



## **‘ReachOut health-tracking cohort study’, 2016-2017**

### **Profiling survey (Qualtrics) dataset**

#### **DEMOGRAPHICS**

<b>StartDate</b>	<b>Date and time when participant started the profiling survey (dd/mm/yyyy hr:min)</b>
Width:	20
Decimal:	0
Variable Type:	date
Variable Measure:	scale
	Based upon 169 valid cases out of 169 total cases
<b>EndDate</b>	<b>Date and time when participant completed the profiling survey (dd/mm/yyyy hr:min)</b>
Width:	20
Decimal:	0
Variable Type:	date
Variable Measure:	scale
	Based upon 169 valid cases out of 169 total cases
<b>Progress</b>	<b>Participant’s progress in completing the profiling survey based on how many of the questions they have answered (%)</b>
Width:	3
Decimal:	0
Variable Type:	numeric
Variable Measure:	scale
	Based upon 169 valid cases out of 169 total cases
<b>Duration</b>	<b>Total time participant took to complete the profiling survey (seconds)</b>
Width:	6
Decimal:	0
Variable Type:	numeric
Variable Measure:	scale
	Based upon 169 valid cases out of 169 total cases

<b>Responseld</b>	<b>Unique profiling survey ID assigned to participant by the Qualtrics system</b>
Width:	50
Decimal:	0
Variable Type:	string
Variable Measure:	nominal
	Based upon 169 valid cases out of 169 total cases

<b>age</b>	<b>Participant age in years</b>
Width:	10
Decimal:	0
Variable Type:	Numeric
Variable Measure:	scale
	Based upon 146 valid cases out of 169 total cases
	<ul style="list-style-type: none"> <li>• Mean: 20.73</li> <li>• Median: 20.50</li> <li>• Mode: 18</li> <li>• Standard Deviation: 3.17</li> </ul>

<b>Q5</b>	<b>Participant Gender: 'Are you...'</b>
Width:	1
Decimal:	0
Variable Type:	numeric
Variable Measure:	nominal
	Based upon 147 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Male	13	7.7%
2	Female	131	77.5%
3	Select for more options	3	1.8%
.(M)	-	22	13.0%

<b>Q5a</b>	<b>Participant Gender: 'More gender options'</b>
Width:	1
Decimal:	0
Variable Type:	numeric
Variable Measure:	nominal
	Based upon 147 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
	Male	13	7.7%
	Female	131	77.5%
1	Transgender or transsexual (FtM)	2	1.2%

2	Transgender or transsexual (MtF)	0	0.0%
3	Genderqueer	1	0.6%
4	Rather not say	0	0.0%
.(M)	-	22	13.0%

#### Q6

**'Are you intersex? (This question is optional you do not have to answer if you do not want to) Note: intersex people are born with physical, hormonal or genetic features that are not wholly female or wholly male; or a combination of female and male; or neither female or male'**

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

Based upon 145 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Yes	0	0.0%
2	No	142	84.0%
3	I'm not sure if I am intersex	2	1.2%
4	I don't understand what this question is asking me about	1	0.6%
.(M)	-	24	14.2%

#### Q7

#### Participant Postcode

Width: 4  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

Based upon 147 valid cases out of 169 total cases

#### Q8

#### 'Is English the only language you speak?'

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

Based upon 147 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Yes	122	72.2%
2	No	25	14.8%
.(M)	-	22	13.0%

#### Q8a

#### 'Which other languages do you speak?'

Width: 2000  
 Decimal: 0  
 Variable Type: string  
 Variable Measure: nominal  
 Based upon 147 valid cases out of 169 total cases

**Q9 'Are you of Aboriginal or Torres Strait Islander origin?'**

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal  
 Based upon 146 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	No	141	83.4%
2	Yes, Aboriginal	4	2.4%
3	Yes, Torres Strait Islander	0	0.0%
4	Yes, both Aboriginal and Torres Strait Islander	0	0.0%
6	Refused	1	0.6%
.(M)	-	23	13.6%

**Q10 'What is your highest level of education?'**

Width: 2  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal  
 Based upon 146 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	No formal education	0	0.0%
2	Completed or partially completed primary school	0	0.0%
3	Completed or partially completed junior high school	2	1.2%
4	Completed or partially completed senior high school	65	38.5%
5	Certificate or Diploma	40	23.7%
6	Degree	34	20.1%
7	Post Graduate Diploma, Masters or PhD	4	2.4%
8	Refused	1	0.6%
.(M)	-	23	13.6%

**Q11 'Which of these best describes your main activities?'**

Width: 2  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal  
 Based upon 145 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Full time work greater or equal to 30 hours paid employment per week	22	13.0%
2	Part time work less than 30 hours paid employment per week	31	18.3%
3	Unemployed/looking for work	3	1.8%
4	Home duties	3	1.8%
5	Have a job, but not at work due to illness, vacation, etc.	2	1.2%
6	Not working and currently receiving sickness allowance/disability pension	2	1.2%
7	Volunteer work	1	0.6%
8	Student attending school	22	13.0%
9	Student attending university	58	34.3%
10	Refused	1	0.6%
.(M)	-	24	14.2%

#### **Q12 'Please tell us your height (cm)'**

Width: 3  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: scale  
 Based upon 143 valid cases out of 169 total cases

- Mean: 165
- Median: 166
- Mode: 170
- Standard Deviation: 17.48

#### **Q13 'Please tell us your weight (kg)'**

Width: 3  
 Decimal: 1  
 Variable Type: numeric  
 Variable Measure: scale  
 Based upon 143 valid cases out of 169 total cases

- Mean: 70.4
- Median: 65.0
- Mode: 65.0

- Standard Deviation: 18.29

#### Recruitment\_av

#### Study Recruitment Avenue

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal  
 Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Email contacts	149	88.2%
2	RO website pop-up 1	18	10.7%
3	Unknown	2	1.2%

### MOTIVATION (adapted based on the [Physical activity stage of change Assessment Tool](#))

#### Q14\_1

#### 'How important is it for you to improve in the following areas: Sleep?'

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal  
 Based upon 142 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Not important	5	3.0%
2	Slightly important	13	7.7%
3	Moderately important	22	13.0%
4	Important	49	29.0%
5	Very important	53	31.4%
.(M)	-	27	16.0%

#### Q14\_2

#### 'How important is it for you to improve in the following areas: Diet?'

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal  
 Based upon 142 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Not important	3	1.8%

2	Slightly important	18	10.7%
3	Moderately important	32	18.9%
4	Important	36	21.3%
5	Very important	53	31.4%
.(M)	-	27	16.0%

#### Q14\_3

**‘How important is it for you to improve in the following areas: Physical activity?’**

Width:

1

Decimal:

0

Variable Type:

numeric

Variable Measure:

nominal

Based upon 142 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Not important	5	3.0%
2	Slightly important	14	8.3%
3	Moderately important	35	20.7%
4	Important	36	21.3%
5	Very important	52	30.8%
.(M)	-	27	16.0%

#### Q14\_4

**‘How important is it for you to improve in the following areas: Mood?’**

Width:

1

Decimal:

0

Variable Type:

numeric

Variable Measure:

nominal

Based upon 142 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Not important	0	0.0%
2	Slightly important	13	7.7%
3	Moderately important	20	11.8%
4	Important	44	26.0%
5	Very important	65	38.5%
.(M)	-	27	16.0%

#### Q45

**‘Are you regularly physically active? Note: For activity to be regular it must add up to a total of 30 minutes or more per day and be done at least 5 days per week.’**

Width:

1

Decimal:

0

Variable Type:

numeric

Variable Measure:

nominal

Based upon 141 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Yes	48	28.4%
2	No	93	55.0%
.(M)	-	28	16.6%

**Q46**

**‘Have you been regularly physically active for more than 6 months?’**

Width: 1  
Decimal: 0  
Variable Type: numeric  
Variable Measure: nominal

Based upon 48 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Yes	39	23.1%
2	No	9	5.3%
.(M)	-	121	71.6%

**Q47**

**‘Do you intend to become regularly physically active in the next month?’**

Width: 1  
Decimal: 0  
Variable Type: numeric  
Variable Measure: nominal

Based upon 93 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Yes	70	41.4%
2	No	23	13.6%
.(M)	-	76	45.0%

**Q48**

**‘Do you intend to become regularly physically active in the next 6 months?’**

Width: 1  
Decimal: 0  
Variable Type: numeric  
Variable Measure: nominal

Based upon 23 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Yes	16	9.5%
2	No	7	4.1%
.(M)	-	146	86.4%



**Q50****'Do you usually sleep ok? Note: By 'ok' we mean getting between 6-10 hours of relatively uninterrupted sleep on most nights.'**

Width:

1

Decimal:

0

Variable Type:

numeric

Variable Measure:

nominal

Based upon 140 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Yes	78	46.2%
2	No	62	36.7%
.(M)	-	29	17.2%

**Q49****'Have you been sleeping ok for more than 6 months?'**

Width:

1

Decimal:

0

Variable Type:

numeric

Variable Measure:

nominal

Based upon 78 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Yes	58	34.3%
2	No	20	11.8%
.(M)	-	91	53.8%

**Q51****'Do you intend to work on getting more sleep or improving your quality of sleep in the next month?'**

Width:

1

Decimal:

0

Variable Type:

numeric

Variable Measure:

nominal

Based upon 62 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Yes	56	33.1%
2	No	6	3.6%
.(M)	-	107	63.3%

**Q52****'Do you intend to work on getting more sleep or improving your quality of sleep in the next 6 months?'**

Width:

1

Decimal:

0

Variable Type:

numeric

Variable Measure:

nominal

Based upon 6 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Yes	3	1.8%
2	No	3	1.8%
.(M)	-	163	96.4%

### Q53

**‘Do you usually have a healthy/balanced diet? Note: By 'healthy/balanced' we mean: getting 3 or more serves of fruits and vegies, plus a moderate amount of protein (meat, fish, lentils, eggs, dairy) and carbohydrates (bread, rice, pasta, grains), plus limiting your consumption of high fat/high sugar foods (cake, chocolate, soft drinks) on most days. If you are unsure what counts as 1 serving, [click here](#).’**

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

Based upon 140 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Yes	72	42.6%
2	No	68	40.2%
.(M)	-	29	17.2%

### Q54

**‘Have you been maintaining a healthy/balanced diet for more than 6 months?’**

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

Based upon 71 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Yes	56	33.1%
2	No	15	8.9%
.(M)	-	98	58.0%

### Q55

**‘Do you intend to improve your diet to be more healthy/balanced in the next month?’**

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

Based upon 68 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
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		<i>frequency</i>	
1	Yes	58	34.3%
2	No	10	5.9%
.(M)	-	101	59.8%

#### Q56

#### 'Do you intend to improve your diet to be more healthy/balanced in the next 6 months?'

Width:

1

Decimal:

0

Variable Type:

numeric

Variable Measure:

nominal

Based upon 10 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Yes	7	4.1%
2	No	3	1.8%
.(M)	-	159	94.1%

#### Q15

#### 'Do you smoke?'

Width:

1

Decimal:

0

Variable Type:

numeric

Variable Measure:

nominal

Based upon 140 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Yes	15	8.9%
2	No	125	74.0%
.(M)	-	29	17.2%

#### Q15a

#### 'How often do you smoke?'

Width:

1

Decimal:

0

Variable Type:

numeric

Variable Measure:

nominal

Based upon 15 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Daily	10	5.9%
2	At least once per week	2	1.2%
3	At least once per month	2	1.2%
4	2-3 times a month	1	0.6%
.(M)	-	154	91.1%

#### Q15b

#### 'Did you smoke before?'

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal  
 Based upon 125 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Yes, I have stopped	13	7.7%
2	No, I have never smoked	112	66.3%
.(M)	-	44	26.0%

**Q15c** 'How important is it for you to stop or reduce smoking?'

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal  
 Based upon 15 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Not important	6	3.6%
2	Somewhat important	6	3.6%
3	Very important	3	1.8%
.(M)	-	154	91.1%

**Q16** 'Do you drink alcohol?'

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal  
 Based upon 140 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Yes	102	60.4%
2	No	38	22.5%
.(M)	-	29	17.2%

**Q16a** 'How often do you drink alcohol?'

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal  
 Based upon 102 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
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1	1-2 times per week	22	13.0%
2	3-4 times per week	3	1.8%
3	5-7 times per week	1	0.6%
4	Less than once per week	76	45.0%
.(M)	-	67	39.6%

#### Q16b

**‘How important is it for you to stop or reduce drinking?’**

Width: 40

Decimal: 0

Variable Type: numeric

Variable Measure: nominal

Based upon 102 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Not important	86	50.9%
2	Somewhat important	14	8.3%
3	Very important	2	1.2%
.(M)	-	67	39.6%

#### Q17\_1

**‘What do you prefer when using apps? Rank the following aspects in order of importance (most preferred item move to the top): Personalised feedback (e.g. SMS updates, tracking of personal data)’**

Width: 1

Decimal: 0

Variable Type: numeric

Variable Measure: nominal

Based upon 138 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Most important	28	16.6%
2	Very important	53	31.4%
3	Moderately important	28	16.6%
4	Somewhat important	17	10.1%
5	Not very important	10	5.9%
6	Least important	2	1.2%
.(M)	-	31	18.3%

#### Q17\_2

**‘What do you prefer when using apps? Rank the following aspects in order of importance (most preferred item move to the top): Gamification incentives (e.g. points/scoring system, in-app rewards)’**

Width: 1

Decimal: 0

Variable Type:  
Variable Measure:

numeric  
nominal  
Based upon 138 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Most important	14	8.3%
2	Very important	32	18.9%
3	Moderately important	41	24.3%
4	Somewhat important	19	11.2%
5	Not very important	21	12.4%
6	Least important	11	6.5%
.(M)	-	31	18.3%

**Q17\_3**

**'What do you prefer when using apps? Rank the following aspects in order of importance (most preferred item move to the top): High usability (e.g. ease of use, simplicity)'**

Width: 1  
Decimal: 0  
Variable Type: numeric  
Variable Measure: nominal

Based upon 138 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Most important	84	49.7%
2	Very important	19	11.2%
3	Moderately important	20	11.8%
4	Somewhat important	10	5.9%
5	Not very important	5	3.0%
6	Least important	0	0.0%
.(M)	-	31	18.3%

**Q17\_4**

**'What do you prefer when using apps? Rank the following aspects in order of importance (most preferred item move to the top): Social engagement (e.g. social networking features, sharing)'**

Width: 1  
Decimal: 0  
Variable Type: numeric  
Variable Measure: nominal

Based upon 138 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Most important	5	3.0%
2	Very important	16	9.5%
3	Moderately	12	7.1%

	important		
4	Somewhat important	19	11.2%
5	Not very important	27	16.0%
6	Least important	59	34.9%
.(M)	-	31	18.3%

**Q17\_5**

**'What do you prefer when using apps? Rank the following aspects in order of importance (most preferred item move to the top): Receiving prompts (e.g. SMS/in-app reminders)'**

Width: 1

Decimal: 0

Variable Type: numeric

Variable Measure: nominal

Based upon 138 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Most important	5	3.0%
2	Very important	8	4.7%
3	Moderately important	26	15.4%
4	Somewhat important	33	19.5%
5	Not very important	38	22.5%
6	Least important	28	16.6%
.(M)	-	31	18.3%

**Q17\_6**

**'What do you prefer when using apps? Rank the following aspects in order of importance (most preferred item move to the top): Coaching to use the app (e.g. in-app tutorials)'**

Width: 1

Decimal: 0

Variable Type: numeric

Variable Measure: nominal

Based upon 138 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Most important	2	1.2%
2	Very important	10	5.9%
3	Moderately important	11	6.5%
4	Somewhat important	40	23.7%
5	Not very important	37	21.9%
6	Least important	38	22.5%
.(M)	-	31	18.3%

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**SLEEP ([RAND Medical Outcomes Sleep Scale](#))**

**Q18** 'How long did it usually take for you to fall asleep during the past 4 weeks?'

Width: 1  
Decimal: 0  
Variable Type: numeric  
Variable Measure: nominal

Based upon 138 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	0-15 minutes	20	11.8%
2	16-30 minutes	46	27.2%
3	31-45 minutes	24	14.2%
4	46-60 minutes	24	14.2%
5	More than 60 minutes	24	14.2%
.(M)	-	31	18.3%

**Q19** 'On average, how many hours did you sleep each night during the past 4 weeks?'

Width: 4  
Decimal: 1  
Variable Type: numeric  
Variable Measure: scale

Based upon 138 valid cases out of 169 total cases

- Mean: 6.8
- Median: 7.0
- Mode: 7.0
- Standard Deviation: 1.52

**Q20\_1** 'How often during the past 4 weeks did you...Feel that your sleep was not quiet (moving restlessly, feeling tense, speaking, etc., while sleeping)?'

Width: 1  
Decimal: 0  
Variable Type: numeric  
Variable Measure: nominal

Based upon 136 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	All of the time	13	7.7%
2	Most of the time	31	18.3%
3	A good bit of the time	30	17.8%
4	Some of the time	26	15.4%
5	A little of the time	25	14.8%
6	None of the time	11	6.5%
.(M)	-	33	19.5%



**Q20\_2**

**‘How often during the past 4 weeks did you... Get enough sleep to feel rested upon waking in the morning?’**

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

Based upon 136 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	All of the time	3	1.8%
2	Most of the time	19	11.2%
3	A good bit of the time	19	11.2%
4	Some of the time	29	17.2%
5	A little of the time	41	24.3%
6	None of the time	25	14.8%
.(M)	-	33	19.5%

**Q20\_3**

**‘How often during the past 4 weeks did you... Awaken short of breath or with a headache?’**

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

Based upon 136 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	All of the time	1	0.6%
2	Most of the time	6	3.6%
3	A good bit of the time	14	8.3%
4	Some of the time	26	15.4%
5	A little of the time	25	14.8%
6	None of the time	64	37.9%
.(M)	-	33	19.5%

**Q20\_4**

**‘How often during the past 4 weeks did you... Feel drowsy or sleepy during the day?’**

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

Based upon 136 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	All of the time	30	17.8%
2	Most of the time	46	27.2%
3	A good bit of the time	28	16.6%
4	Some of the time	23	13.6%

5	A little of the time	8	4.7%
6	None of the time	1	0.6%
.(M)	-	33	19.5%

#### Q20\_5

**'How often during the past 4 weeks did you... Have trouble falling sleep?'**

Width: 1

Decimal: 0

Variable Type: numeric

Variable Measure: nominal

Based upon 136 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	All of the time	25	14.8%
2	Most of the time	30	17.8%
3	A good bit of the time	21	12.4%
4	Some of the time	28	16.6%
5	A little of the time	23	13.6%
6	None of the time	9	5.3%
.(M)	-	33	19.5%

#### Q20\_6

**'How often during the past 4 weeks did you... Awaken during your sleep time and have trouble falling asleep again?'**

Width: 1

Decimal: 0

Variable Type: numeric

Variable Measure: nominal

Based upon 136 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	All of the time	8	4.7%
2	Most of the time	18	10.7%
3	A good bit of the time	18	10.7%
4	Some of the time	32	18.9%
5	A little of the time	41	24.3%
6	None of the time	19	11.2%
.(M)	-	33	19.5%

#### Q20\_7

**'How often during the past 4 weeks did you... Have trouble staying awake during the day?'**

Width: 1

Decimal: 0

Variable Type: numeric

Variable Measure: nominal

Based upon 136 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
--------------	--------------	-----------------------------	----------

1	All of the time	6	3.6%
2	Most of the time	17	10.1%
3	A good bit of the time	20	11.8%
4	Some of the time	38	22.5%
5	A little of the time	37	21.9%
6	None of the time	18	10.7%
.(M)	-	33	19.5%

#### Q20\_8

**‘How often during the past 4 weeks did you... Snore during your sleep?’**

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

Based upon 136 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	All of the time	6	3.6%
2	Most of the time	12	7.1%
3	A good bit of the time	8	4.7%
4	Some of the time	12	7.1%
5	A little of the time	27	16.0%
6	None of the time	71	42.0%
.(M)	-	33	19.5%

#### Q20\_9

**‘How often during the past 4 weeks did you... Take naps (5 minutes or longer) during the day?’**

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

Based upon 136 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	All of the time	8	4.7%
2	Most of the time	14	8.3%
3	A good bit of the time	21	12.4%
4	Some of the time	17	10.1%
5	A little of the time	35	20.7%
6	None of the time	41	24.3%
.(M)	-	33	19.5%

#### Q20\_10

**‘How often during the past 4 weeks did you... Get the amount of sleep you needed?’**

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

Based upon 136 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	All of the time	1	0.6%
2	Most of the time	26	15.4%
3	A good bit of the time	18	10.7%
4	Some of the time	40	23.7%
5	A little of the time	34	20.1%
6	None of the time	17	10.1%
.(M)	-	33	19.5%

---

### FOOD INTAKE (Adapted from [McNaughton, Ball, Crawford & Mishra 2008](#))

**Q21\_1** 'In a normal week how often would you have the following food types: Vegetables (potatoes, lettuce, peas, broccoli, etc.)?'

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

Based upon 136 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Less than once a week	7	4.1%
2	2-3 times a week	37	21.9%
3	4 times a week or more	92	54.4%
.(M)	-	33	19.5%

**Q21\_2** 'In a normal week how often would you have the following food types: Fruits (apples, bananas, strawberries, etc.)?'

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

Based upon 136 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Less than once a week	23	13.6%
2	2-3 times a week	45	26.6%
3	4 times a week or more	68	40.2%
.(M)	-	33	19.5%

**Q21\_3** 'In a normal week how often would you have the following food types: Meats (beef, pork, lamb, fish, other)?'

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal  
 Based upon 136 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Less than once a week	28	16.6%
2	2-3 times a week	32	18.9%
3	4 times a week or more	76	45.0%
.(M)	-	33	19.5%

**Q21\_4** 'In a normal week how often would you have the following food types: Nuts (peanuts, soybeans, baked beans, other)?'

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal  
 Based upon 136 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Less than once a week	65	38.5%
2	2-3 times a week	56	33.1%
3	4 times a week or more	15	8.9%
.(M)	-	33	19.5%

**Q21\_5** 'In a normal week how often would you have the following food types: Cereals (bread, porridge, cereal, noodles)'

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal  
 Based upon 136 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Less than once a week	29	17.2%
2	2-3 times a week	35	20.7%
3	4 times a week or more	72	42.6%
.(M)	-	33	19.5%

**Q21\_6** 'In a normal week how often would you have the following food types: Dairy (milk, yoghurt, cheese, ice creams)'

Width: 1  
 Decimal: 0  
 Variable Type: numeric

Variable Measure:

nominal

Based upon 136 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Less than once a week	28	16.6%
2	2-3 times a week	35	20.7%
3	4 times a week or more	73	43.2%
.(M)	-	33	19.5%

**Q21\_7**

**'In a normal week how often would you have the following food types: Snacks and drinks high in sugar (soft drinks, chocolates, jams, other)'**

Width:

1

Decimal:

0

Variable Type:

numeric

Variable Measure:

nominal

Based upon 136 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Less than once a week	28	16.6%
2	2-3 times a week	53	31.4%
3	4 times a week or more	55	32.5%
.(M)	-	33	19.5%

**Q22**

**'How many glasses of water would you have every day? (including soft drinks or any other beverage)'**

Width:

1

Decimal:

0

Variable Type:

numeric

Variable Measure:

nominal

Based upon 136 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	1-2 glasses	13	7.7%
2	3-4 glasses	50	29.6%
3	5-6 glasses	42	24.9%
4	7-8 glasses	31	18.3%
.(M)	-	33	19.5%

---

## PERSONALITY ([Big Five Inventory-10 \(BFI-10\)](#))

**Q23\_1**

**'How well do the following statements describe your personality? I see myself as someone who... Is reserved'**

Width:

1

Decimal:

0

Variable Type:  
Variable Measure:

numeric  
nominal  
Based upon 135 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Disagree strongly	5	3.0%
2	Disagree a little	15	8.9%
3	Neither agree or disagree	21	12.4%
4	Agree a little	53	31.4%
5	Agree strongly	41	24.3%

#### Q23\_2

**'How well do the following statements describe your personality? I see myself as someone who... Is generally trusting'**

Width:  
Decimal:  
Variable Type:  
Variable Measure:

1  
0  
numeric  
nominal  
Based upon 135 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Disagree strongly	9	5.3%
2	Disagree a little	25	14.8%
3	Neither agree or disagree	13	7.7%
4	Agree a little	51	30.2%
5	Agree strongly	37	21.9%

#### Q23\_3

**'How well do the following statements describe your personality? I see myself as someone who... Tends to be lazy'**

Width:  
Decimal:  
Variable Type:  
Variable Measure:

1  
0  
numeric  
nominal  
Based upon 135 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Disagree strongly	9	5.3%
2	Disagree a little	27	16.0%
3	Neither agree or disagree	22	13.0%
4	Agree a little	48	28.4%
5	Agree strongly	29	17.2%

#### Q23\_4

**'How well do the following statements describe your personality? I see myself as someone who... Is relaxed, handles stress well'**

Width:  
Decimal:

1  
0

Variable Type:  
Variable Measure:

numeric  
nominal  
Based upon 135 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Disagree strongly	49	29.0%
2	Disagree a little	44	26.0%
3	Neither agree or disagree	18	10.7%
4	Agree a little	22	13.0%
5	Agree strongly	2	1.2%

#### **Q23\_5**

**'How well do the following statements describe your personality? I see myself as someone who... Is outgoing, sociable'**

Width: 1  
Decimal: 0  
Variable Type: numeric  
Variable Measure: nominal

Based upon 135 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Disagree strongly	22	13.0%
2	Disagree a little	44	26.0%
3	Neither agree or disagree	29	17.2%
4	Agree a little	31	18.3%
5	Agree strongly	9	5.3%

#### **Q23\_6**

**'How well do the following statements describe your personality? I see myself as someone who... Tends to find fault with others'**

Width: 1  
Decimal: 0  
Variable Type: numeric  
Variable Measure: nominal

Based upon 135 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Disagree strongly	18	10.7%
2	Disagree a little	23	13.6%
3	Neither agree or disagree	44	26.0%
4	Agree a little	40	23.7%
5	Agree strongly	10	5.9%

#### **Q23\_7**

**'How well do the following statements describe your personality? I see myself as someone who... Does a thorough job'**

Width: 1  
Decimal: 0



Variable Type:  
Variable Measure:

numeric  
nominal  
Based upon 135 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Disagree strongly	1	0.6%
2	Disagree a little	12	7.1%
3	Neither agree or disagree	21	12.4%
4	Agree a little	57	33.7%
5	Agree strongly	44	26.0%

**Q23\_8**

**'How well do the following statements describe your personality? I see myself as someone who... Gets nervous easily'**

Width: 1  
Decimal: 0  
Variable Type: numeric  
Variable Measure: nominal

Based upon 135 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Disagree strongly	1	0.6%
2	Disagree a little	11	6.5%
3	Neither agree or disagree	14	8.3%
4	Agree a little	45	26.6%
5	Agree strongly	64	37.9%

**Q23\_9**

**'How well do the following statements describe your personality? I see myself as someone who... Has an active imagination'**

Width: 1  
Decimal: 0  
Variable Type: numeric  
Variable Measure: nominal

Based upon 135 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Disagree strongly	5	3.0%
2	Disagree a little	18	10.7%
3	Neither agree or disagree	23	13.6%
4	Agree a little	41	24.3%
5	Agree strongly	48	28.4%

Below is a list of people and services you might seek help or advice from if you were experiencing a personal emotional problem.

**Q24\_1\_1\_1** 'Tick any of these that you have used in the past 3 MONTHS for a personal or emotional problem and briefly describe the type of problem you went to them about: Partner (e.g., girlfriend, boyfriend, husband, wife, de'facto)'

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal  
 Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	No	116	68.6%
1	Yes	53	31.4%

**Q24\_1\_2\_1** 'Tick any of these that you have used in the past 3 MONTHS for a personal or emotional problem and briefly describe the type of problem you went to them about: Friend (Not related to you)'

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal  
 Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	No	89	52.7%
1	Yes	80	47.3%

**Q24\_1\_3\_1** 'Tick any of these that you have used in the past 3 MONTHS for a personal or emotional problem and briefly describe the type of problem you went to them about: Parent'

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal  
 Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	No	111	65.7%
1	Yes	58	34.3%

**Q24\_1\_4\_1** 'Tick any of these that you have used in the past 3 MONTHS for a personal or emotional problem and briefly describe the type of problem you went to

**them about: Other relative/family member'**

Width: 1  
Decimal: 0  
Variable Type: numeric  
Variable Measure: nominal  
Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	No	141	83.4%
1	Yes	28	16.6%

**Q24\_1\_5\_1**

**'Tick any of these that you have used in the past 3 MONTHS for a personal or emotional problem and briefly describe the type of problem you went to them about: Mental health professional offline or face to face (e.g. a psychologist, psychiatrist, social or youth worker, or a counsellor)**

Width: 1  
Decimal: 0  
Variable Type: numeric  
Variable Measure: nominal  
Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	No	118	69.8%
1	Yes	51	30.2%

**Q24\_1\_6\_1**

**'Tick any of these that you have used in the past 3 MONTHS for a personal or emotional problem and briefly describe the type of problem you went to them about: Doctor/GP**

Width: 1  
Decimal: 0  
Variable Type: numeric  
Variable Measure: nominal  
Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	No	121	71.6%
1	Yes	48	28.4%

**Q24\_1\_7\_1**

**'Tick any of these that you have used in the past 3 MONTHS for a personal or emotional problem and briefly describe the type of problem you went to them about: Phone helpline (e.g. Lifeline, Kids helpline or similar)**

Width: 1  
Decimal: 0

Variable Type: numeric  
 Variable Measure: nominal  
 Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	No	161	95.3%
1	Yes	8	4.7%

**Q24\_1\_8\_1** 'Tick any of these that you have used in the past 3 MONTHS for a personal or emotional problem and briefly describe the type of problem you went to them about: Online counselling services

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal  
 Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	No	156	92.3%
1	Yes	13	7.7%

**Q24\_1\_9\_1** 'Tick any of these that you have used in the past 3 MONTHS for a personal or emotional problem and briefly describe the type of problem you went to them about: Use Google or similar search engine to search information

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal  
 Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	No	116	68.6%
1	Yes	53	31.4%

**Q24\_1\_10\_1** 'Tick any of these that you have used in the past 3 MONTHS for a personal or emotional problem and briefly describe the type of problem you went to them about: An online discussion forum with other people experiencing similar problems

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal  
 Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	No	151	89.3%
1	Yes	18	10.7%

**Q24\_1\_11\_1**

**‘Tick any of these that you have used in the past 3 MONTHS for a personal or emotional problem and briefly describe the type of problem you went to them about: Mental health information websites (other than this website, ReachOut.com)**

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal  
 Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	No	150	88.8%
1	Yes	19	11.2%

**Q24\_1\_12\_1**

**‘Tick any of these that you have used in the past 3 MONTHS for a personal or emotional problem and briefly describe the type of problem you went to them about: Online mental health courses or programs (e.g. moodGym, ThisWayUp or similar)**

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal  
 Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	No	163	96.4%
1	Yes	6	3.6%

**Q24\_1\_13\_1**

**‘Tick any of these that you have used in the past 3 MONTHS for a personal or emotional problem and briefly describe the type of problem you went to them about: Youth centre or service (e.g. a drop in centre)**

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal  
 Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	No	169	100.0%

1	Yes	0	0.0%
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**Q24\_1\_14\_1**

**‘Tick any of these that you have used in the past 3 MONTHS for a personal or emotional problem and briefly describe the type of problem you went to them about: Minister or religious leader (e.g. Priest, Rabbi, Chaplain)**

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal  
 Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	No	168	99.4%
1	Yes	1	0.6%

**Q24\_1\_15\_1**

**‘Tick any of these that you have used in the past 3 MONTHS for a personal or emotional problem and briefly describe the type of problem you went to them about: Teacher or lecturer**

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal  
 Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	No	158	93.5%
1	Yes	11	6.5%

**Q24\_1\_16\_1**

**‘Tick any of these that you have used in the past 3 MONTHS for a personal or emotional problem and briefly describe the type of problem you went to them about: Complementary therapist (e.g. naturopath, acupuncturist or another alternative medicine provider)**

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal  
 Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	No	166	98.2%
1	Yes	3	1.8%

**Q24\_1\_17\_1**

**‘Tick any of these that you have used in the past 3**

	<b>MONTHS for a personal or emotional problem and briefly describe the type of problem you went to them about: I have sought help from another source not listed above</b>
Width:	1
Decimal:	0
Variable Type:	numeric
Variable Measure:	nominal
	Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	No	165	97.6%
1	Yes	4	2.4%

<b>Q24_1_17_TEXT</b>	<b>‘Tick any of these that you have used in the past 3 MONTHS for a personal or emotional problem and briefly describe the type of problem you went to them about: I have sought help from another source not listed above. Enter your answer in the space. [Details, Free text]</b>
Width:	2000
Decimal:	0
Variable Type:	string
Variable Measure:	nominal
	Based upon 169 valid cases out of 169 total cases

<b>Q24_1_18_1</b>	<b>‘Tick any of these that you have used in the past 3 MONTHS for a personal or emotional problem and briefly describe the type of problem you went to them about: I have not sought help from anyone or anywhere</b>
Width:	1
Decimal:	0
Variable Type:	numeric
Variable Measure:	nominal
	Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	No	161	95.3%
1	Yes	8	4.7%

<b>Q24_2_1_1</b>	<b>‘Tick any of these that you have used in the past 3 MONTHS for a personal or emotional problem and briefly describe the type of problem you went to them about: Partner (e.g., girlfriend, boyfriend, husband, wife, de'facto). Enter your answer in the space. [Details, Free text]</b>
Width:	2000
Decimal:	0

Variable Type: string  
Variable Measure: nominal  
Based upon 169 valid cases out of 169 total cases

**Q24\_2\_2\_1** **'Tick any of these that you have used in the past 3 MONTHS for a personal or emotional problem and briefly describe the type of problem you went to them about: Friend (not related to you). Enter your answer in the space. [Details, Free text]**

Width: 2000  
Decimal: 0  
Variable Type: string  
Variable Measure: nominal  
Based upon 169 valid cases out of 169 total cases

**Q24\_2\_3\_1** **'Tick any of these that you have used in the past 3 MONTHS for a personal or emotional problem and briefly describe the type of problem you went to them about: Parent. Enter your answer in the space. [Details, Free text]**

Width: 2000  
Decimal: 0  
Variable Type: string  
Variable Measure: nominal  
Based upon 169 valid cases out of 169 total cases

**Q24\_2\_4\_1** **'Tick any of these that you have used in the past 3 MONTHS for a personal or emotional problem and briefly describe the type of problem you went to them about: Other relative/family member. Enter your answer in the space. [Details, Free text]**

Width: 2000  
Decimal: 0  
Variable Type: string  
Variable Measure: nominal  
Based upon 169 valid cases out of 169 total cases

**Q24\_2\_5\_1** **'Tick any of these that you have used in the past 3 MONTHS for a personal or emotional problem and briefly describe the type of problem you went to them about: Mental health professional offline or face to face (e.g. a psychologist, psychiatrist, social or youth worker, or a counsellor). Enter your answer in the space. [Details, Free text]**

Width: 2000  
Decimal: 0  
Variable Type: string  
Variable Measure: nominal  
Based upon 169 valid cases out of 169 total cases



<b>Q24_2_6_1</b>	<p><b>‘Tick any of these that you have used in the past 3 MONTHS for a personal or emotional problem and briefly describe the type of problem you went to them about: Doctor/GP. Enter your answer in the space. [Details, Free text]</b></p> <p>Width: 2000</p> <p>Decimal: 0</p> <p>Variable Type: string</p> <p>Variable Measure: nominal</p> <p>Based upon 169 valid cases out of 169 total cases</p>
<b>Q24_2_7_1</b>	<p><b>‘Tick any of these that you have used in the past 3 MONTHS for a personal or emotional problem and briefly describe the type of problem you went to them about: Phone helpline (e.g. Lifeline, Kids helpline or similar). Enter your answer in the space. [Details, Free text]</b></p> <p>Width: 2000</p> <p>Decimal: 0</p> <p>Variable Type: string</p> <p>Variable Measure: nominal</p> <p>Based upon 169 valid cases out of 169 total cases</p>
<b>Q24_2_8_1</b>	<p><b>‘Tick any of these that you have used in the past 3 MONTHS for a personal or emotional problem and briefly describe the type of problem you went to them about: Online counselling services. Enter your answer in the space. [Details, Free text]</b></p> <p>Width: 2000</p> <p>Decimal: 0</p> <p>Variable Type: string</p> <p>Variable Measure: nominal</p> <p>Based upon 169 valid cases out of 169 total cases</p>
<b>Q24_2_9_1</b>	<p><b>‘Tick any of these that you have used in the past 3 MONTHS for a personal or emotional problem and briefly describe the type of problem you went to them about: Use Google or similar search engine to search information. Enter your answer in the space. [Details, Free text]</b></p> <p>Width: 2000</p> <p>Decimal: 0</p> <p>Variable Type: string</p> <p>Variable Measure: nominal</p> <p>Based upon 169 valid cases out of 169 total cases</p>
<b>Q24_2_10_1</b>	<p><b>‘Tick any of these that you have used in the past 3 MONTHS for a personal or emotional problem and briefly describe the type of problem you went to them about: An online discussion forum with other people experiencing similar problems. Enter your</b></p>

	<b>answer in the space. [Details, Free text]</b>
Width:	2000
Decimal:	0
Variable Type:	string
Variable Measure:	nominal
	Based upon 169 valid cases out of 169 total cases
<b>Q24_2_11_1</b>	<b>'Tick any of these that you have used in the past 3 MONTHS for a personal or emotional problem and briefly describe the type of problem you went to them about: Mental health information websites (other than this website, ReachOut.com). Enter your answer in the space. [Details, Free text]</b>
Width:	2000
Decimal:	0
Variable Type:	string
Variable Measure:	nominal
	Based upon 169 valid cases out of 169 total cases
<b>Q24_2_12_1</b>	<b>'Tick any of these that you have used in the past 3 MONTHS for a personal or emotional problem and briefly describe the type of problem you went to them about: Online mental health courses or programs (e.g. moodGym, ThisWayUp or similar). Enter your answer in the space. [Details, Free text]</b>
Width:	2000
Decimal:	0
Variable Type:	string
Variable Measure:	nominal
	Based upon 169 valid cases out of 169 total cases
<b>Q24_2_13_1</b>	<b>'Tick any of these that you have used in the past 3 MONTHS for a personal or emotional problem and briefly describe the type of problem you went to them about: Youth centre or service (e.g. a drop in centre). Enter your answer in the space. [Details, Free text]</b>
Width:	2000
Decimal:	0
Variable Type:	string
Variable Measure:	nominal
	Based upon 169 valid cases out of 169 total cases
<b>Q24_2_14_1</b>	<b>'Tick any of these that you have used in the past 3 MONTHS for a personal or emotional problem and briefly describe the type of problem you went to them about: Minister or religious leader (e.g. Priest, Rabbi, Chaplain). Enter your answer in the space. [Details, Free text]</b>
Width:	2000

Decimal: 0  
Variable Type: string  
Variable Measure: nominal  
Based upon 169 valid cases out of 169 total cases

**Q24\_2\_15\_1** **'Tick any of these that you have used in the past 3 MONTHS for a personal or emotional problem and briefly describe the type of problem you went to them about: Teacher or lecturer. Enter your answer in the space. [Details, Free text]**

Width: 2000  
Decimal: 0  
Variable Type: string  
Variable Measure: nominal  
Based upon 169 valid cases out of 169 total cases

**Q24\_2\_16\_1** **'Tick any of these that you have used in the past 3 MONTHS for a personal or emotional problem and briefly describe the type of problem you went to them about: Complementary therapist (e.g. naturopath, acupuncturist or another alternative medicine provider). Enter your answer in the space. [Details, Free text]**

Width: 2000  
Decimal: 0  
Variable Type: string  
Variable Measure: nominal  
Based upon 169 valid cases out of 169 total cases

**Q24\_2\_17\_TEXT** **'Tick any of these that you have used in the past 3 MONTHS for a personal or emotional problem and briefly describe the type of problem you went to them about: I have sought help from another source not listed above. Enter your answer in the space. [Details, Free text]**

Width: 2000  
Decimal: 0  
Variable Type: string  
Variable Measure: nominal  
Based upon 169 valid cases out of 169 total cases

**Q24\_2\_17\_1** **'Tick any of these that you have used in the past 3 MONTHS for a personal or emotional problem and briefly describe the type of problem you went to them about: I have sought help from another source not listed above. Enter your answer in the space. [Details, Free text]**

Width: 2000  
Decimal: 0  
Variable Type: string

Variable Measure: nominal  
Based upon 169 valid cases out of 169 total cases

**Q24\_2\_18\_1** 'Tick any of these that you have used in the past 3 MONTHS for a personal or emotional problem and briefly describe the type of problem you went to them about: I have not sought help from anyone or anywhere. Enter your answer in the space. [Details, Free text]

Width: 2000  
Decimal: 0  
Variable Type: string  
Variable Measure: nominal  
Based upon 169 valid cases out of 169 total cases

## MOOD ([DASS-21](#))

**Q25\_1** 'Please read each statement and indicate how much the statement applied to you over the past week: I found it hard to wind down'

Width: 1  
Decimal: 0  
Variable Type: numeric  
Variable Measure: nominal  
Based upon 132 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Did not apply to me at all (Never)	14	8.3%
2	Applied to me to some degree, or some of the time (Sometimes)	58	34.3%
3	Applied to me a considerable degree, or a good part of the time (Often)	37	21.9%
4	Applied to me very much, or most of the time (Almost always)	23	13.6%

**Q25\_2** 'Please read each statement and indicate how much the statement applied to you over the past week: I was aware of dryness of my mouth'

Width: 1  
Decimal: 0  
Variable Type: numeric  
Variable Measure: nominal  
Based upon 132 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted</i>	<i>%</i>
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		<i>frequency</i>	
1	Did not apply to me at all (Never)	61	36.1%
2	Applied to me to some degree, or some of the time (Sometimes)	42	24.9%
3	Applied to me a considerable degree, or a good part of the time (Often)	22	13.0%
4	Applied to me very much, or most of the time (Almost always)	7	4.1%

**Q25\_3**

**'Please read each statement and indicate how much the statement applied to you over the past week: I couldn't seem to experience any positive feeling at all'**

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

Based upon 132 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Did not apply to me at all (Never)	33	19.5%
2	Applied to me to some degree, or some of the time (Sometimes)	45	26.6%
3	Applied to me a considerable degree, or a good part of the time (Often)	42	24.9%
4	Applied to me very much, or most of the time (Almost always)	12	7.1%

**Q25\_4**

**'Please read each statement and indicate how much the statement applied to you over the past week: I experienced breathing difficulty (e.g. excessively rapid breathing, breathlessness in the absence of physical exertion)'**

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

Based upon 132 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Did not apply to me at all (Never)	59	34.9%

2	Applied to me to some degree, or some of the time (Sometimes)	39	23.1%
3	Applied to me a considerable degree, or a good part of the time (Often)	29	17.2%
4	Applied to me very much, or most of the time (Almost always)	5	3.0%

**Q25\_5**

**'Please read each statement and indicate how much the statement applied to you over the past week: I found it difficult to work up the initiative to do things'**

Width: 1

Decimal: 0

Variable Type: numeric

Variable Measure: nominal

Based upon 132 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Did not apply to me at all (Never)	9	5.3%
2	Applied to me to some degree, or some of the time (Sometimes)	33	19.5%
3	Applied to me a considerable degree, or a good part of the time (Often)	41	24.3%
4	Applied to me very much, or most of the time (Almost always)	49	29.0%

**Q25\_6**

**'Please read each statement and indicate how much the statement applied to you over the past week: I tended to overreact to situations'**

Width: 1

Decimal: 0

Variable Type: numeric

Variable Measure: nominal

Based upon 132 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Did not apply to me at all (Never)	12	7.1%
2	Applied to me to some degree, or some of the time (Sometimes)	45	26.6%
3	Applied to me a considerable degree, or a good part of the time (Often)	39	23.1%

4	Applied to me very much, or most of the time (Almost always)	36	21.3%
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**Q25\_7**

**‘Please read each statement and indicate how much the statement applied to you over the past week: I experienced trembling (e.g. in the hands)’**

Width: 1

Decimal: 0

Variable Type: numeric

Variable Measure: nominal

Based upon 132 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Did not apply to me at all (Never)	51	30.2%
2	Applied to me to some degree, or some of the time (Sometimes)	45	26.6%
3	Applied to me a considerable degree, or a good part of the time (Often)	28	16.6%
4	Applied to me very much, or most of the time (Almost always)	8	4.7%

**Q25\_8**

**‘Please read each statement and indicate how much the statement applied to you over the past week: I felt that I was using a lot of nervous energy’**

Width: 1

Decimal: 0

Variable Type: numeric

Variable Measure: nominal

Based upon 132 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Did not apply to me at all (Never)	30	17.8%
2	Applied to me to some degree, or some of the time (Sometimes)	48	28.4%
3	Applied to me a considerable degree, or a good part of the time (Often)	32	18.9%
4	Applied to me very much, or most of the time (Almost always)	22	13.0%

**Q25\_9**

**‘Please read each statement and indicate how much the statement applied to you over the past week: I**

**was worried about situations in which I might panic and make a fool of myself'**

Width: 1  
Decimal: 0  
Variable Type: numeric  
Variable Measure: nominal  
Based upon 132 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Did not apply to me at all (Never)	29	17.2%
2	Applied to me to some degree, or some of the time (Sometimes)	36	21.3%
3	Applied to me a considerable degree, or a good part of the time (Often)	40	23.7%
4	Applied to me very much, or most of the time (Almost always)	27	16.0%

**Q45\_1**

**'Please read each statement and indicate how much the statement applied to you over the past week: I felt that I had nothing to look forward to'**

Width: 1  
Decimal: 0  
Variable Type: numeric  
Variable Measure: nominal  
Based upon 132 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Did not apply to me at all (Never)	37	21.9%
2	Applied to me to some degree, or some of the time (Sometimes)	42	24.9%
3	Applied to me a considerable degree, or a good part of the time (Often)	35	20.7%
4	Applied to me very much, or most of the time (Almost always)	18	10.7%

**Q45\_2**

**'Please read each statement and indicate how much the statement applied to you over the past week: I found myself getting agitated'**

Width: 1  
Decimal: 0  
Variable Type: numeric  
Variable Measure: nominal



Based upon 132 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Did not apply to me at all (Never)	11	6.5%
2	Applied to me to some degree, or some of the time (Sometimes)	42	24.9%
3	Applied to me a considerable degree, or a good part of the time (Often)	51	30.2%
4	Applied to me very much, or most of the time (Almost always)	28	16.6%

**Q45\_3**

**'Please read each statement and indicate how much the statement applied to you over the past week: I found it difficult to relax'**

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

Based upon 132 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Did not apply to me at all (Never)	14	8.3%
2	Applied to me to some degree, or some of the time (Sometimes)	45	26.6%
3	Applied to me a considerable degree, or a good part of the time (Often)	41	24.3%
4	Applied to me very much, or most of the time (Almost always)	32	18.9%

**Q45\_4**

**'Please read each statement and indicate how much the statement applied to you over the past week: I felt down-hearted and blue'**

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

Based upon 132 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Did not apply to me at all (Never)	15	8.9%

2	Applied to me to some degree, or some of the time (Sometimes)	43	25.4%
3	Applied to me a considerable degree, or a good part of the time (Often)	44	26.0%
4	Applied to me very much, or most of the time (Almost always)	30	17.8%

**Q45\_5**

**'Please read each statement and indicate how much the statement applied to you over the past week: I was intolerant of anything that kept me from getting on with what I was doing'**

Width: 1

Decimal: 0

Variable Type: numeric

Variable Measure: nominal

Based upon 132 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Did not apply to me at all (Never)	38	22.5%
2	Applied to me to some degree, or some of the time (Sometimes)	46	27.2%
3	Applied to me a considerable degree, or a good part of the time (Often)	31	18.3%
4	Applied to me very much, or most of the time (Almost always)	17	10.1%

**Q45\_6**

**'Please read each statement and indicate how much the statement applied to you over the past week: I felt I was close to panic'**

Width: 1

Decimal: 0

Variable Type: numeric

Variable Measure: nominal

Based upon 132 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Did not apply to me at all (Never)	42	24.9%
2	Applied to me to some degree, or some of the time (Sometimes)	42	24.9%
3	Applied to me a considerable degree, or a	33	19.5%

	good part of the time (Often)		
4	Applied to me very much, or most of the time (Almost always)	15	8.9%

**Q45\_7**

**'Please read each statement and indicate how much the statement applied to you over the past week: I was unable to become enthusiastic about anything'**

Width:

1

Decimal:

0

Variable Type:

numeric

Variable Measure:

nominal

Based upon 132 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Did not apply to me at all (Never)	32	18.9%
2	Applied to me to some degree, or some of the time (Sometimes)	40	23.7%
3	Applied to me a considerable degree, or a good part of the time (Often)	45	26.6%
4	Applied to me very much, or most of the time (Almost always)	15	8.9%

**Q45\_8**

**'Please read each statement and indicate how much the statement applied to you over the past week: I felt I wasn't worth much as a person'**

Width:

1

Decimal:

0

Variable Type:

numeric

Variable Measure:

nominal

Based upon 132 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Did not apply to me at all (Never)	37	21.9%
2	Applied to me to some degree, or some of the time (Sometimes)	33	19.5%
3	Applied to me a considerable degree, or a good part of the time (Often)	30	17.8%
4	Applied to me very much, or most of the time (Almost always)	32	18.9%

**Q45\_9**

**'Please read each statement and indicate how much**

**the statement applied to you over the past week: I felt that I was rather touchy'**

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal  
 Based upon 132 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Did not apply to me at all (Never)	26	15.4%
2	Applied to me to some degree, or some of the time (Sometimes)	39	23.1%
3	Applied to me a considerable degree, or a good part of the time (Often)	43	25.4%
4	Applied to me very much, or most of the time (Almost always)	24	14.2%

**Q45\_10 'Please read each statement and indicate how much the statement applied to you over the past week: I was aware of the action of my heart in the absence of physical exertion (e.g. sense of heart rate increase, heart missing a beat)'**

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal  
 Based upon 132 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Did not apply to me at all (Never)	55	32.5%
2	Applied to me to some degree, or some of the time (Sometimes)	36	21.3%
3	Applied to me a considerable degree, or a good part of the time (Often)	28	16.6%
4	Applied to me very much, or most of the time (Almost always)	13	7.7%

**Q45\_11 'Please read each statement and indicate how much the statement applied to you over the past week: I felt scared without any good reason'**

Width: 1  
 Decimal: 0

Variable Type:  
Variable Measure:

numeric  
nominal  
Based upon 132 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Did not apply to me at all (Never)	58	34.3%
2	Applied to me to some degree, or some of the time (Sometimes)	38	22.5%
3	Applied to me a considerable degree, or a good part of the time (Often)	25	14.8%
4	Applied to me very much, or most of the time (Almost always)	11	6.5%

**Q45\_12**

**'Please read each statement and indicate how much the statement applied to you over the past week: I felt life was meaningless'**

Width:  
Decimal:  
Variable Type:  
Variable Measure:

1  
0  
numeric  
nominal  
Based upon 132 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	Did not apply to me at all (Never)	51	30.2%
2	Applied to me to some degree, or some of the time (Sometimes)	28	16.6%
3	Applied to me a considerable degree, or a good part of the time (Often)	31	18.3%
4	Applied to me very much, or most of the time (Almost always)	22	13.0%

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## APP USAGE

**Q26\_1**

**'Have you used any of these apps in the last 3 months?: Fatsecret'**

Width:  
Decimal:  
Variable Type:  
Variable Measure:

1  
0  
numeric  
nominal

Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	No	168	99.4%
1	Yes	1	0.6%

#### **Q26\_2**

**'Have you used any of these apps in the last 3 months?: iHealth'**

Width: 1  
Decimal: 0  
Variable Type: numeric  
Variable Measure: nominal

Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	No	165	97.6%
1	Yes	4	2.4%

#### **Q26\_3**

**'Have you used any of these apps in the last 3 months?: MyFitnessPal'**

Width: 1  
Decimal: 0  
Variable Type: numeric  
Variable Measure: nominal

Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	No	138	81.7%
1	Yes	31	18.3%

#### **Q26\_4**

**'Have you used any of these apps in the last 3 months?: RunKeeper'**

Width: 1  
Decimal: 0  
Variable Type: numeric  
Variable Measure: nominal

Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	No	159	94.1%
1	Yes	10	5.9%

#### **Q26\_5**

**'Have you used any of these apps in the last 3 months?: Strava'**

Width: 1  
Decimal: 0

Variable Type:  
Variable Measure:

numeric  
nominal  
Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	No	167	98.8%
1	Yes	2	1.2%

#### **Q26\_6**

**'Have you used any of these apps in the last 3 months?: VitaDock'**

Width: 1  
Decimal: 0  
Variable Type: numeric  
Variable Measure: nominal

Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	No	169	100.0%
1	Yes	0	0.0%

#### **Q26\_7**

**'Have you used any of these apps in the last 3 months?: MapMyFitness'**

Width: 1  
Decimal: 0  
Variable Type: numeric  
Variable Measure: nominal

Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	No	164	97.0%
1	Yes	5	3.0%

#### **Q26\_8**

**'Have you used any of these apps in the last 3 months?: Garmin Connect'**

Width: 1  
Decimal: 0  
Variable Type: numeric  
Variable Measure: nominal

Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	No	167	98.8%
1	Yes	2	1.2%

#### **Q26\_9**

**'Have you used any of these apps in the last 3 months?: Jawbone UP'**

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal  
 Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	No	166	98.2%
1	Yes	3	1.8%

**Q26\_10 'Have you used any of these apps in the last 3 months?: Misfit'**

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal  
 Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	No	169	100.0%
1	Yes	0	0.0%

**Q26\_11 'Have you used any of these apps in the last 3 months?: Fitbit'**

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal  
 Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	No	147	87.0%
1	Yes	22	13.0%

**Q26\_12 'Have you used any of these apps in the last 3 months?: Moves'**

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal  
 Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	No	169	100.0%
1	Yes	0	0.0%



**Q26\_13****'Have you used any of these apps in the last 3 months?: Withings'**

Width:

1

Decimal:

0

Variable Type:

numeric

Variable Measure:

nominal

Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	No	169	100.0%
1	Yes	0	0.0%

**Q26\_14****'Have you used any of these apps in the last 3 months?: fitbug'**

Width:

1

Decimal:

0

Variable Type:

numeric

Variable Measure:

nominal

Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	No	169	100.0%
1	Yes	0	0.0%

**Q26\_15****'Have you used any of these apps in the last 3 months?: Calorie, Carb and Fat Counter'**

Width:

1

Decimal:

0

Variable Type:

numeric

Variable Measure:

nominal

Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	No	167	98.8%
1	Yes	2	1.2%

**Q26\_16****'Have you used any of these apps in the last 3 months?: Calorie Counter & Diet Tracker'**

Width:

1

Decimal:

0

Variable Type:

numeric

Variable Measure:

nominal

Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	No	163	96.4%

1	Yes	6	3.6%
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#### Q26\_17

**'Have you used any of these apps in the last 3 months?: Calorie Counter'**

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	No	158	93.5%
1	Yes	11	6.5%

#### Q26\_18

**'Have you used any of these apps in the last 3 months?: MyNetDiary Calorie Counter PRO'**

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	No	167	98.8%
1	Yes	2	1.2%

#### Q26\_19

**'Have you used any of these apps in the last 3 months?: My Diet Diary Calorie Counter'**

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	No	165	97.6%
1	Yes	4	2.4%

#### Q26\_20

**'Have you used any of these apps in the last 3 months?: miCoach train & run'**

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
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		<i>frequency</i>	
0	No	168	99.4%
1	Yes	1	0.6%

#### Q26\_21

**'Have you used any of these apps in the last 3 months?: Runtastic Pedometer Step Count'**

Width: 1

Decimal: 0

Variable Type: numeric

Variable Measure: nominal

Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	No	167	98.8%
1	Yes	2	1.2%

#### Q26\_22

**'Have you used any of these apps in the last 3 months?: Endomondo'**

Width: 1

Decimal: 0

Variable Type: numeric

Variable Measure: nominal

Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	No	169	100.0%
1	Yes	0	0.0%

#### Q26\_23

**'Have you used any of these apps in the last 3 months?: Nike+'**

Width: 1

Decimal: 0

Variable Type: numeric

Variable Measure: nominal

Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	No	157	92.9%
1	Yes	12	7.1%

#### Q26\_24

**'Have you used any of these apps in the last 3 months?: Sleep time: sleep cycle smart'**

Width: 1

Decimal: 0

Variable Type: numeric

Variable Measure: nominal

Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	No	162	95.9%
1	Yes	7	4.1%

#### **Q26\_25**

**'Have you used any of these apps in the last 3 months?: Deep Sleep and Relax Hypnosis'**

Width: 1

Decimal: 0

Variable Type: numeric

Variable Measure: nominal

Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	No	167	98.8%
1	Yes	2	1.2%

#### **Q26\_26**

**'Have you used any of these apps in the last 3 months?: Smart Sleep Manager'**

Width: 1

Decimal: 0

Variable Type: numeric

Variable Measure: nominal

Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	No	168	99.4%
1	Yes	1	0.6%

#### **Q26\_27**

**'Have you used any of these apps in the last 3 months?: Good Night's Sleep Alarm'**

Width: 1

Decimal: 0

Variable Type: numeric

Variable Measure: nominal

Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	No	169	100.0%
1	Yes	0	0.0%

#### **Q26\_28**

**'Have you used any of these apps in the last 3 months?: Calm – Meditate, Sleep, Relax'**

Width: 1

Decimal: 0

Variable Type: numeric

Variable Measure:

nominal

Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	No	160	94.7%
1	Yes	9	5.3%

**Q26\_29**

**'Have you used any of these apps in the last 3 months?: Relax and Sleep'**

Width:

1

Decimal:

0

Variable Type:

numeric

Variable Measure:

nominal

Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	No	168	99.4%
1	Yes	1	0.6%

**Q26\_30**

**'Have you used any of these apps in the last 3 months?: SleepBot – Sleep Cycle Alarm'**

Width:

1

Decimal:

0

Variable Type:

numeric

Variable Measure:

nominal

Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	No	164	97.0%
1	Yes	5	3.0%

**Q26\_31**

**'Have you used any of these apps in the last 3 months?: Sleep Better with Runtastic'**

Width:

1

Decimal:

0

Variable Type:

numeric

Variable Measure:

nominal

Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	No	169	100.0%
1	Yes	0	0.0%

**Q26\_32**

**'Have you used any of these apps in the last 3 months?: any other health related app (please list)'**

Width:

1

Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal  
 Based upon 169 valid cases out of 169 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	No	142	84.0%
1	Yes	27	16.0%

**Q26\_32\_TEXT**

**‘Have you used any of these apps in the last 3 months?: any other health related app (please list)’**  
**[Free text]**

Width: 2000  
 Decimal: 0  
 Variable Type: string  
 Variable Measure: nominal  
 Based upon 169 valid cases out of 169 total cases