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Dr. Ruth C(lifford) Engs - Presentations, Publications & Research Data Collection.

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The Collection

This document is part of a collection that serves two purposes. First, it is a digital archive for a sampling of unpublished documents, presentations, questionnaires and limited publications resulting from over forty years of research. Second, it is a public archive for data on college student drinking patterns on the national and international level collected for over 20 years. Research topics by Dr. Engs have included the exploration of hypotheses concerning the determinants of behaviors such as student drinking patterns; models that have examine the etiology of cycles of prohibition and temperance movements, origins of western European drinking cultures (attitudes and behaviors concerning alcohol) from antiquity, eugenics, Progressive Era, and other social reform movements with moral overtones-Clean Living Movements; biographies of health and social reformers including Upton Sinclair; and oral histories of elderly monks.

Citation for this item

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Indiana University Archives

Paper manuscripts and material for Dr. Engs can be found in the IUArchives

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STUDENT HEALTH AND LIFESTYLE QUESTIONNAIRE

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Please do not put your name on this questionnaire as we wish to retain your anonymity.

Please put on the line a code name known only to you (examples: your grandmother's maiden name, your dog or favorite movie actor, etc.)

Check the following items which apply to you:

Sex: Male Female

Age: _____

Race: White Black Hispanic NA Indian
 Asian Other

Living arrangements: Off Campus without parents On Campus
 Off campus with parents

Health Problems

On the line beside each health problem write in how many times you have experienced it OVER THE PAST MONTH.

(Note: If you experience it just about every day this would be about 28, about twice a week would be equal to 8, one a week 4, once a month 1, not at all leave blank.)

_____ headache

_____ ear infection

_____ eye infection

_____ sinus infection

_____ nose bleeds

_____ bronchitis or laryngitis

_____ pneumonia

_____ cough

_____ a "cold" or the flu

_____ sore-throat

- _____ "mono"
- _____ acne flair-up
- _____ hay fever/asthma flair-up
- _____ bleeding gums
- _____ tooth abscess
- _____ stomach upset
- _____ nausea or vomiting
- _____ ulcer
- _____ diarrhea
- _____ high blood pressure
- _____ muscle strain
- _____ a sprain
- _____ a broken bone
- _____ cut or hurt myself so that I needed to see a doctor
- _____ lack of energy

Other health problem (write in)

Women only:

- _____ menstrual irregularity
- _____ menstrual cramps
- _____ vaginal yeast infection
- _____ other kind of vaginal infection
- _____ bladder/urinary tract infection
- _____ sexually transmitted disease

Write in which ones.

Men only:

_____ burning on urination

_____ urinary tract infection

_____ sexually transmitted disease

Write in which ones.

Health related problems over the past month for all students

1. Over the past month how many times have you visited a doctor or the student health service because you were sick? _____
2. How many times have you missed class or other commitment because you were sick during the past month? _____
3. How many courses of antibiotics have you taken during the past month?

Lifestyle habits over the past month

1. How many times did you exercise during the past month? _____
2. When you exercised, on the average how many minutes did you engage in the exercise? _____
3. How many times did you feel "stressed out" (under stress) during the past month? _____
4. When you felt stressed out how many hours did it usually last? _____
5. How many times did you feel angry or irritated during the past month?

6. When you felt angry or irritated how many hours did it usually last? _____
7. Over the past month how many times did you feel depressed? _____
8. When you felt depressed how many hours did it last? _____

9. During the past month how many times did you drink beer? Please circle.

- a. every day
- b. two or three times a week
- c. once a week
- d. at least once a month but less than once a week
- e. not at all

10. When you drank beer how many average size glasses or cans did you usually consume at any one sitting? _____

11. During the past month circle how many times you drank wine or a wine cooler.

- a. every day
- b. two or three times a week
- c. once a week
- d. at least one a month but less than once a week
- e. not at all

12. When you drank wine how many average size glasses or small bottles of wine coolers did you usually consume at any one sitting? _____

13. During the past month how many times did you drink a hard liquor (vodka, rum, whiskey, etc.)? Please circle.

- a. every day
- b. two or three times a week
- c. once a week
- d. at least once a month but less than once a week
- e. not at all

14. When you drank liquor how many shot glasses or shots in mixed drinks did you usually consume at any one sitting? _____
15. During the past month how many days did you use tobacco? _____
16. How many cigarettes did you smoke on the days you smoked? _____
17. How many dips of chewing tobacco/snuff did you use on days you used it?

18. How many days did you smoke marijuana during the past month? _____
19. How many joints did you smoke on the days you used marijuana? _____
20. How many days did you binge out on food? _____
21. On the days you binged out on food how many times did you purge (vomit or use laxative)? _____