

## HEALTH SURVEY

This survey is designed to give us information about your health knowledge, attitudes and behaviors. Please answer all of the questions honestly.



Researchers at the Cornell University Medical College are conducting a survey of health behaviors at your school. Perhaps you remember taking the survey in school just a few weeks ago.



This mail survey is part of that study and we are going to join your answers to the two surveys to find out more about how you keep healthy.



Hey! Guess what? After we receive the survey, and to thank you for your help, we'll send you **\$10.00!** Make sure your name and address on the front cover are correct.



**Directions:** Please read each sentence carefully, then fill in the bubble that **best describes you**.

	This describes me <u>always</u>	This describes me <u>most of the time</u>	This describes me <u>somewhat</u>	This describes me <u>rarely</u>	This never describes me
1. I have future plans I am looking forward to.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I have hope that things will improve and the future will be happier.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I can look forward to more good times than bad times.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I look forward to the future with hope and enthusiasm.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I could describe my life as filled with purpose and meaning.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. My current goals in life make it seem worth living.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. If I could live my life again, I would live it pretty much the same way.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Directions:** The next few items ask what you've been doing to cope with some of the stress and problems in your life. Each item says something about a particular way of coping. We want to know to what extent you've been doing what the item says (that is how much or how frequently). Try not to answer on the basis of whether it seems to be working or not — just whether or not you're doing it.

	<u>Never</u>	<u>Almost Never</u>	<u>Sometimes</u>	<u>Often</u>	<u>Always</u>
1. Try to have some control over the problem.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Find out more about the problem so you can handle it better.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Try to get help and advice from family or friends.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Draw on past ways of doing things to help you handle the problem.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Think of different ways to handle the problem.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Talk the problem over with someone who has the same problem.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Work off stress by being active or just keeping busy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Turn to other activities to take my mind off things.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Make fun of the lighter side of the situation.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Laugh it off, since things could be worse.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. Take action to make the situation better.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. Get emotional support from others with similar situations.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. Try to see it in a different light, to make it seem more positive.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. Think hard about what steps to take.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

