economic level % (2,762)					p
		Male	Female		18-21	22-24	25-30		Low	Middle-low	Middle	Middle-higher	Higher	
Yes	-	4.7	-		5.3	4.3	4.0		5.1	4.7	4.3	4.9	6.5	

Question 61 - Did you have Varicocele?

	Total %	Sex % (2,757)		p	Age groups % (2,683)			p	Socio-economic level % (2,736)					p
		Male	Female		18-21	22-24	25-30		Low	Middle-low	Middle	Middle-higher	Higher	
Yes	-	10.2	-		7.6	11.6	13.5	*	10.1	9.9	9.2	11.6	12.2	

Question 62 - Did you have Orchitis?

	Total %	Sex % (2,744)		p	Age groups % (2,670)			p	Socio-economic level % (2,723)					p
		Male	Female		18-21	22-24	25-30		Low	Middle-low	Middle	Middle-higher	Higher	
Yes	-	3.2	-		2.5	3.6	4.3		4.0	2.1	2.7	3.7	8.1	*

Question 63 - Did you acquire Mumps?

	Total %	Sex % (2,763)		p	Age groups % (2,688)			p	Socio-economic level % (2,742)					p
		Male	Female		18-21	22-24	25-30		Low	Middle-low	Middle	Middle-higher	Higher	
No	-	46.1	-		46.9	45.8	43.4		46.6	44.3	44.4	48.5	51.2	
Yes	-	35.8	-		34.9	36.2	38.4		32.6	40.1	36.9	33.7	28.5	
I don't know	-	18.1	-		18.2	18.1	18.3		20.8	15.6	18.6	17.8	20.3	

Question 64 - At what age did you acquire Mumps?

	Total %	Sex % (758)		p	Age groups % (744)			p	Socio-economic level % (753)					p
		Male	Female		18-21	22-24	25-30		Low	Middle-low	Middle	Middle-higher	Higher	
Mean±SD	-	7.81±3.36	-		7.46±3.26	8.12±3.47	7.71±3.16	**	8.7±3.69	7.26±3.13	7.76±3.31	7.77±3.52	9.46±2.81	**

Question 65 - Are you vaccinated against Mumps?

	Total %	Sex % (2,697)		p	Age groups % (2,624)			p	Socio-economic level % (2,676)					p
		Male	Female		18-21	22-24	25-30		Low	Middle-low	Middle	Middle-higher	Higher	
No	-	22.3	-		19.1	22.3	31.6	*	24.7	23.1	20.4	24.3	20.5	
Yes	-	21.3	-		24.3	19.8	16.3		20.7	17.2	22.5	21.6	21.3	
I don't know	-	56.4	-		56.5	58.0	52.0		54.6	59.7	57.1	54.1	58.2	

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Question 66 - In the last 12 months, how often have you had headache?

	Total % (8,023)	Sex % (8,022)		p	Age groups % (7,856)			p	Socio-economic level % (7,957)					p
		F	M		18-21	22-24	25-30		High	Medium-high	Average	Medium-low	Low	
Never	7.2	4.5	12.4	*	6.9	7.2	7.7		11.7	8.0	6.7	6.7	7	*
Rarely	45.5	41.1	53.9		45.6	45.8	45.4		42.8	48.0	46.1	42.6	41.0	
Almost monthly	23.0	25.4	18.4		22.5	23.6	22.7		24.3	22.7	23.4	23.4	21.0	
Almost weekly	12.9	15.2	8.6		13.0	12.4	13.8		10.8	12	13.3	12.7	13.8	
More than once per week	7.1	8.2	4.8		7.3	7.0	6.6		3.6	6.2	7.0	8.9	8.6	
Almost daily	4.3	5.6	1.9		4.7	4.0	3.8		6.8	3.1	3.5	5.7	8.6	

Question 67 - In the last 12 months, how often have you had stomach pain?

	Total % (8,015)	Sex % (8,014)		p	Age groups % (7,847)			p	Socio-economic level % (7,950)					p
		F	M		18-21	22-24	25-30		High	Medium-high	Average	Medium-low	Low	
Never	12.0	9.8	16.2	*	11.2	11.8	15.1	*	17.1	12.8	11	11.2	14.9	*
Rarely	52.8	48.6	60.7		53.3	53.0	50.8		45.0	54.2	55.0	49.8	43.9	
Almost monthly	20.3	23.4	14.7		21.0	20.4	18		26.6	19.3	19.8	21.9	22.1	
Almost weekly	6.7	8.1	3.8		6.6	6.6	6.7		6.8	6.3	6.6	7.6	6.6	
More than once per week	4.6	5.6	2.6		4.1	4.8	5.2		0.9	4.6	4.2	4.8	7.6	
Almost daily	3.6	4.5	2.0		3.8	3.4	4.2		3.6	2.8	3.4	4.7	4.9	

Question 68 - In the last 12 months, how often have you had back pain?

	Total % (8,472)	Sex % (8,471)		p	Age groups % (8,288)			p	Socio-economic level % (8,403)					p
		F	M		18-21	22-24	25-30		High	Medium-high	Average	Medium-low	Low	
Never	18.9	17.4	22.0	*	18.5	19.4	17.8		26.1	18.9	19.9	16.3	15.9	*
Rarely	45.3	43.3	49.2		44.7	46.6	43.7		41.7	47.1	45.8	44.0	40.3	
Almost monthly	17.5	18.5	15.4		17.8	16.8	19.2		15.5	17.2	16.8	20.4	18.4	
Almost weekly	7.7	8.6	5.9		8.0	7.4	7.2		7.1	7.6	7.4	8	9.7	
More than once per week	5.4	6.0	4.2		5.6	4.8	7.0		5.0	4.9	5.1	6.5	6.4	
Almost daily	5.2	6.2	3.3		5.4	5.0	5.1		4.6	4.3	5.0	4.8	9.3	

Question 69 - How often do you feel tired?

	Total % (8,468)	Sex % (8,467)		p	Age groups % (8,285)			p	Socio-economic level % (8,285)					p
		F	M		18-21	22-24	25-30		High	Medium-high	Average	Medium-low	Low	
Never	7.2	3.4	14.7	*	6.6	7.3	8.2	*	10.2	7.8	7.1	5.9	6.4	*
Rarely	38.7	34.6	46.9		37.9	39.8	38.7		43.0	40.1	39.6	36.1	31.7	
Almost monthly	24.5	27.9	17.7		24.2	24.7	24.5		18.7	25.1	24.6	24.9	24.3	
Almost weekly	13.0	14.5	9.9		14.1	12.8	10.1		13.2	11.0	13.9	13.4	12.6	
More than once per week	9.0	10.4	6.4		9.3	8.5	9.9		6.8	9.2	8.1	10.5	12.6	
Almost daily	7.6	9.2	4.4		7.9	6.9	8.6		8.1	6.8	6.7	9.2	12.4	

Question 70 - How often do you feel nervous?

	Total % (8,461)	Sex % (8,460)		p	Age groups % (8,279)			p	Socio-economic level % (8,395)					p
		F	M		18-21	22-24	25-30		High	Medium-high	Average	Medium-low	Low	
Never	4.2	2.4	7.8	*	4.0	4.2	4.3		6.8	4.3	4.2	3.3	3.9	*
Rarely	26.7	22.0	36.3		26.6	26.5	28.3		28.3	28.4	27.7	23.2	22.7	
Almost monthly	28.6	31.4	22.7		27.9	29.9	26.6		21.9	28.4	28.7	31.7	23.0	
Almost weekly	15.7	16.6	13.8		16.3	15.5	14.6		13.5	15.9	15.8	15.9	15.0	
More than once per week	13.3	14.7	10.5		12.9	13.3	14.2		14.3	11.9	13.5	13.0	17.3	
Almost daily	11.5	12.9	8.9		12.3	10.6	12.0		15.2	11.2	10.1	12.9	18.1	

Question 71 - How often do you suffer from dizziness

	Total % (8,463)	Sex % (8,462)		p	Age groups % (8,282)			p	Socio-economic level % (8,398)					p
		F	M		18-21	22-24	25-30		High	Medium-high	Average	Medium-low	Low	
Never	34.4	27.6	48.1	*	31.6	36.3	37.6	*	39.5	38.5	33.9	30.3	31.1	*
Rarely	44.1	46.8	38.6		45.6	44.0	39.9		39.5	42.6	45.2	45.4	40.9	
Almost monthly	10.4	12.6	5.8		10.3	9.7	12.6		9.7	8.8	10.2	11.6	13.9	
Almost weekly	5.4	6.3	3.7		6.1	4.9	4.5		4.2	5.3	5.5	5.7	5.0	
More than once per week	3.6	4.3	2.1		4.1	3.3	3.2		3.8	3.5	3.2	4.5	4.9	
Almost daily	2.1	2.4	1.7		2.3	1.8	2.2		3.3	1.3	2.0	2.5	4.2	

Question 72 - How often do you have troubles falling asleep?

	Total % (8,460)	Sex % (8,459)		p	Age groups % (8,278)			p	Socio-economic level % (8,395)					p
		F	M		18-21	22-24	25-30		High	Medium-high	Average	Medium-low	Low	
Never	31.7	30.4	34.5	*	33.0	31.1	29.7	*	38.8	32.2	31.2	31.4	29.8	*
Rarely	42.0	42.8	40.3		41.8	42.4	42.0		29.5	41.5	43.8	40.5	40.8	
Almost monthly	8.3	8.3	8.2		7.5	8.7	8.8		11.0	8.2	8.1	8.9	7.4	
Almost weekly	5.7	6.0	5.1		5.7	5.7	5.8		2.9	5.8	5.8	5.3	6.3	
More than once per week	5.7	5.5	6.1		5.5	5.7	6.2		8.9	5.7	5.3	6.7	5.8	
Almost daily	6.6	7.0	5.8		6.5	6.4	7.5		8.9	6.6	5.8	7.2	9.9	

Question 73 - Do you consider your sleep-time restoring

	Total % (8,470)	Sex % (8,469)		p	Age groups % (8,288)			p	Socio-economic level % (8,406)					p
		F	M		18-21	22-24	25-30		High	Medium-high	Average	Medium-low	Low	
Yes	80.3	79.6	81.7	*	81.4	80.7	75.2	*	76.9	82.2	81.7	77.2	73.2	*
No	19.7	20.4	18.3		18.6	19.3	24.8		23.1	17.8	18.3	22.8	26.8	

Question 74 - How would you judge your health?

	Total % (8,466)	Sex % (8,465)		p	Age groups % (8,284)			p	Socio-economic level % (8,402)					p
		F	M		18-21	22-24	25-30		High	Medium-high	Average	Medium-low	Low	
Bad	2.6	2.8	2.4	*	2.3	2.6	4.0	*	3.4	2.2	2.1	2.9	6.1	*
Fair	20.3	22.0	16.9		19.7	20.1	23.0		17.6	15.4	19.4	27.0	28.9	
Good	64.9	67.4	59.8		66.2	65.1	61.6		58.8	66.6	67.2	62.5	52.8	
Excellent	12.2	7.8	20.9		11.8	12.2	11.4		20.2	15.8	11.3	7.6	12.2	

Question 75 - How do you feel with respect to coping with your problems?

	Total % (8,456)	Sex % (8,455)		p	Age groups % (8,274)			p	Socio-economic level % (8,395)					p
		F	M		18-21	22-24	25-30		High	Medium-high	Average	Medium-low	Low	
Totally unable	1.3	1.3	1.2	*	1.5	1.1	1.2		2.1	0.9	1.0	1.6	2.8	*
Not very good	9.6	11.0	6.8		9.1	9.7	10.8		9.3	7.8	8.7	13.9	12.2	
Reasonably good	63.9	66.8	58.1		65.0	63.5	62.1		44.5	60.1	67.1	63.2	63.1	
Very good	25.2	20.9	33.9		24.4	25.7	25.9		44.1	31.2	23.2	21.3	21.9	

Question 76 - How much are you satisfied with your life?

(8,446)		Sex (8,446)				p	Age groups (8,266)						p	Socio-economic level (8,447)										p
		F		M			18-21		22-24		25-30			High		Medium-high		Average		Medium-low		Low		
mean	SD	mean	SD	mean	SD		mean	SD	mean	SD	mean	SD		mean	SD	mean	SD	mean	SD	mean	SD	mean	SD	
7.46	1.43	7.42	1.38	7.55	1.57	*	7.56	1.38	7.43	1.42	7.20	1.58	*	8.03	1.55	7.75	1.27	7.48	1.32	7.16	1.54	6.89	1.85	*

Study habits and technology use in Italian University students

Question 77 - How do you rate your results in the study?

| | Total % (8,458) | Sex % (8,457) | | p | Age groups % (8,277) | | | p | Socio-economic level % (8,398) | | | | | p |
		M	F		18-21	22-24	25-30		Low	Medium-low	Average	Medium-high	High	
Inadequate	4.4	6.8	3.2	*	4.0	4.2	6.5	*	10.5	5.1	3.6	3.2	6.3	*
Good enough	24.3	28.1	22.4		24.1	23.2	27.4		29.1	28.7	23.7	21.1	20.2	
Good	53.9	49.5	56.1		55.8	53.8	48.2		46.7	51.4	56.5	53.9	41.6	
Very good	17.4	15.5	18.4		16.1	18.8	17.9		13.7	14.8	16.1	21.8	31.9	

Question 78 - Do you feel under pressure due to the study?

| | Total % (8,465) | Sex % (8,464) | | p | Age groups % (8,282) | | | p | Socio-economic level % (8,405) | | | | | p |
		M	F		18-21	22-24	25-30		Low	Medium-low	Average	Medium-high	High	
No	9.4	16.0	6.2	*	9.3	9.3	10.0	*	9.9	8.1	8.2	11.9	18.9	*
A little	26.4	28.1	25.5		28.8	24.8	23.1		26.1	26.8	27.9	23.9	16.0	
Sometimes	39.5	37.3	40.6		40.6	40.0	35.7		31.7	37.9	40.6	41.3	37.8	
A lot	24.7	18.6	27.7		21.3	25.9	31.3		32.3	27.3	23.4	22.9	27.3	

Question 79 - Do you like to study alone?

| | Total % (8,459) | Sex % (8,458) | | p | Age groups % (8,277) | | | p | Socio-economic level % (8,399) | | | | | p |
		M	F		18-21	22-24	25-30		Low	Medium-low	Average	Medium-high	High	
No	4.4	6.1	3.6	*	3.6	4.4	7.0	*	6.0	5.0	3.2	5.0	10.5	*
A little	18.4	22.3	16.5		16.5	19.3	20.9		19.4	18.5	18.6	17.8	17.6	
Enough	54.1	52.1	55.1		56.3	53.3	50.4		49.9	54.6	55.0	54.6	45.4	
A lot	23.1	19.4	24.9		23.5	23.0	21.6		24.7	21.9	23.1	22.6	26.5	

Question 80 - Do you like to organize and enjoying a studying group?

| | Total % (8,451) | Sex % (8,450) | | p | Age groups % (8,270) | | | p | Socio-economic level % (8,396) | | | | | p |
		M	F		18-21	22-24	25-30		Low	Medium-low	Average	Medium-high	High	
No	7.5	7.9	7.2		6.6	7.4	10.7	*	11.1	7.2	7.3	6.7	8.4	*
A little	28.7	28.3	28.9		29.2	28.4	28.2		29.7	29.7	30.0	25.5	25.6	
Enough	50.5	51.3	50.1		51.0	51.5	45.6		44.5	50.9	50.6	52.8	44.1	
A lot	13.4	12.5	13.8		13.2	12.8	15.6		14.7	12.1	12.1	14.9	21.8	

Question 81 - Do you like to study only on books or papers?

| | Total % (8,439) | Sex % (8,438) | | p | Age groups % (8,259) | | | p | Socio-economic level % (8,385) | | | | | p |
		M	F		18-21	22-24	25-30		Low	Medium-low	Average	Medium-high	High	
No	2.8	4.3	2.0	*	2.5	3.0	2.8		4.9	2.0	2.8	2.5	4.2	*
A little	13.8	17.5	12.0		14.2	14.0	11.8		13.0	16.4	13.4	13.8	10.5	
Enough	57.4	57.7	57.3		57.0	57.5	58.6		52.9	57.2	59.3	55.8	52.5	
A lot	26.0	20.5	28.7		26.2	25.5	26.8		29.2	24.4	24.5	28.0	32.8	

Question 82 - Do you like to use new digital technologies and to access internet for educational purposes?

	Total % (8,435)	Sex % (8,434)		p	Age groups % (8,255)			p	Socio-economic level % (8,380)					p
		M	F		18-21	22-24	25-30		Low	Medium-low	Average	Medium-high	High	
No	6.3	5.5	6.8	*	6.5	6.5	5.4	*	10.4	5.5	5.7	6.6	10.1	*
A little	28.3	25.1	29.8		31.3	26.5	24.3		29.9	30.6	27.4	28.1	24.8	
Enough	48.6	48.5	48.6		47.0	50.1	48.2		43.8	47.6	50.9	46.4	44.5	
A lot	16.8	20.9	14.9		15.2	16.9	22.1		16.0	16.2	16.1	18.9	20.6	

Question 83 - On average, how many hours per week do you watch TV?

	Total % (8,443)	Sex % (8,442)		p	Age groups % (8,269)			p	Socio-economic level % (8,397)					p
		M	F		18-21	22-24	25-30		Low	Medium-low	Average	Medium-high	High	
No watching TV	11.5	11.9	11.3	*	11.2	10.8	14.2	*	13.7	12.6	10.9	11.2	13.6	*
Less than 7 hours	42.6	35.6	46.1		41.7	43.5	42.3		49.1	42.6	41.9	42.3	39.4	
7-14 hours per week	26.9	29.3	25.8		28.3	26.1	25.8		22.6	25.0	28.2	27.2	24.6	
15-21 hours per week	11.3	13.0	10.4		11.1	12.2	9.4		8.5	11.4	11.3	12.2	9.3	
22-28 hours per week	4.6	5.4	4.2		4.5	4.6	4.8		3.9	5.3	4.4	4.3	7.2	
29-35 hours per week	2.0	3.2	1.4		2.2	1.8	1.9		1.3	2.0	2.2	1.7	2.5	
More than 35 hours per week	1.1	1.6	0.9		1.1	1.0	1.6		0.9	1.1	1.0	1.0	3.4	

Question 84 - On average, how many hours per week do you use your computer?

	Total % (8,440)	Sex % (8,439)		p	Age groups % (8,259)			p	Socio-economic level % (8,392)					p
		M	F		18-21	22-24	25-30		Low	Medium-low	Average	Medium-high	High	
No use of PC	1.6	0.9	1.9	*	2.4	0.9	1.0	*	2.4	0.9	1.0	2.4	0.9	*
Less than 7 hours	28.3	19.1	32.8		31.4	27.0	21.8		31.4	27.0	21.8	31.4	27.0	
7-14 hours per week	29.1	26.3	30.5		31.2	28.3	25.1		31.2	28.3	25.1	31.2	28.3	
15-21 hours per week	17.9	20.8	16.5		16.5	19.1	18.6		16.5	19.1	18.6	16.5	19.1	
22-28 hours per week	11.6	15.4	9.7		9.7	12.4	15.3		9.7	12.4	15.3	9.7	12.4	
29-35 hours per week	5.9	8.5	4.6		4.6	6.5	8.2		4.6	6.5	8.2	4.6	6.5	
More than hours 35 per week	5.6	8.9	4.0		4.2	5.8	10.1		4.2	5.8	10.1	4.2	5.8	

Question 85 - On average, how many hours per week do you access internet?

	Total % (8,443)	Sex % (8,442)		p	Age groups % (8,261)			p	Socio-economic level % (8,396)					p
		M	F		18-21	22-24	25-30		Low	Medium-low	Average	Medium-high	High	
No accessing internet	0.7	0.4	0.8	*	0.7	0.7	0.6	*	1.6	0.6	0.6	0.7	0.8	*
Less than 7 hours	27.4	17.3	32.3		28.8	27.1	23.7		31.4	30.2	26.0	27.2	23.6	
7-14 hours per week	30.7	29.3	31.3		31.9	30.6	26.9		24.4	30.9	31.4	31.5	27.0	
15-21 hours per week	17.6	22.0	15.4		17.5	17.8	17.3		17.0	18.6	17.8	16.4	20.3	
22-28 hours per week	10.7	12.6	9.7		9.9	10.7	13.2		10.7	9.2	11.3	10.3	11.0	
29-35 hours per week	6.1	8.6	4.9		5.4	6.2	8.3		6.6	4.8	6.3	6.8	3.8	
More than 35 hours per week	6.8	9.8	5.4		5.8	6.8	10.0		8.2	5.7	6.6	7.0	13.5	

Question 86 - On average, how many hours do you use social networks (Facebook. twitter etc) during a week?

	Total % (8,437)	Sex % (8,436)		p	Age groups % (8,257)			p	Socio-economic level % (8,395)					p
		M	F		18-21	22-24	25-30		Low	Medium-low	Average	Medium-high	High	
No use of social networks	7.5	8.0	7.3	*	5.7	8.0	12.0	*	10.7	7.8	7.2	7.4	4.6	*
Less than 7 hours	36.3	33.6	37.6		36.2	35.9	38.4		40.5	37.4	35.2	36.2	37.0	
7-14 hours per week	26.1	26.3	26.1		27.8	26.1	20.9		19.2	26.8	27.0	26.9	21.0	
15-21 hours per week	14.6	16.1	13.9		14.9	15.0	12.6		13.9	14.8	15.3	13.1	15.1	
22-28 hours per week	7.7	7.7	7.7		7.4	7.8	8.0		6.8	7.2	7.9	7.9	9.2	
29-35 hours per week	3.7	3.7	3.7		3.4	3.6	4.7		3.5	3.0	3.7	4.3	2.9	
More than 35 hours per week	4.1	4.7	3.8		4.6	3.6	3.4		5.4	3.1	3.8	4.3	10.1	

Question 87 - Do you have ever participated to association activities (social, cultural, sport association)?

	Total % (8,461)	Sex % (8,460)		p	Age groups % (8,280)			p	Socio-economic level % (8,409)					p
		M	F		18-21	22-24	25-30		Low	Medium-low	Average	Medium-high	High	
Yes	36.4	40.0	34.7	*	37.6	35.1	37.5		40.3	37.6	34.0	38.5	44.1	*

Question 88 - If yes, which kind of association?

	Total % (3,061)	Sex % (3,061)		p	Age groups % (2,998)			p	Socio-economic level % (3,046)					p
		M	F		18-21	22-24	25-30		Low	Medium-low	Average	Medium-high	High	
Charities	33.4	21.4	40.4	*	31.4	35.1	34.4	*	41.0	33.5	34.0	29.8	30.2	*
Sport team	30.1	40.4	24.0		33.0	28.6	24.8		25.3	29.1	30.5	32.1	27.4	
Religious group	14.7	12.2	16.1		16.1	13.8	13.3		13.4	18.2	15.4	12.1	9.4	
Social commitment association	7.8	10.8	6.1		6.6	8.0	11.7		5.4	6.8	7.1	10.5	11.3	
Environmentalist association	1.3	1.4	1.2		1.0	1.4	1.6		1.1	1.6	1.2	1.4	.9	
Group for animal rights	1.6	.8	2.1		1.4	1.3	2.9		1.9	1.2	153	1.9	2.8	
Other	11.1	13.0	10.0		10.5	11.7	11.2		11.9	9.7	10.3	12.2	17.9	

Question 90 - How many cell phones do you have?

	Total % (8,437)	Sex % (8,436)		p	Age groups % (8,256)			p	Socio-economic level % (8,384)					p
		M	F		18-21	22-24	25-30		Low	Medium-low	Average	Medium-high	High	
None	.3	.5	.2	*	.2	.4	.3	*	1.3	.4	.1	.2	.4	*
1	85.9	85.1	86.3		89.0	84.1	81.8		88.2	88.7	87.4	81.6	69.7	
2	12.8	12.5	12.9		10.1	14.5	16.0		9.4	10.0	11.9	16.9	21.4	
More than 2	1.0	2.0	.6		.8	1.1	1.9		1.1	.9	.5	1.3	8.4	

Question 91 - Do you generally use devices as smartphones, i-pads, i-phones?

	Total % (8,460)	Sex % (8,434)		p	Age groups % (8,278)			p	Socio-economic level % (8,407)					p
		M	F		18-21	22-24	25-30		Low	Medium-low	Average	Medium-high	High	
No	31.3	25.5	34.2		28.9	32.9	34.2	*	45.8	44.6	31.3	19.6	12.2	*
Yes	68.7	74.5	65.8		71.1	67.1	65.8		54.2	55.4	68.7	80.4	87.8	

Question 92 - On average, how many sms a day do you send with your mobile-phone?

	Total % (8,449)	Sex % (8,448)		p	Age groups % (8,269)			p	Socio-economic level % (8,401)					p
		M	F		18-21	22-24	25-30		Low	Medium-low	Average	Medium-high	High	
None	4.1	6.7	2.8	*	3.2	4.0	6.9		8.6	4.7	3.6	3.2	3.8	*
Less than 10	34.0	38.2	31.9		26.7	35.9	50.7		43.6	39.1	33.5	29.5	23.7	
10-50 a day	41.1	38.9	42.2		43.9	41.1	32.6		30.1	39.9	42.4	43.2	41.5	
51-100 a day	14.3	10.6	16.1		17.3	13.8	6.4		11.1	11.6	13.9	17.0	19.1	
More than 100 a day	6.6	5.6	7.0		8.9	5.2	3.3		6.4	4.8	6.6	7.1	11.9	

Question 93 - On average, how many hours a day do you use your mobile-phone for talking?

	Total % (8,438)	Sex % (8,436)		p	Age groups % (8,258)			p	Socio-economic level % (8,385)					p
		M	F		18-21	22-24	25-30		Low	Medium-low	Average	Medium-high	High	
Less than 1	85.9	85.1	86.3	*	89.0	84.1	81.8		88.2	88.7	87.4	81.6	69.7	*
1-2 hours a day	12.8	12.5	12.9		10.1	14.5	16.0		9.4	10.0	11.9	16.9	21.4	
3-4 hours a day	1.0	2.0	0.6		0.8	1.1	1.9		1.1	0.9	0.5	1.3	8.4	
4-5 hours a day	0.3	0.5	0.2		0.2	0.4	0.3		1.3	0.4	0.1	0.2	0.4	
More than 5 hours a day	0.0	0.0	0.0		0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	

Progetto "Sportello Salute Giovani"

Caro studente, Cara studentessa,

La Facoltà di Medicina e Chirurgia "A. Gemelli" dell'Università Cattolica del Sacro Cuore sta svolgendo un'indagine all'interno del progetto "Sportello Salute Giovani" sullo stato di salute generale, le abitudini alimentari, i comportamenti a rischio e le dipendenze nei giovani studenti universitari.
Ti chiediamo di rispondere al seguente questionario, la cui compilazione richiederà meno di 15 minuti.
La tua collaborazione è importante ai fini del risultato della ricerca.
Anticipatamente ti ringraziamo per il tempo che vorrai dedicarci.
Il questionario è **totalmente anonimo**.

1) anno di nascita _____

2) sesso   ☐ M   ☐ F

3) *quanti giorni a settimana fai colazione*
- ☐ mai
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7

4) *mediamente quanti pasti al giorno consumi*
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ più di 5

5) *mangi frutta*
- ☐ mai
- ☐ una volta a settimana
- ☐ 2-4 giorni a settimana
- ☐ 5-6 giorni a settimana
- ☐ una volta al giorno
- ☐ più di una volta al giorno

6) *mangi verdura*
- ☐ mai
- ☐ una volta a settimana
- ☐ 2-4 giorni a settimana
- ☐ 5-6 giorni a settimana
- ☐ una volta al giorno
- ☐ più di una volta al giorno

7) *mangi dolci*
- ☐ mai
- ☐ una volta a settimana
- ☐ 2-4 giorni a settimana
- ☐ 5-6 giorni a settimana
- ☐ una volta al giorno
- ☐ più di una volta al giorno

8) *bevi caffè*

- [ ] mai
- [ ] 1-3 al giorno
- [ ] 4-6 al giorno
- [ ] più di 6 al giorno

9) *consumi bevande energizzanti (contenenti ad es. taurina, caffeina, glucuronolattone, ecc.)*

- [ ] mai
- [ ] una volta a settimana
- [ ] 2-4 giorni a settimana
- [ ] 5-6 giorni a settimana
- [ ] una volta al giorno
- [ ] più di una volta al giorno

10) *con quale frequenza consumi alimenti da fast food*

- [ ] mai
- [ ] 1-2 volte al mese
- [ ] una volta a settimana
- [ ] 2-4 giorni a settimana
- [ ] 5-6 giorni a settimana
- [ ] una volta al giorno
- [ ] più di una volta al giorno

11) *hai allergie o intolleranze alimentari*

- [ ] sì   [ ] no

12) *se sì, quali* _____

13) *sei a dieta*

- [ ] no, il mio peso va bene
- [ ] no, dovrei ingrassare un po'
- [ ] no, ma dovrei perdere peso
- [ ] si

14) *come ti sembra il tuo corpo*

- [ ] troppo magro
- [ ] un po' magro
- [ ] normale
- [ ] in forma
- [ ] un po' grasso
- [ ] troppo grasso

15) *peso attuale (senza vestiti)* _____ kg

16) *altezza (senza scarpe)* _____ cm

17) *quante ore al giorno fai di attività fisica*

☐ mai
☐ ogni giorno
☐ 4-6 giorni a settimana
☐ 2-3 giorni a settimana
☐ una volta a settimana
☐ una volta al mese

18) *quanti giorni a settimana fai attività fisica*

☐ nessuna
☐ un'ora
☐ 2-4 ore
☐ 5-7 ore
☐ 8 ore o più

19) *frequenti regolarmente una palestra o un centro fitness*

☐ sì ☐ no

20) *fai attività sportiva agonistica*

☐ sì ☐ no

21) *fai attività sportiva che implica un contatto fisico con l'avversario, anche violento*

☐ sì ☐ no

22) *fai uso di integratori*

☐ sì ☐ no

23) *se usi integratori, di quale tipo*

☐ sali minerali
☐ vitamine
☐ proteine e aminoacidi

24) *usi sostanze dopanti*

☐ sì ☐ no

25) *fumi*

☐ non ho mai fumato
☐ fumavo, ora non più
☐ di rado
☐ ogni giorno

26) *se sei fumatore abituale, a quale età hai fumato la prima sigaretta*

- [ ] 11 anni
- [ ] 12 anni
- [ ] 13 anni
- [ ] 14 anni
- [ ] 15 anni
- [ ] 16 anni
- [ ] più tardi

27) *se sei fumatore abituale, quante sigarette fumi al giorno*

- [ ] meno di 5
- [ ] 5-15
- [ ] 16-25
- [ ] più di 25

28) *bevi birra*

- [ ] mai
- [ ] raramente
- [ ] 1-2 volte al mese
- [ ] 1-2 volte a settimana
- [ ] tutti i giorni

29) *bevi vino o altri alcolici*

- [ ] mai
- [ ] raramente
- [ ] 1-2 volte al mese
- [ ] 1-2 volte a settimana
- [ ] tutti i giorni

30) *bevi superalcolici*

- [ ] mai
- [ ] raramente
- [ ] 1-2 volte al mese
- [ ] 1-2 volte a settimana
- [ ] tutti i giorni

31) *a quale età hai iniziato a fare uso di alcolici*

- [ ] mai
- [ ] 11 anni
- [ ] 12 anni
- [ ] 13 anni
- [ ] 14 anni
- [ ] 15 anni
- [ ] 16 anni
- [ ] più tardi

32) *a quale età ti sei ubriacato per la prima volta*

☐ mai
☐ 11 anni
☐ 12 anni
☐ 13 anni
☐ 14 anni
☐ 15 anni
☐ 16 anni
☐ più tardi

33) *quante volte ti sei ubriacato negli ultimi 12 mesi*

☐ mai
☐ una volta
☐ 2-3 volte
☐ 4-10 volte
☐ più di 10 volte

34) *hai mai fatto uso di cannabis (spinello)*

☐ sì   ☐ no

35) *quante volte hai fumato spinelli negli ultimi 12 mesi*

☐ mai
☐ 1-2 volte
☐ 3-5 volte
☐ 6-9 volte
☐ 10-19 volte
☐ 20-39 volte
☐ 40 volte o più

36) *fai uso di altre droghe o sostanze stupefacenti*

☐ sì   ☐ no

37) *se sì, quali (anche più di una risposta)*

☐ cocaina
☐ eroina
☐ LSD
☐ ecstasy
☐ ketamina
☐ khat
☐ shaboo
☐ smart drugs

38) *durante gli ultimi 12 mesi, con quale frequenza sei stato in una discoteca*

- mai
- raramente
- 1 volta a settimana
- 2 volte a settimana
- 3 o più volte a settimana

39) *durante gli ultimi 12 mesi, quante volte ti è capitato di metterti alla guida dopo aver bevuto oltre i limiti consentiti per una guida sicura (2 o più bicchieri da 125 millilitri di vino, oppure 2 o più lattine da 330 cc di birra, oppure 2 o più bicchierini da 40 millilitri di superalcolico)*

- mai
- 1-2 volte
- 3-5 volte
- spesso

40) *durante gli ultimi 12 mesi, quante volte ti è capitato di metterti alla guida dopo aver assunto droghe (compresa la cannabis)*

- mai
- 1-2 volte
- 3-5 volte
- spesso

41) *fai uso di psicofarmaci o tranquillanti*

- sì
- no

42) *se sì, ti sono stati prescritti da un medico*

- sì
- no

43) *hai rapporti sessuali*

- sì
- no

44) *a quale età hai avuto il primo rapporto sessuale*

- non ancora
- 11 anni
- 12 anni
- 13 anni
- 14 anni
- 15 anni
- 16 anni
- 17 anni
- più tardi

45) *hai rapporti sessuali con partner occasionali*

- sì
- no

46) *fai uso di contraccettivi*

⬜ sì   ⬜ no

47) *se sì, indica quale o quali*

⬜ condom (preservativo)
⬜ pillola contraccettiva
⬜ spirale
⬜ altro _____

48) *hai mai contratto malattie sessualmente trasmesse*

⬜ sì   ⬜ no

49) *se sì, indica quale o quali*

⬜ sifilide
⬜ gonorrea
⬜ clamidia
⬜ tricomoniasi
⬜ herpes genitale
⬜ condilomi
⬜ aids
⬜ epatite b

50) *se sì, ti sono state diagnosticate da un medico*

⬜ sì   ⬜ no

SE SEI DONNA

51) *se usi contraccettivi ormonali, a quale età hai cominciato ad utilizzarli*
- ☐ prima dei 14 anni
- ☐ 15 anni
- ☐ 16 anni
- ☐ 17 anni
- ☐ 18 anni
- ☐ più tardi

52) *hai mai utilizzato la c.d. "contraccezione d'emergenza" (pillola del giorno dopo)*
- ☐ sì   ☐ no

53) *se sì, quante volte* _____

54) *quanto tempo fa hai fatto una visita ginecologica*
- ☐ mai
- ☐ meno di un mese fa
- ☐ da più di un mese
- ☐ da più di sei mesi
- ☐ da più di un anno
- ☐ da più di 2 anni

55) *età della prima mestruazione*
- ☐ mai
- ☐ prima degli 11 anni
- ☐ 11 anni
- ☐ 12 anni
- ☐ 13 anni
- ☐ 14 anni
- ☐ 15 anni
- ☐ più tardi

56) *hai contratto la rosolia*
- ☐ si   ☐ no   ☐ non so

57) *hai fatto la vaccinazione antirosolia*
- ☐ si   ☐ no   ☐ non so

58) *hai fatto la vaccinazione antimorbillo*
- ☐ si   ☐ no   ☐ non so

SE SEI UOMO

59) *quanto tempo fa hai fatto una visita andrologica/urologica per il controllo dei testicoli*

- ☐ mai
- ☐ meno di un mese fa
- ☐ da più di un mese
- ☐ da più di sei mesi
- ☐ da più di un anno
- ☐ da più di 2 anni

60) *hai avuto criptorchidismo (ritenzione del testicolo in addome)*

- ☐ sì   ☐ no

61) *hai avuto varicocele (dilatazione delle vene testicolari)*

- ☐ sì   ☐ no

62) *hai avuto orchite (infiammazione del testicolo)*

- ☐ sì   ☐ no

63) *hai contratto la parotite (orecchioni)*

- ☐ si   ☐ no   ☐ non so

64) *a che età hai contratto la parotite_____*

65) *hai fatto la vaccinazione antiparotite*

- ☐ si   ☐ no   ☐ non so

66) *negli ultimi 12 mesi, hai sofferto di mal di testa*

- ☐ mai
- ☐ raramente
- ☐ quasi ogni mese
- ☐ quasi ogni settimana
- ☐ più di una volta a settimana
- ☐ quasi ogni giorno

67) *negli ultimi 12 mesi, hai sofferto di mal di stomaco*

- ☐ mai
- ☐ raramente
- ☐ quasi ogni mese
- ☐ quasi ogni settimana
- ☐ più di una volta a settimana
- ☐ quasi ogni giorno

68) *negli ultimi 12 mesi, hai sofferto di mal di schiena*

☐ mai

☐ raramente

☐ quasi ogni mese

☐ quasi ogni settimana

☐ più di una volta a settimana

☐ quasi ogni giorno

69) *ti capita di avvertire uno stato di debolezza o spossatezza generale*

☐ mai

☐ raramente

☐ quasi ogni mese

☐ quasi ogni settimana

☐ più di una volta a settimana

☐ quasi ogni giorno

70) *ti capita di sentirti nervoso e facilmente irritabile*

☐ mai

☐ raramente

☐ quasi ogni mese

☐ quasi ogni settimana

☐ più di una volta a settimana

☐ quasi ogni giorno

71) *ti capita di sentirti stordito, o di avere capogiri*

☐ mai

☐ raramente

☐ quasi ogni mese

☐ quasi ogni settimana

☐ più di una volta a settimana

☐ quasi ogni giorno

72) *hai difficoltà a prendere sonno*

☐ mai

☐ raramente

☐ quasi ogni mese

☐ quasi ogni settimana

☐ più di una volta a settimana

☐ quasi ogni giorno

73) *di solito il tuo sonno è riposante*

☐ sì   ☐ no

74) *come giudichi il tuo stato di salute*

- [ ] scarso
- [ ] sufficiente
- [ ] buono
- [ ] eccellente

75) *ti senti in grado di affrontare i tuoi problemi*

- [ ] per niente
- [ ] poco
- [ ] abbastanza
- [ ] molto

76) *sei soddisfatto della tua vita*

- [ ] 0 (la peggiore vita possibile)
- [ ] 1
- [ ] 2
- [ ] 3
- [ ] 4
- [ ] 5
- [ ] 6
- [ ] 7
- [ ] 8
- [ ] 9
- [ ] 10 (la migliore vita possibile)

77) *come giudichi i tuoi risultati nello studio*

- [ ] insufficienti
- [ ] sufficienti
- [ ] buoni
- [ ] molto buoni

78) *ti senti "sotto pressione" per via dello studio*

- [ ] no
- [ ] un po'
- [ ] alcune volte
- [ ] molto

79) *studiare da solo*

- [ ] non mi piace affatto
- [ ] mi piace poco
- [ ] mi piace abbastanza
- [ ] mi piace moltissimo

80) *organizzarmi con altri colleghi e studiare in gruppo*

◻ non mi piace affatto
◻ mi piace poco
◻ mi piace abbastanza
◻ mi piace moltissimo

81) *utilizzare libri di testo o altri documenti cartacei per lo studio e l'approfondimento*

◻ non mi piace affatto
◻ mi piace poco
◻ mi piace abbastanza
◻ mi piace moltissimo

82) *utilizzare tecnologie digitali e materiale disponibile in rete per lo studio e l'approfondimento*

◻ non mi piace affatto
◻ mi piace poco
◻ mi piace abbastanza
◻ mi piace moltissimo

83) *quante ore a settimana guardi la tv*

◻ non guardo la tv
◻ meno di 7
◻ 7-14
◻ 15-21
◻ 22-28
◻ 29-35
◻ oltre 35

84) *quante ore a settimana trascorri davanti al computer*

◻ non uso il pc
◻ meno di 7
◻ 7-14
◻ 15-21
◻ 22-28
◻ 29-35
◻ oltre 35

85) *quante ore a settimana navighi su internet*

◻ non navigo su internet
◻ meno di 7
◻ 7-14
◻ 15-21
◻ 22-28
◻ 29-35
◻ oltre 35

86) *quante ore a settimana trascorri su social network (facebook, twitter, etc.)*

- [ ] non uso i social network
- [ ] meno di 7
- [ ] 7-14
- [ ] 15-21
- [ ] 22-28
- [ ] 29-35
- [ ] oltre 35

87) *fai parte attivamente di qualche associazione (di tipo sociale, culturale, sportiva, ricreativa, ecc)*

- [ ] sì
- [ ] no

88) *se sì, di che tipo*

- [ ] volontariato
- [ ] gruppo sportivo o di carattere ricreativo/culturale
- [ ] gruppo religioso
- [ ] gruppo di impegno sociale/politico
- [ ] gruppo per la tutela ambientale
- [ ] difesa degli animali
- [ ] altro

89) *come definiresti la tua attuale condizione economica*

- [ ] bassa
- [ ] medio-bassa
- [ ] media
- [ ] medio-alta
- [ ] alta

90) *quanti telefoni cellulari possiedi*

- [ ] non possiedo il cellulare
- [ ] 1
- [ ] 2
- [ ] più di 2

91) *generalmente utilizzi strumenti come smartphone/i-phone/i-pad*

- [ ] sì
- [ ] no

92) *quanti sms invii in un giorno*

- [ ] non invio sms
- [ ] meno di 10
- [ ] 10-50
- [ ] 51-100
- [ ] più di 100

93) *quanti ore passi a parlare via cellulare in un giorno*

- ☐ non uso il cellulare
- ☐ meno di 1
- ☐ 1-2
- ☐ 3-4
- ☐ 4-5
- ☐ più di 5